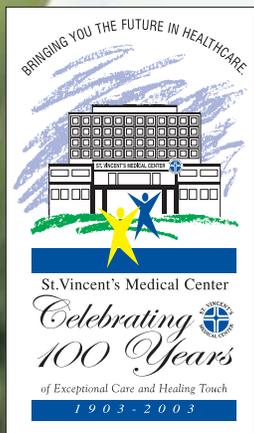


HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Heart Attacks:
Different for Women

Wellness Guide/
Calendar

Ease **Back-to-**
School Anxiety

What You Should
Know About **SARS**

Straight Talk from
Our **Physicians**

Coping with Car Sickness

Car sickness usually starts with a feeling of queasiness, fatigue, and loss of appetite. Here are ways to help prevent it:

- ✦ Eat a light snack before the trip but avoid dairy products, high-protein foods, and those high in salt.
- ✦ Sit in the front seat.
- ✦ Fix eyes on distant, still objects outside the car.
- ✦ Open a window so that air can blow across your face.
- ✦ Don't read in the car.
- ✦ Talk to your doctor about motion sickness medication.
- ✦ Take ginger—such as ginger ale or ginger sticks—while traveling.
- ✦ Wear an acupressure band on the wrist or forearm.

If you would like to enroll your children in Vinny's Club and receive additional childhood health and safety information, please call St. Vincent's toll-free Care Line at **1-877-255-SVHS**. Or visit Vinny's Den on the Web at www.stvincents.org.



Strategies for Safe, Healthy Road Trips

Taking a trip in the car this summer? Here are some tips from St. Vincent's Immediate Health Care Centers to help you remain safe and healthy, as well as avoid the stress and fatigue that can go hand-in-hand with extended travel.

BEFORE YOU LEAVE

- Prepare a first aid kit that contains painkillers, a thermometer, antiseptic cream, bandages, alcohol wipes, insect repellent, and sunscreen. You also may want to include decongestants or antihistamines for allergies. And bring an adequate supply of any prescription medication you regularly take.
- Use a specially designed back support or pillow to help you avoid strain in your lower back.
- Stock up on plenty of nutritious snacks and drinks to supplement meal stops. Nonperishable items make the best and safest road food. And be sure to include water bottles. Staying hydrated helps you avoid fatigue and light-headedness.
- Go for a short walk or do a few leg exercises. Warming up before getting into the car helps prevent stiffness.

ON THE ROAD

- Make sure everyone's buckled up—with babies and children in appropriate car seats in the back.
- Adjust the driving seat so it's comfortable.
- Take breaks at least every two hours.
- Rotate shifts if there's more than one driver. This helps ensure that the person behind the wheel is awake and alert.
- Avoid driving late at night. The hours between midnight and 6 a.m. are especially dangerous because you are more likely to be tired during this period.
- At the end of the driving day, stretch and get some exercise. ✦

If you need first aid for cuts, bee stings, or other minor injuries, St. Vincent's Immediate Health Care Centers are open daily. No appointment is needed at these locations: 4490 Main St., Bridgeport, 203-371-4445; 1055 Post Road, Fairfield, 203-259-3440; and 15 Armstrong Drive, Shelton, 203-929-1109.



What's the Best Way to Protect Against

WEST NILE?

Your safest bet is to fend off mosquitoes. How? Insect sprays that contain DEET have been proven to be the most effective.

Apply DEET to clothing as well as on your exposed skin when outside. To protect your face, put some repellent on your hands and rub it on, avoiding your eyes and mouth.

The higher the concentration of DEET, the longer it will protect you from mosquitoes. But don't use any DEET products on infants who are younger than 2 months old.

Questions about West Nile or other health care issues? Just ASK ALICE by calling St. Vincent's toll-free Care Line at 1-877-255-SVHS.

HOW ELSE CAN YOU EVADE MOSQUITOES?

Here are some other ways to avoid being bitten by mosquitoes:

- Wear pants and long-sleeved shirts when outdoors.
- Fix any holes in screens to keep mosquitoes out of your home.
- Stay inside during peak mosquito times—dawn and dusk.

