

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Prevent
Holiday Stress

Do You Need a
Mammogram?

You Can **Fight** the
Flu This Fall

Wellness Guide/
Calendar

Straight Talk from
Our **Physicians**



Recipe

Classic Macaroni and Cheese

- 2 C macaroni
- ½ C chopped onions
- ½ C evaporated skim milk
- 1 medium egg, beaten
- ¼ t black pepper
- 1 ¼ C low-fat sharp cheddar (4 oz.) cheese, finely shredded
- nonstick cooking oil spray, as needed

1. Cook macaroni according to the directions. (Do not add salt to the cooking water.) Drain and set aside.

2. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350 degrees Fahrenheit.

3. Lightly spray saucepan with nonstick cooking oil spray.

4. Add onions to saucepan, and sauté for about three minutes.

5. In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.

6. Transfer mixture into casserole dish.

7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings. **Serving size:** ½ cup
Each Serving Provides: Calories: 200,
 Total fat: 4 g, Saturated fat: 2 g, Cholesterol: 34 mg,
 Sodium: 120 mg.

ASTHMA Can Strike at Any Age

Just because you're not a kid anymore doesn't mean you couldn't have asthma. As a matter of fact, experts estimate that 14 million adults suffer from this lung condition. While some of these people have had asthma since they were children, others develop it in adulthood.

Fairfield pulmonologist David Bushell, M.D., says it's important to know the common warning signs of asthma in adults:

- Shortness of breath
- Tightness in the chest
- Wheezing
- Coughing

If you have any of these symptoms, talk with your doctor. If it turns out that you have asthma, your doctor can help you develop an individualized management plan. A key step will be identifying things that trigger your asthma. These may include animal dander, air pollution, dust mites, cold air, and smoke. In addition, other medical conditions, such as



gastroesophageal reflux disease (GERD), can worsen asthma. So can medicines, including some used to treat arthritis and high blood pressure. Substances called sulfites, found in wine and dried fruit, also might bring on an attack.

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

About 80 percent of those who have asthma also suffer from allergies. Learn how to make

your house a healthier place to breathe with our free brochure "How to Fight Allergens In & Around Your Home."

For your copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



PAST TENSE: PUT TENSION HEADACHES BEHIND YOU

Tension headache is the most common type of headache, striking almost eight out of 10 people at some point in their lives. These headaches can last anywhere from 30 minutes to one week, and some people experience them every day, according to St. Vincent's neurologist Kenneth Siegel, M.D., of Fairfield.

What creates a cycle of daily tension headaches? There are many culprits, but one possible trigger—believe it or not—is overuse of over-the-counter or prescription pain relievers.

Here are some better ways to break the cycle:

- Avoid triggers, which may include chocolate, caffeine, alcohol, smoke, and strong smells.
- Let a healthy lifestyle help you combat stress, which is to blame for the vast majority of tension headaches. Get enough sleep, don't skip meals, and make time for exercise and other activities you enjoy.

Ask your doctor for referral to a neurologist, or call St. Vincent's toll-free Care Line at **1-877-255-SVHS.**

Walk Your Way to a Healthy Heart



briskly at least 2½ hours a week reduced women's risk of developing heart disease by 30 percent. Here is some advice from St. Vincent's cardiologist Kenneth Lisi, M.D.

HOW MUCH?

Walking as little as one hour a week can make a difference in lowering your risk for heart disease, particularly if you are inactive. But most experts recommend moderately intense exercise to prevent chronic health problems such as heart disease. Try brisk walking for at least 30 minutes most days of the week.

Brisk walking—3 to 4 miles an hour—can reduce your risk for heart disease more than walking at an easy pace.

IS WALKING FOR EVERYONE?

Regular walking can help prevent heart disease as well as improve the health of people already diagnosed with heart disease. But be sure to talk to your doctor before you start any exercise program, particularly if you have heart disease or another medical condition such as diabetes or arthritis.

Regular walking may reduce the risk factors for heart disease. Moving your feet can improve cholesterol levels, lower blood pressure, reduce stress, and burn extra calories.

