

St. Vincent's
Medical Center



Spring 2004



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

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Meet
Our New CEO

Explaining the New
AHA Guidelines

The Latest in
Hearing Aids

Wellness Guide/
Calendar

Straight Talk from
Our Physicians

www.stvincents.org • 1-877-255-SVHS • callcenter@svhs-ct.org



Recipe

Rainbow Fruit Salad

FRUIT SALAD

- 1 large mango, peeled and diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

HONEY-ORANGE SAUCE

- 1/2 C unsweetened orange juice
- 2 T lemon juice
- 1 1/2 T honey
- 1/4 t ground ginger
- dash nutmeg

1. Prepare and combine the fruit.
2. Combine all the ingredients for the sauce and mix.
3. Just before serving, pour the sauce over the fruit.

Yield: 12 servings. **Serving size:** 4 oz
Each Serving Provides: Calories: 96, Total fat: 1 g, Saturated fat: less than 1 g, Cholesterol: 0 mg, Sodium: 4 mg.

St. Vincent's Welcomes New CEO

Susan L. Davis, R.N., Ed.D., is the new President and Chief Executive Officer for St. Vincent's Medical Center and St. Vincent's Health Services, a member of Ascension Health, St. Louis, Mo., and New York Presbyterian Healthcare, N.Y. She was the unanimous choice of the Board after a lengthy national search.



Susan L. Davis, R.N., Ed.D.

The new St. Vincent's chief is a "hands-on" leader who has even been known to pitch in by donning her scrubs and working with her staff. Her considerable experience in nursing gives her a unique perspective as she puts her focus on patient care and developing programs that respond to the needs of the community.

Dr. Davis comes to St. Vincent's from Vassar Brothers Medical Center in Poughkeepsie, N.Y., after an 18-year career including service as the medical center's CEO for the past three years. Since 1992, Dr. Davis has served in senior management roles at Vassar Brothers Medical Center, including Vice President of Nursing, Executive Vice President/Chief Operating Offi-

cer and, since 2001, President/Chief Executive Officer. In her role at Vassar Brothers, she developed and implemented a variety of successful clinical services, including a new regional heart center for residents of the upstate New York area.

Dr. Davis received her bachelor of science in nursing from Mt. Saint Mary College, Newburgh, N.Y., her master of arts in nursing administration and doctor of education from Columbia University with an emphasis on management. She

is a member of the American College of Healthcare Executives and American Organization of Nurse Executives, as well as possessing many other professional affiliations.

Dr. Davis has made a commitment to the community and to volunteerism throughout her career by being actively involved in United Way, hospice, and the American Cancer Society. She was named New York State 2003 Distinguished Volunteer of United Way and recently honored with the Dutchess County Community Service Award 2003. *

WORK IT OUT: EXERCISE TIPS YOU MAY NOT KNOW

Here's some fitness advice from Cindy McGuire, Exercise and Wellness Instructor at St. Vincent's College:



- It's OK to eat foods such as cereal, fruit, or pretzels before most workouts.
- Stretching isn't as important as warming up. To prevent injuries,

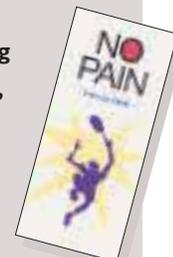
warm up for about 15 minutes before exercise. This means light activity, such as easy jogging or cycling.

- When lifting weights, a single set of eight to 12 reps may be just as good as three sets.
- Drop your "no pain, no gain" belief about exercise. If you ever feel pain during exercise, take a rest period until the pain stops.

Did you know that St. Vincent's College offers yoga and many other classes to help you get back in shape, lose weight, and build strength? For information about continuing education offerings, call to get

a brochure at 203-576-5651 or view the entire brochure at www.stvincentscollege.edu/continuinged.asp.

Learn how to avoid injury during exercise with our free brochure, "No Pain Exercise Guide." It includes tips on how to prevent pain, explanations of common fitness-related injuries, and a guide for how to treat minor injuries at 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.