DON'T PANIC OVER MOSQUITO BITES

If you do get a mosquito bite, stay calm. Not all mosquitoes carry the virus. And chances are high that—

even if you get West Nile virus—you won't get sick.

About 20 percent of infected people develop a mild flu-like illness. Symptoms may include a fever, headache, and body aches.

However, keep an eye out for any signs of severe illness, including:

- a high fever
- headache
- stiff neck
- tremors
- muscle weakness.

Less than 1 percent of infected people—primarily people age 50 and older—develop this serious form of the disease. If you develop severe symptoms, seek medical help right away. ✨



GET THE SCOOP ON SPORTS DRINKS

Whether you're a serious athlete or a casual exerciser, you may grab a sports drink to quench your thirst. But do sports drinks really boost performance?

St. Vincent's physician Frank Scifo, M.D., host of the popular "Healthtalk" radio program, says that studies show that certain ingredients in sports drinks can improve endurance and help prevent dehydration. This is true particularly if you exercise for an hour or longer at a time.

Dr. Scifo recommends that athletes

drink before, during, and after they exercise. Start drinking between 14 to 22 ounces of fluid two hours before working out. During long exercise sessions, take breaks every 15 to 20 minutes to drink 6 to 12 ounces. And after exercising, drink at least 16 more ounces.

However, avoid products that contain caffeine. These can be dehydrating.

Tune into "Healthtalk" on WICC radio—600 on the AM dial—every Monday at 7:05 p.m.

HEALTHY HEARTS

The Healthy Hearts Club of St. Vincent's would like to extend a special invitation to women to join the group. Club members include heart patients, their families, and those interested in a healthy heart. You'll enjoy the support and friendship of group members while also benefiting from the latest information provided by St. Vincent's cardiologists and health care professionals.

Monthly meetings are held throughout the year. For a schedule of times and topics, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Women's Heart Attack Symptoms: Knowledge Is Power

Jose Missri, M.D., Medical Director, St. Vincent's Regional Heart & Vascular Center
Kathleen Harper, D.O., St. Vincent's Cardiologist

In the United States, heart disease kills more women than any other health condition. Unfortunately, women who are having a heart attack frequently delay seeking lifesaving emergency medical care.

WHY ARE WOMEN RELUCTANT TO SEEK HELP?

Here are a few reasons:

- They do not realize how important it is to get immediate treatment for a heart attack.
- Many women are embarrassed at the prospect of a "false alarm."
- They often fail to recognize that their symptoms could indicate a heart attack.

WHY MIGHT A WOMAN NOT REALIZE SHE'S HAVING A HEART ATTACK?

Because her attack is more likely than a man's to lack the most common warning sign—sudden, intense chest pain. Instead, a woman's heart attack might trigger mild chest discomfort, pressure, squeezing, tightness, or fullness.

WHAT ARE OTHER WARNING SIGNS?

Other warning signs can include:

- discomfort in one or both arms, or in the back, neck, jaw, or stomach
- shortness of breath that lasts more than a couple of seconds
- breaking out in a cold sweat
- nausea and/or vomiting
- light-headedness.

If you or a loved one experience these symptoms, call 911 or another local emergency service immediately. *



Jose Missri, M.D.



Kathleen Harper, D.O.



For information on advances in heart care or a referral to a St. Vincent's cardiologist, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Recent findings suggest hormone therapy is bad for heart health. Our free fact sheet tells you what you need to know. To get your copy, send in the coupon on the back page or call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



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: July 15, Aug. 5, Aug. 19, Sept. 2, Sept. 16, Oct. 7
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: July 22, Aug. 12, Aug. 26, Sept. 9, Sept. 23, Oct. 14*
***Nutrition After Cancer**
Time: 6:30 to 8 p.m.
Location: St. Vincent's

Dates: First and third Wednesdays

Time: 9:30 to 11 a.m.
Location: Southport

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: Aug. 5, Sept. 2, Oct. 7
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: July 14, Sept. 8, 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.