A study of more than 73,000 postmenopausal women found that walking

HOW TO FIT A WALK INTO YOUR DAILY ROUTINE

- Keep a pair of comfortable walking or athletic shoes at home and work.
- Plan a walk as part of your daily commute.
- Park at the far end of the parking lot.
- Skip the elevator and take the stairs. ✱

Need more tips? Our free brochure, "Walk Your Way to Good Health: A 12-Week Program," gives you a sample program and a walking log so you can track your progress. To get your copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



The Regional Heart & Vascular Center at St. Vincent's provides a wide range of surgical and prevention programs, including the new Women at Heart cardiovascular club for women. For referral to a St. Vincent's cardiologist, call St. Vincent's toll-free Care Line at 1-877-255-SVHS.

Screenings at St. Vincent's

The good news is that a wide range of screening is available through St. Vincent's Medical Center and its affiliates:



- **Women at Heart**, the cardiovascular club designed for women, offers a special \$99 gender-specific cardiac screening to lower risks and safeguard your heart (203-576-6120).
- **Swim Across the Sound**, St. Vincent's cancer prevention and patient support drive, provides 34 free and low-cost programs, including mobile mammography, skin cancer screening, and other programs (203-576-5451).
- **St. Vincent's Special Needs Services** provides free hearing tests and a 10 percent discount on hearing aids (203-386-2736).
- **Hall-Brooke Behavioral Health Services** provides depression screening and help for behavioral health issues (203-227-1251).

BENEFITS OF WOMEN AT HEART MEMBERSHIP

The benefits of joining Women at Heart include:

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

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

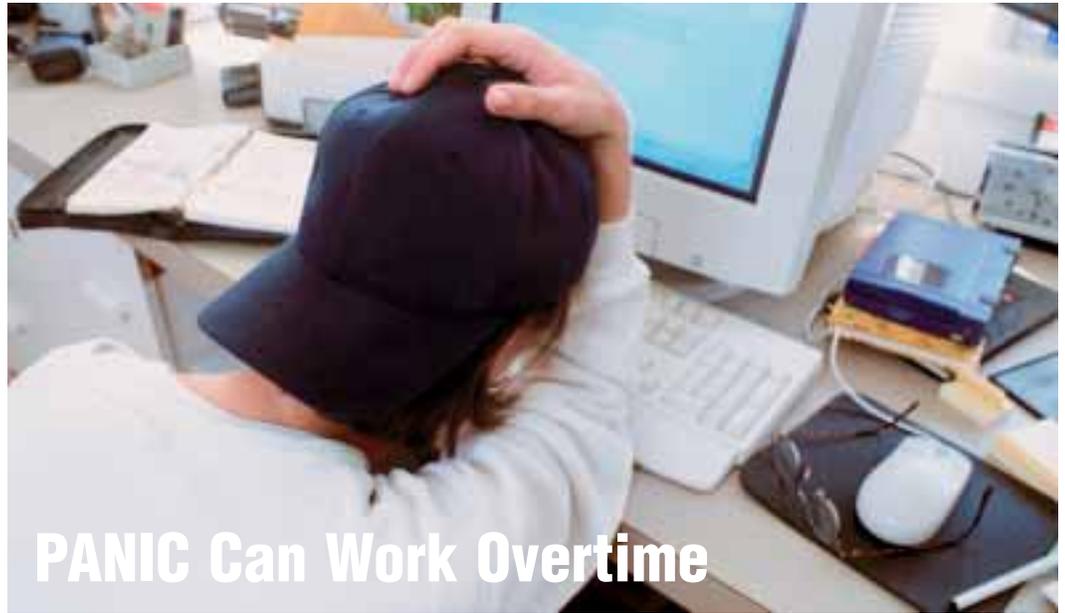
Join Today!



PLAN AHEAD TO PREVENT HOLIDAY STRESS

To beat the stress of upcoming holidays, be prepared:

1. Need to clean the house for Thanksgiving company? Don't obsess about everything being perfect.
2. Make a list of what stressed you out last holiday season. See what you can live without. If it's throwing your annual party, skip it this year.
3. Ask your family for help. Have them bake, decorate, or wrap gifts for others.
4. Don't get caught up in the pressure to buy, buy, buy. Set a spending limit that's right for your budget.
5. Avoid adding debt, which will only cause more stress.
6. Don't commit yourself to things you don't want to do. Instead, book a few minutes each day to care for yourself and relax.
7. Treat yourself well. Get plenty of sleep, eat right, and exercise.