The New AHA Guidelines: Empowering Women to Prevent HEART DISEASE



Are these statements true or false? More women die from cancer each year than from any other cause. Women aren't at risk for heart disease until after menopause. If heart disease runs in your family, there isn't much you can do.

You may be surprised that all of these statements are false. The 500,000 women who die of heart disease each year far exceeds the number of deaths from all types of cancer combined. Heart-disease risk actually can begin to climb in childhood. And, most importantly, you—not your family medical history—hold the key to determining your risk of heart disease.

EXPLAINING THE NEW AHA GUIDELINES

What is the key? Simply put: prevention. That's one of two findings emphasized in new guidelines for women recently released by the American Heart Association. The other finding: When it comes to heart disease, there aren't "haves" and "have-nots." Instead, every woman is at risk.

Your doctor can help you assess your risk level. St. Vincent's cardiologist Kathleen Harper, D.O. says you will then be placed in one of three risk categories—low, intermediate, and high. Low risk means a woman has a less than 10% chance of having a heart attack in the next 10 years. Intermediate risk

is defined as a 10 to 20% chance. And high risk is a greater than 20% chance.

THE POWER OF PREVENTION

Cardiologist Jose Missri, M.D., Medical Director of the St. Vincent's Regional Heart & Vascular Center, says it's never too late—or too early—to take charge of your heart health. Here's how to protect yourself:

■ Starting at age 20, have your blood pressure checked, your body mass index (BMI)



Jose Missri, M.D.



Kathleen Harper, D.O.

calculated, and your waist measured at least every two years. Check blood cholesterol and blood sugar levels every five years.

■ Follow the Big Three: diet, exercise, and don't smoke. Enjoy lots of fruits and vegetables, whole-grain breads and cereals, and low- or non-fat dairy foods. And aim for at least 30 minutes of activity on most days. *

Get our free fact sheet, "The Heart Truth for Women: An Action Plan." 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**.



One important way to start your own personal prevention program is to join **Women at Heart**, the St. Vincent's cardiovascular club designed exclusively for women. You will benefit from free and low cost screenings, seminars, nutritional counseling and much more. To register, 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
- 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!



WOMEN
of
Heart
REGINA I. COZZA CENTER
Affiliate: St. Vincent's
Regional Heart & Vascular Center

EXPLORE NEW DIRECTIONS WITH ST. VINCENT'S COLLEGE

While job prospects are declining in many sectors of our economy, demand continues to grow for nurses and allied health care professionals. Career opportunities are excellent. You can make a career change or start a career by earning an associate of science degree with one of the following majors.

St. Vincent's College graduates have 100 percent job placement rate in these fast growing occupations:

- Radiography
- Medical assisting
- Cardiovascular technology
- Nursing

Take advantage of the college's innovative rolling admission policy, and enroll in the spring semester with your choice of major or certificate programs. Students have the option of day or evening courses, and financial assistance is available. To enroll in St. Vincent's College, call **203-576-5513**. For more information on the college, you can also visit our website at www.stvincentscollege.edu.

Weekend Warriors Take Notice

—As the good weather returns and you get back out in the yard or on the playing field, you run a higher risk of bruises, strains, and other minor injuries. If you need treatment, just stop by at the St. Vincent's Immediate Care Walk-in Centers nearest you: 4490 Main Street (across from Red Lobster), 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.

Technology Advances Aid HEARING IMPAIRED

If you are experiencing hearing loss, the time has never been better to be fitted with a hearing aid.

Rhoda Naylor, audiologist at St. Vincent's Special Needs Services in Trumbull, explains, "Digital hearing aids have been in use in this country for less than a decade, but advances in the technology in that short time have been every bit as dramatic as roving cameras on Mars and transmitting photographs on cell phones."

"We are now prescribing the third generation in digital hearing aid technology," Naylor continues, "and patients are experiencing results that they would never have thought possible a few years ago."