Yoga and Meditation for Cancer Patients

Locations: Level 8 "ETC" Room and Southport Oncology Center
Dates: Second and fourth Tuesdays in Bridgeport, every Monday in Southport
Time: 11:30 a.m. in Southport; 5:30 p.m. in Bridgeport



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

203-576-5500
Tuesdays and Wednesdays 9 a.m. to 1 p.m. at the Westfield Shoppingtown—Trumbull, the lower level in front of Macy's.
Tuesdays: FREE blood pressure check
Wednesdays: Cholesterol/HDL/ratio/ glucose—\$18; fasting lipid panel—\$25

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.

Infant/Child CPR

203-576-5500
Learn how to protect infants and children in the event of an injury.

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.

CARDIAC

CPR

203-576-5500
American Heart Association courses on CPR and obstructed airways in adults, children, and infants. Classes offered for health care providers and general public (certified and noncertified classes). Offered monthly.

Safe Sitters 203-576-5500

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.

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

Breast-Feeding Class for Moms Returning to Work

Breast-Feeding Support Groups

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

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 or Sunday.

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

See CHILDREN heading.

Sibling at Birth Program

To prepare children age 3 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

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 Connections" Adult Day Program

203-380-0111

For older adults who need socialization, supervision, structure, support, and care. Helps people maintain daily living skills. *At Special Needs Services, 975 Oronoque Lane, Stratford.*

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.

LIFESTYLE CHANGES

"Smoke Stoppers" Smoking Cessation Program

Adults and Teen Classes

203-576-5500

Six-session program teaches how to quit smoking without weight gain. Free to teens and Club 50 members. Free introductory class in April and September.

"Choose to Lose" Weight Management Classes

203-576-5500

Learn how to achieve permanent weight and cholesterol control without fad diets. *New classes begin 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.

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.

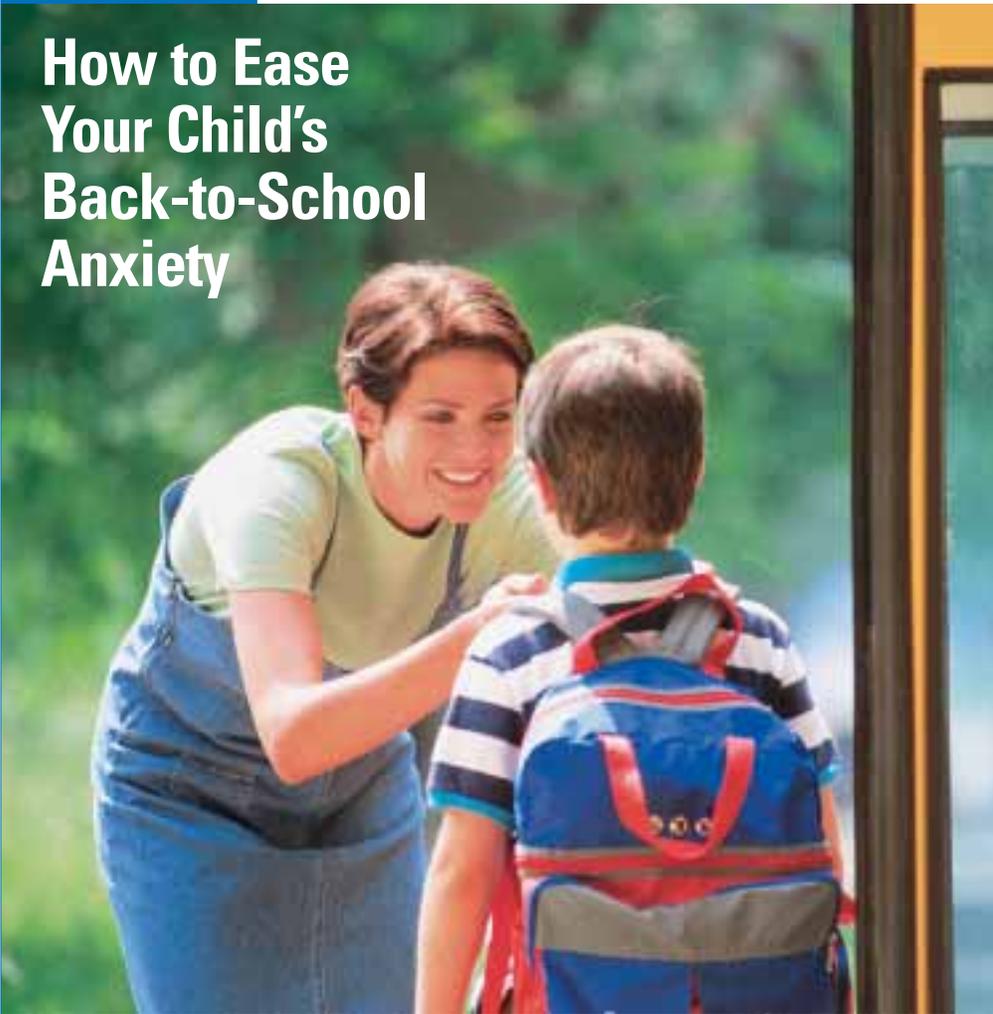
Third Wednesday of each month in Ambulatory Infusion Center.