PANIC Can Work Overtime

“Just relax and stop worrying.” Sometimes it's important to listen to this advice. But these reassuring words may not help if you have a common condition called panic disorder, says Susan Steneck, Ph.D., Director of Education and Community Services at Hall-Brooke Behavioral Health Services in Westport.

An estimated 2.4 million adult Americans suffer from panic disorder. Experts don't know the exact causes. However, it may be linked to a chemical imbalance, stressful life events, or a family history of the condition.

Dr. Steneck says that warning signs of this disorder may include the following:

- Sudden, repeated episodes of intense fear for no obvious reason. These episodes, called panic attacks, can last from a few minutes to

several hours. They may occur with physical symptoms such as chest pain, a pounding heart, shortness of breath, dizziness, sweating, nausea, or trembling.

- Constantly feeling anxious at the prospect of having another panic attack.
- A phobia, or fear, of certain places or situations associated with previous attacks. For instance, someone who has had a panic attack in the car might develop a fear of driving.

If you experience these warning signs, talk to your doctor. Studies show that treatment can greatly relieve this condition in as many as 90 percent of sufferers. Hall-Brooke Behavioral Health Services in Westport offers a wide range of inpatient and outpatient services. If you or someone in your family needs help, call **203-227-1251**. *



Call into “Health Talk” on Monday nights at 7:05 p.m. on WICC Radio 600 AM.

Your host Frank Scifo, M.D., will discuss the latest news and developments with health care experts and take your call.



Plan to attend an open house at St. Vincent's College on Saturday, Oct. 23 from 9 to 11 a.m. To register, please call 203-576-5278 or e-mail info@stvincentscollege.edu.

Interested in a Health Care Career?

Whether you're a recent high school graduate or someone interested in making a career change, St. Vincent's College has a place for you. The College offers associate degrees in Nursing, Radiography, Medical Assisting, and Cardiovascular Technology, as well as health career certificates in Hospital Coding, Medical Office Assisting, and other allied health services. Accelerated programs put a career within reach, the job market is excellent and St. Vincent's graduates are in demand in the health care field. Students benefit from small classes, a supportive faculty, financial aid programs, and the unique clinical experience available through St. Vincent's Medical Center—starting your first semester!

Put your career on a fast track. For information on enrollment in the degree or certificate programs of St. Vincent's College, call **203-576-5651** or visit **www.stvincentscollege.edu**.

BREAST CANCER: Keeping Fit May Keep It Away

Recent studies suggest it's never too late to start exercising—and it doesn't take much of a workout—to decrease your odds of developing breast cancer, says St. Vincent's oncologist Kenneth L. Sacks, M.D.

Dr. Sacks said that one study of more than 74,000 women ages 50 to 79 found that they didn't necessarily have to exercise strenuously to lower their breast cancer risk. In fact, compared with women who did not exercise, those who performed 1.25 to 2.5 hours of moderate exercise such as brisk walking or bicycling, per week, reduced their risk by 18 percent. Exercising moderately for more than 10 hours weekly was associated with a 22 percent lower risk.

Vigorous activities—including jogging, playing tennis, and swimming laps—were also linked to a decreased risk. However, the additional risk reduction associated with exercising vigorously was not statistically significant, said the study's authors.

Experts' general guidelines say that to lower breast cancer risk, women should aim to squeeze in at least 30 minutes of moderate exercise on most days of the week. But if you're like many



people, you may feel like you just can't find the time. Here are some ways to break away from your busy day:

- Skip the elevator, and take the stairs.
- Walk or ride your bike to work.
- Pedal a stationary bike while you're watching TV.
- Take a walk during your lunch hour. *

On average, women who get three to four hours a week of any type of exercise may lower their breast cancer risk by up to 40 percent, compared to inactive women. If you need a little extra help taking that first step toward weight loss, you can begin by signing up for St. Vincent's one-to-one dietary counseling for weight loss by calling 203-576-5930. For some exercise and fitness options, call St. Vincent's College at 203-576-5651 and ask about Strength Training for Women and other fitness courses. If you're more than 100 pounds overweight, you also may want to call the St. Vincent's Bariatric Surgery Center and learn about its comprehensive surgical weight loss program, toll-free 1-877-255-SVHS.

INTRODUCING NEW WOMEN'S IMAGING CENTER!

Thanks to a grant from Swim Across the Sound, women can now get a digital mammogram and other diagnostic services at St. Vincent's in a caring, comfortable, and supportive environment designed especially for women.

The new Women's Imaging Center, located just off the Main Lobby, provides:

- a wide range of screenings for menopausal women and others in need of imaging services
- a new experience in mammography—driven by advanced technology and a commitment to convenience

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

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

- a highly qualified and compassionate staff and an expert team of board certified radiologists, who are available 24 hours a day.

Evening appointments are available. For information, call **203-576-5500**.



DO YOU NEED A MAMMOGRAM?



Peter Steenbergen, M.D.

Getting regular mammograms might save your life or help you save a breast.

But, according to a new study in the journal

Cancer, only a handful of women who need this lifesaving test are actually getting them. St. Vincent's Chief of Mammography, Peter Steenbergen, M.D., says the number of women nationally who follow current mammogram recommendations is "disappointingly low."

Women also are failing to keep up with the regularity of the screenings. Just 6 percent of women who received a mammogram in 1992 returned for another test each of the next 10 years.

The American Cancer Society advises women to get a mammogram every year, starting at age 40. Women at a high risk for breast cancer because of their personal or family history may need earlier and more frequent screenings. Ask your doctor what's right for you.

A mammogram can detect breast abnormalities such as cysts and solid growths or tumors.

This allows doctors to diagnose breast cancer early, when it is most treatable. Women who are reluctant to schedule a mammography may want to try the new Women's Imaging Center at St. Vincent's Medical Center. The stylish new center, designed for comfort and convenience, offers the latest in full-field digital mammography and a coordinated approach to care. For information, call **203-576-5500**.

SHIELD YOURSELF FROM SKIN CANCER

by Douglas Bilinski, M.D.

Skin cancer is the most common cancer in the United States. But the disease is highly treatable if it's caught early enough. St. Vincent's dermatologist Douglas Bilinski, M.D., of Fairfield, says it's important to examine your skin regularly for new growths or other changes in the skin. Not sure what to look for? Here are a few tips from Dr. Bilinski:

SUSPECT SKIN CHANGES

Skin cancer can erupt anywhere, but it tends to appear most often on the head, face, neck, hands, and arms. Report to your doctor any change in your skin, especially a new growth or a sore that fails to heal within two weeks. Don't wait for pain—skin cancer rarely hurts. A change in the size, shape, color, or feel of a mole or an unusual new mole is often the first sign of melanoma, the rarest but deadliest form of skin cancer.

CHECK AND CHECK AGAIN

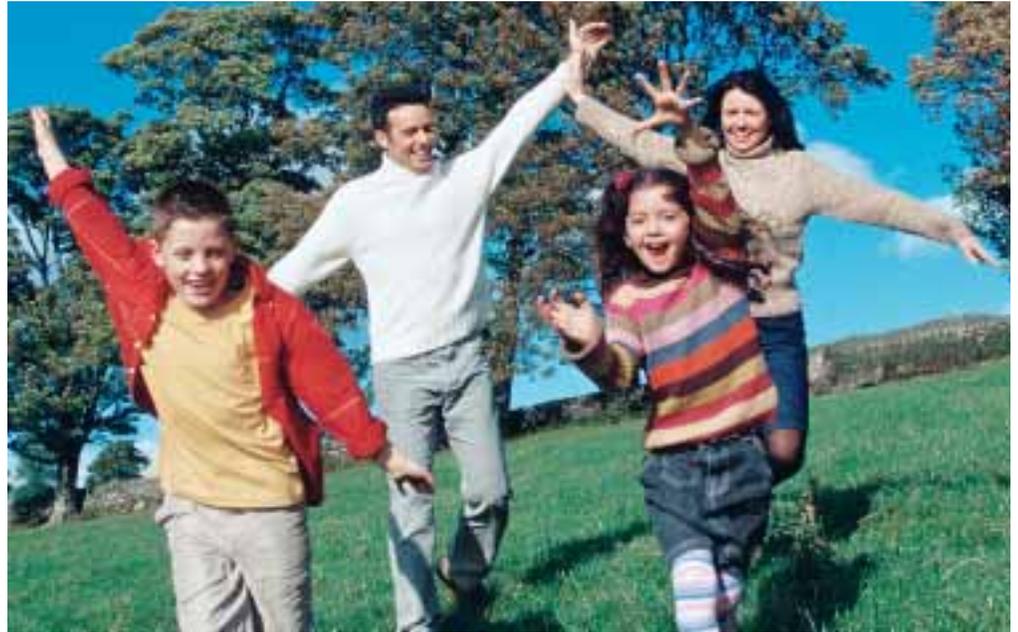
Dr. Bilinski and the St. Vincent's dermatologists say that every month you should check your entire body in the mirror for skin changes. Ask your doctor to check out anything that concerns you.