Myasthenia Gravis Support Group

203-929-7627 or marbill9@aol.com

Third Sunday of the month. 2 to 4 p.m.

How to Ease Your Child's Back-to-School Anxiety



Send your kids off to school this fall with a hug, a pat on the back, and a vote of confidence in their ability to do well, says Thomas Smith, M.D., Medical Director of Hall-Brooke Behavioral Health Services.

Dr. Smith says that children take their cues from their parents. “If you’re afraid your kids won’t succeed, they’ll pick up on your fears and be anxious, too,” says Dr. Smith. But if you have a happy outlook and trust that your children will be just fine, you’ll reinforce their self-confidence and ease some of their worries about school.

FIRST GRADE = “REAL” SCHOOL

Even if they’ve been to preschool, kids instinctively know that more is expected of them in “real” school. A gradual introduction to the new school and to the teacher may help lessen or even prevent the stress of this transition.

Explore the school together with your child and locate the classroom, the bathroom, the lunchroom, the playground, etc.

TRANSITION TO HIGH SCHOOL

Even older, experienced students get stressed out when they enter high school. School is more than an academic arena for teenagers, it’s a social setting where acceptance is terribly important. They need space to sort out their new roles.

Learning the ropes in high school also means knowing how to use the library and the computer lab. Check that your teen has had a thorough orientation in these areas. ✱



If your child needs help, call Hall-Brooke campus in Bridgeport at 203-365-8400 or the new Hall-Brooke in Westport at 203-227-1251.

SMALLPOX VACCINE UPDATE: CONTINUE, WITH CAUTION

A small number of people who have received the smallpox vaccine have experienced heart problems, including heart pain, inflammation, and heart attacks. However, it is not known if the shot is directly to blame. The Centers for Disease Control and Prevention (CDC) is studying the possible link.

To be on the safe side, St. Vincent’s epidemiologist Grace Kim, M.D., and the CDC recommend that those who have received the vaccine should see a doctor right away if they have any symptoms of heart disease—such as chest pain or shortness of breath.

The CDC also says that individuals with diagnosed heart conditions should not get the shot. In addition, people who have three of the following risk factors for heart disease should not get the vaccine:

- High blood pressure
- High cholesterol
- Diabetes or high blood sugar
- A mother, father, brother, or sister who had a heart condition before age 50
- Current smoker

The state of Connecticut has added that anyone age 50 or older who has not had a screening in the past five years for high blood pressure, high cholesterol, or high blood sugar should have a physical exam before getting the smallpox vaccine.

HAVING YOUR BABY

Find out why an increasing number of women are choosing the St. Vincent’s Family Birthing Center with its new Neonatal Special Care Unit. To meet the needs of sick and premature infants, the unit brings the latest monitoring technology and the skills of board-certified neonatologists. Care for healthy newborns also is provided. 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**.

EXPLORE ST. VINCENT'S HISTORY IN THE CENTENNIAL VIDEO

"Caring for Generations," the St. Vincent's centennial video, is now available in VHS and DVD versions. The colorful and compelling history offers an interesting look at the origins of the hospital and milestones such as the first operation, the founding of the college, the introduction of penicillin, and the advances in technology throughout the last century. St. Vincent's physicians, nurses, and employees star in the film and create a living link between the past and present. The video ends with a vision for the future and an exciting montage of current employees at work. It was produced by the Corporate Marketing/Communications department in association with Blue Chip Films of Norwalk. Donald James, the voice of the Discovery Channel, narrates the video.

To purchase a copy (\$7.50), visit the St. Vincent's Seton Gift Shop in the lobby.



What You Should Know ABOUT SARS

The fear of severe acute respiratory syndrome, or SARS, seems to be more contagious than the disease itself. Although news reports would have you believe otherwise, your chance of getting SARS is small.

Michael Summerer, M.D., Senior Vice President of Medical Affairs at St. Vincent's, says that as research continues, new findings about SARS emerge on a regular basis. But here's what experts know about this illness.

CONTAINING THE SPREAD

SARS is caused by a new type of virus from the coronavirus family. Other members of this family are responsible for the common cold and sometimes, pneumonia.

SARS probably spreads when individuals breathe in droplets that are dispersed through the air when an infected person coughs or sneezes. It also may be transmitted by touching contaminated items.

BE ON THE LOOKOUT FOR SARS SYMPTOMS

SARS usually begins with a fever higher than 100.4 degrees Fahrenheit. Other symptoms include:

- chills
- headache
- general feeling of discomfort
- body aches
- respiratory symptoms, such as dry cough, shortness of breath, and difficulty breathing.



Some sufferers also have diarrhea. Once infected, it usually takes two to 10 days for symptoms to emerge. See your doctor if you develop any symptoms. Also, let her know if you've traveled to infected SARS areas or have had contact with anyone with these symptoms.

HOW TO SHIELD YOURSELF

Here's how you can protect against SARS:

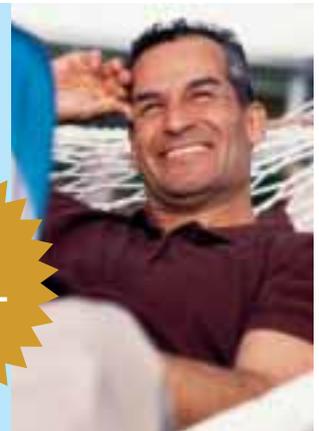
- It's a good idea to delay travel to infected areas, if possible. For the latest update, check out <http://www.cdc.gov/ncidod/sars/>. If you do travel to these places, monitor your health for 10 days after you get home.
- If you think someone may have SARS, avoid getting too close.
- If you're sick, don't travel. *

ON THE YOUNG SIDE OF 50?

If you're age 50 or older, please accept our invitation to join Club 50. Sign up today to take advantage of a wide range of programs designed to keep you and your family healthy. Club 50 sponsors free health care screenings and disease prevention programs. You also will benefit from the Script-

Save prescription discounts as well as a new area Merchants Discount program. Best of all, membership is FREE. For an application, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

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



Question & Answer: Skin Cancer

straight talk from our physicians

According to St. Vincent's dermatologists and other experts, skin cancers are almost always curable if found and treated in the earliest stages. And you can improve your chances of detecting skin cancers by performing a skin self-exam every month.



Joseph Pesce, M.D.

QUESTION: What should I look for?

ANSWER: Skin cancer can be found anywhere on the body. But it most often develops on the head, face,

neck, hands, and arms. Skin cancer can appear as a:

- reddened lump
- small, smooth, shiny, pale, or waxy bump
- flat, red spot that is rough, dry, or scaly.



Kenneth Maiocco, M.D.