The American Cancer Society recommends getting a clinical skin examination every three years if you're ages 20 to 40; every year if you're 40 or older. Those at high risk for skin cancer or a history of the disease may need more frequent screenings so be sure to talk to your doctor. For referral to a St. Vincent's dermatologist, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



Douglas Bilinski, M.D.

You Can FIGHT THE FLU This Fall



Look out—it's flu season again! The flu strikes 20 to 26 percent of all Americans during this time of year. An annual vaccination is the most effective way to protect yourself. While it's true that there's a relatively new nasal flu vaccine available, at this time, it's approved only for healthy people ages 5 to 49. So, a shot still remains your best defense against the flu. October and November are the optimal months for a vaccination. However, even December or January isn't too late to get a flu shot, says St. Vincent's epidemiologist Grace Kim, M.D.

THE TRUTH ABOUT FLU SHOTS

Do you believe that flu shots are ineffective? Here are some facts:

- The shot may make your arm a little sore. But, contrary to popular opinion, you cannot catch the flu from a shot.
- You may get the flu even if you get vaccinated. But it most likely will be a milder case.

WHAT TO KNOW IF THE FLU LAYS YOU LOW

When the flu does strike, comfort yourself with these measures:

- Ask your doctor about prescription

drugs that can make flu symptoms disappear faster if you take them within 48 hours after becoming ill.

- Drink a lot of fluids, such as water, juice, and soup. Avoid alcohol and caffeine.
- Try over-the-counter (OTC) medicines to soothe muscle aches, a sore throat, congestion, sneezing, and a runny nose.
- Use a humidifier to clear a stuffy nose.
- Get plenty of rest.
- Gargle with salt water to relieve a sore throat. ✨

Did You Know?

You should call your doctor if, after feeling better, you have symptoms of a more serious problem, such as a fever higher than 102 degrees Fahrenheit, shaking, chills, or chest pain.

Where you can get a flu shot: Ask your doctor, check with your town health department; or just stop by one of the St. Vincent's Immediate Care Walk-in Centers nearest you: 4600 Main Street (across from Brookside), Bridgeport (203-371-4445); 1055 Post Road (in the Merrill Lynch Building), Fairfield (203-259-3440); or 15 Armstrong Drive (Shelton Square), Shelton (203-929-1109). The walk-ins are open seven days a week. No appointment is necessary.

Question & Answer

straight talk from our physicians



Alon Ronen, M.D.
Co-Medical Director,
Women at Heart

QUESTION: Lately, I've been really tired. Could it be a sign of something serious?

ANSWER: Fatigue is a common complaint among women. But if you've been more wiped out than usual, it's important to talk to your doctor. Your heart could be trying to tell you something.

There's evidence that unexplained fatigue in women may be an early warning sign of a heart attack. A recent study of more than 500 women who had heart attacks found that more than 70 percent had suffered unusual fatigue more than one month before their attack occurred. Some women described the intensity of the fatigue as severe.

In addition, nearly half of the women had disturbed sleep and 42 percent had shortness of breath more than one month before their heart attack. Yet, less than 30 percent had chest pain—a telltale warning sign of a heart attack in many men.



Tarun K. Gupta, M.D.
Gastroenterologist

QUESTION: I have irritable bowel syndrome (IBS). Do you have any coping strategies for holiday travel and gatherings?

ANSWER: If you have IBS, holiday cheer may not come easy. But, you can take some simple steps that will keep your stress level down and symptoms at bay.

Here are some IBS-friendly tips to get the holiday season off to a cheerful start:

- Minimize stress by planning your trip well in advance.
- Don't experiment with new foods!
- Drink six to eight glasses of water a day. Steer clear of alcohol and caffeinated drinks such as coffee, tea, and soda.
- Diminish holiday stress by meditating or doing yoga.



Joseph Rosa, M.D.
Endocrinologist

QUESTION: How can I tell if I have diabetic retinopathy?