QUESTION: What about moles?

ANSWER: The most lethal form of skin cancer, malignant melanoma, usually begins in a mole. When examining moles, look for the

“ABCDs” of malignant melanoma:

- Asymmetrical shape, meaning that one side of the mole doesn't match the other side
- Borders that are irregular, uneven, or ragged
- Color that varies from one area to another
- Diameter larger than six millimeters, or bigger than the standard eraser on the end of a pencil



Douglas Bilinski, M.D.

QUESTION: How do I check my skin?

ANSWER: Now that you know what to look for, here's how to examine your skin:

- Stand in front of a wall mirror in a well-lighted room, just after a shower or bath.
- Examine your face, neck, chest, arms, hands, stomach, and genital area.
- Use a hand mirror to help you better see your buttocks and upper back in the full mirror reflection.
- Sit down to examine your legs, the tops and soles of your feet, and in between your toes. Use the hand mirror to check the backs of your legs.

If you notice anything questionable, see your doctor.

Regular professional skin exams are important, too. Based on your personal risk factors and family history, your doctor can help you decide how often you should be checked.

For information on skin cancer screenings and other cancer prevention programs sponsored by Swim Across the Sound, call St. Vincent's Wellness Services at 203-576-5500.

Looking for a physician?
We can help.

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

Start Your HEALTH CAREER at St. Vincent's College

Have a job but looking for a career? You still have plenty of time to enroll in St. Vincent's College this fall. Whether you've just graduated from high school or work in another field, it's not too late to make a difference. The college's caring faculty will help you succeed. Last year's graduates recorded

a 100 percent pass rate on state licensing exams, far surpassing many four-year colleges.

St. Vincent's College offers two-year associate degrees with majors in Nursing, Cardiovascular Technology, Medical Assisting, and Radiography. You also can earn a Health

Care Career Certificate, which often leads to immediate employment. Generous financial assistance programs and flexible scheduling put a career in reach even if you continue to work full time. The job market is excellent, and your future is unlimited.

For registration information, call 203-576-5513 or e-mail info@stvincentscollege.edu.

Swim Across the Sound

Join us for the most exciting event of the summer: the 2003 Swim Across the Sound. All the fun happens on Saturday,

August 9, beginning at noon at Captain's Cove in Bridgeport. You'll see inspired area amateurs and triathletes in their 17.5-mile race across Long Island Sound. Plan on

spending the day with your family, enjoying all of the activities, and watching the exciting finish of the race in the afternoon. This event caps off a yearlong series of events to raise funds for the Swim, which sponsors 34 cancer prevention services. You can help turn the tide against cancer by coming out to the Swim or making a contribution. For information, call **203-576-5451**.*



New Orleans Red Beans

This vegetarian dish is almost fat-free and chock-full of vegetables and fiber.

- 1 lb dry red beans
- 2 qt water
- 1½ C chopped onion
- 1 C chopped celery
- 4 bay leaves
- 1 C chopped green pepper
- 3 T chopped garlic
- 3 T chopped parsley
- 2 t dried thyme, crushed
- 1 t salt
- 1 t black pepper

1. Remove any bad beans from the bunch. Rinse beans thoroughly.
2. In a large pot, combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1½ hours or until beans are tender. Stir.
3. Add rest of ingredients. Cook, uncovered, over a low heat until creamy, about 30 minutes. Remove bay leaves.

Yield: 8 servings. **Serving size:** 1¼ cup
Each serving provides: Calories: 171, Total fat: less than 1 g, Saturated fat: less than 1 g, Cholesterol: 0 mg, Sodium: 285 mg.

FREE Health Information: Take Charge of Your Health

- Free hormone therapy and heart disease fact sheet.
- Free hearing test and 10 percent discount on hearing aids
- Free application and membership in St. Vincent's Club 50
- For a free adult day care visitation day at Senior Connections
- To become a senior volunteer at St. Vincent's
- For a free brochure on VNS home telemonitoring
- Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound

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 June 30 to July 5.

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