ANSWER: Diabetic retinopathy, which is the leading cause of blindness in U.S. adults, often has no symptoms in the early stages. In fact, vision may not even be affected until the disease gets serious.

That's why it's so important for people with diabetes to have their eyes examined at least once a year. If left untreated, the disease can cause severe vision loss or blindness.

However, if caught early, an eye care professional may recommend laser surgery. This type of treatment has been shown to reduce the risk of severe vision loss from diabetic retinopathy by 90 percent.



Michael Doyle, M.D.
Fertility Specialist

QUESTION: When should you seek medical help for infertility?

ANSWER: Many things influence fertility. Women's conditions account for about 35 percent of cases. Men's conditions are involved an equal 35 percent of the time. About 20 percent of the time, the couple shares the problem. One example: when the woman ovulates irregularly and the man has a low sperm count. A cause is never found in the remaining 10 percent of cases.

Couples commonly seek medical help when they've been trying to have a baby for a year without results. But many experts tell couples to pay closer attention to their individual concerns.

When deciding to see a doctor, sooner is better than later. Causes can be identified in 90 percent of all cases and successfully treated in most cases. Starting early also gives those couples who will not conceive time to consider other choices, including adoption.

Looking for a physician? We can help.

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

Considering Total **KNEE REPLACEMENT**

The largest joints in the body, our knees allow us to do countless daily activities such as walking, bending, turning, and even standing.

Total knee replacement offers relief to people whose knees have been damaged by some form of arthritis—most often osteoarthritis—or injury.

In the past, doctors considered the best candidates to be those between ages 60 and 75. But in recent decades, with improvements in materials and technology, more and more people of virtually all ages have had successful knee replacement surgery. In fact, for about 90 percent of those who choose it, this surgery drastically lessens pain, improves daily functioning, and enhances overall quality of life.

After surgery, you'll probably stay in the hospital for several days. Once home, you will need to

perform special exercises to rebuild muscles. You should be able to resume most normal activities within three to six weeks.

Knee replacement might be your best option if physical therapy, medicines, or other procedures aren't enough to control your pain. Your doctor can help you decide if this type of surgery is right for you. *

If you need knee or hip surgery, ask about St. Vincent's Joint Camp, a new approach to preparing for and recovering from surgery. Knee Classes meet on the third Thursday of each month and "hips" on the first Thursday. Both from noon to 1 p.m. For more information, call Gail Fulco at 203-576-6429.

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



ON THE YOUNG SIDE OF 50?

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

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- | | |
|---|---|
| <input type="checkbox"/> Free "How to Fight Allergens In & Around Your Home" brochure | <input type="checkbox"/> To join Women at Heart |
| <input type="checkbox"/> Free "Walk Your Way to Good Health" brochure | <input type="checkbox"/> Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound |
| <input type="checkbox"/> Free hearing test and 10 percent discount on hearing aids | |
| <input type="checkbox"/> Free application and membership in St. Vincent's Club 50 | |

Send for your FREE health information today!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____ DATE OF BIRTH _____

THERE ARE 4 EASY WAYS TO JOIN!

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

HEALTH TALK FALL 2004



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

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

Postmaster: Please deliver between September 27 and October 1.

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

ASCENSION
HEALTH

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



Printed on Recycled Paper

910M

Wellness Guide/Calendar

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

CANCER SUPPORT PROGRAMS

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

Cancer Lecture Series

Location: St. Vincent's

Dates: Oct. 5, 5:30 p.m., "Breast Cancer & Nutrition" with nutritionist Tamara Swett, R.D.

Oct. 5, 4 p.m.: Oncologist David Witt, M.D., topic TBA.

Nov. 16, 5:30 p.m.: "How to Manage Holiday Stress" with Lynn Roberge.

Nov. 23, 6 p.m.: Seyed Aleali, M.D., topic TBA.

Breast Cancer Support Group

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

Dates: Oct. 5, Oct. 19, Nov. 2, Nov. 16, Dec. 7, and Dec. 21.

Time: 5:30 to 7 p.m.

Breast Cancer "We Share" Support Program

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

Cancer Support Group/Cancer Lecture Series

Dates: Oct. 12, Oct. 26, Nov. 9, Nov. 23, Dec. 14.

Time: 6 to 7:30 p.m.

Location: St. Vincent's

Family Support Group

For adult patients, family members, and friends who are coping with a diagnosis of leukemia, lymphoma, myeloma, and

Hodgkin's disease. Cosponsored by The Leukemia & Lymphoma Society.

Dates: Oct. 5, Nov. 2, Dec. 7

Time: 4 to 5:30 p.m.

"Look Good, Feel Better" for Female Cancer Patients

Cosponsored by the American Cancer Society for female cancer patients.

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

Dates: Nov. 29

Time: 1 to 3 p.m.

Prostate Cancer Institute/ Buddy Network 203-576-5500

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

Prostate Screening 203-576-5500

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

Meditation for Cancer Patients

Call for information.



Open to all cardiac patients and family members.

St. Vincent's Wellness Booth/Screenings

1-877-255-SVHS

Tuesdays and Wednesdays

9 a.m. to 1 p.m. at the Westfield Shoppingtown—Trumbull, the lower level in front of Macy's.

Tuesdays: FREE blood pressure check,

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

Women at Heart

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

Time: 7 p.m.

Dates: Oct. 20, Nov. 17, Dec. 8.

• Cardiovascular Screening Just for Women: \$99

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

• Stress Reduction Classes

Call for information.

LIFESTYLE CHANGES

Teen "Smoke Stoppers" Smoking Cessation Program 203-576-5451

Dynamic instructor brings free program to area middle/high schools and colleges to help teens quit smoking. Call to request program at your school.

Nutrition Counseling Service 203-576-5930

Includes one-to-one dietary counseling for weight loss and management, heart disease, cancer, diabetes, gastro-

CARDIAC

Healthy Hearts Support Group 203-576-5012

First Wednesday of every month from September to June at 7 p.m. in St. Vincent's Hawley Conference Center.

intestinal 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.

Seminar Date: Dec. 9

Time: 6 to 7:30 p.m.

Grief: "We Care" Perinatal Support Group

203-576-5110

For those who have lost a child prior to, or at, birth.

Third Wednesday of each month in Ambulatory Infusion Center.

Myasthenia Gravis Support Group

203-929-7627 or marbill9@aol.com

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

MATERNITY/NEWBORN CLASSES

Call Family Birthing Center

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

Baby Care Class

Baby care basics including bathing, diapering, feeding, sleeping, and safety.

Two Wednesdays, monthly, 7 to 9 p.m.

Breast-Feeding Preparation Class

First Saturday, 9:30 to 11:30 a.m.

Second Tuesday, 6:30 to 8:30 p.m.

Breast-Feeding Support Groups

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

Breast Pump Rental and Breast-Feeding Supplies Store

Get the supplies and help you need.

Cesarean Birth Class

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

Childbirth Preparation Classes

Prepare for labor and delivery; breathing and relaxation techniques; medication options; and more.

One-day class on Saturday.

10 a.m. to 4:45 p.m.

Two-class series: First two Mondays.

6 to 9 p.m.

Expectant Parent (Prenatal) Tours

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

Infant/Child CPR

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

Sibling at Birth Program

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

Sibling Class and Tour

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

SENIORS

Geriatric Assessment Program

203-576-5710

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

Health Insurance/Medicare Info

1-877-255-SVHS

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

10 a.m. to noon. First Wednesday at St. Vincent's Wellness Booth in Westfield

Shoppingtown—Trumbull; other Wednesdays at Medical Center.

Stroke Survivors and Caregivers Support Group

203-576-5361

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

Joint Replacement Preoperative Classes

For patients scheduled for a total hip or knee replacement. Learn from multi-specialty team about surgery, anesthesia, and follow up therapy. 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.

Diabetes Symposium for Health Care Professionals and Patients

Professional Program will focus on diabetes diagnosis, kidney disease, and atherosclerosis. Patient Program will feature diabetes management, nutrition, and standards of care. Co-sponsored by American Diabetes Association and Aventis Pharmaceuticals.

Date: Nov. 11

Time: 7:45 a.m. to 3 p.m.

Location: Trumbull Marriott

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

St. Vincent's College Open House:

Find out about degree and certificate programs leading to in-demand health care careers.

Date: Oct. 23

Time: 9 to 11 a.m.

Location: St. Vincent's College adjacent to St. Vincent's Medical Center

Call 203-576-5278 to register.