Hearing aids have come a long way since the introduction of earlier models that amplify all sounds, including noise, the same amount. Here are a few of the latest developments:

- Digital programmable hearing aids use digitized sound processing, which provides flexibility in terms of fine-tuning sound without distorting the quality. A computer chip in the aid determines if the sound is speech or noise and automatically makes adjustments.
- Many hearing aids now have special features that facilitate listening in certain situations. For example, a directional microphone can be turned



on to respond to sound coming from a specific direction, such as a face-to-face conversation.

- Some aids can store multiple programs to accommodate different listening environments, including a quiet living room or a noisy restaurant.
- To make it easier to talk on the phone, some hearing aids have a telephone switch.
- Implantable hearing devices also are available. *



To learn more about how digital hearing aids can help you or a loved one, call the Audiology Department at SVSNS, 203-386-2736. SVSNS provides free hearing tests and a 10 percent discount on hearing aids to Club 50 members.

DOES MAD COW DISEASE POSE A HUMAN RISK?

Mad cow disease has been making headlines recently. Are you confused about your risk for this condition? Here's what you need to know.

EVERYTHING OLD IS NEW AGAIN

For almost two decades, this disease wreaked havoc overseas. Most likely caused by an unusual infectious agent, called a prion, mad cow disease slowly destroys the nervous system and brain of infected cattle. The human form of mad cow disease is referred to as new variant or variant form Creutzfeldt-Jakob disease.

PREVENTION TACTICS

Experts say the risk of developing this disease is extremely low. New stringent regulations for the meat industry are now in effect, in response to the recent cases of mad cow disease. If you want to protect yourself:

- Eat solid pieces of beef muscle, such as steaks or roasts, rather than processed beef products, such as burgers and sausages.
- Adopt a vegetarian diet. Be sure to check with your doctor before starting.

Also, don't be worried about consuming milk and dairy products. These are safe from being contaminated by mad cow disease.

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

Time: 6 p.m.

Location: St. Vincent's

*Dates: April 6: "Cancer Issues and Daily Life" with psychotherapist Lynn Roberge
April 20: "Increasing Antibody Response in Breast Cancer Chemotherapy" with oncologist Hervey Weitzman, M.D.*

May 4: Kenneth Dressler, M.D. (Topic TBA—note time change: 4 to 5:30 p.m.)

*May 18: "Lymphedema, Scar Management and Shoulder Movement after Breast Cancer" with physical therapists
May 25: "Cancer & Nutrition" with dietitian Tamara Swett, R.D.*

June 15: "Breast Reconstruction Options" with plastic surgeon Richard Restifo, M.D.

Breast Cancer Support Group

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

Dates: April 6, April 20, May 4, May 18, June 1, June 15.

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: April 13, April 27, May 11, May 25, June 8, June 22.

Time: 6:00 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: April 6, May 4, June 1

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: March 29, May 10, June 14

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.



Dates: April 7: "Hypertension" with Alon Ronen, M.D.; May 5: "Cooking with Cardiac Nurses;" June 2: TBA

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.

*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. Open to public. FREE.

Dates: March 31: "Boning Up on Osteoporosis" with Linda Werner, M.D.; April 21: "Diabetes and Heart Disease" with Joseph Rosa, M.D.; May 19: "Hormone Replacement Therapy;" June 30: "Yoga."

Stress Reduction Classes

Call for information.

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. If the stay is overnight, the tour may include a patient room.

CARDIAC

Healthy Hearts Support Group

203-576-5012

First Wednesday of every month at 7 p.m. in St. Vincent's Hawley Conference Center. Open to all cardiac patients and family members.

LIFESTYLE CHANGES

Teen “Smoke Stoppers” Smoking Cessation Program 203-576-5451

Dynamic instructor brings 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, 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.

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 featur- ing 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.

Safe Sitters

Teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. Fee. Call for information.

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

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 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 203-576-5005 Third Wednesday of the month. 6:30 p.m. in Level “C” Seton Rm. Call Maddie Del Valle, L.C.S.W.

ORTHOPEDICS

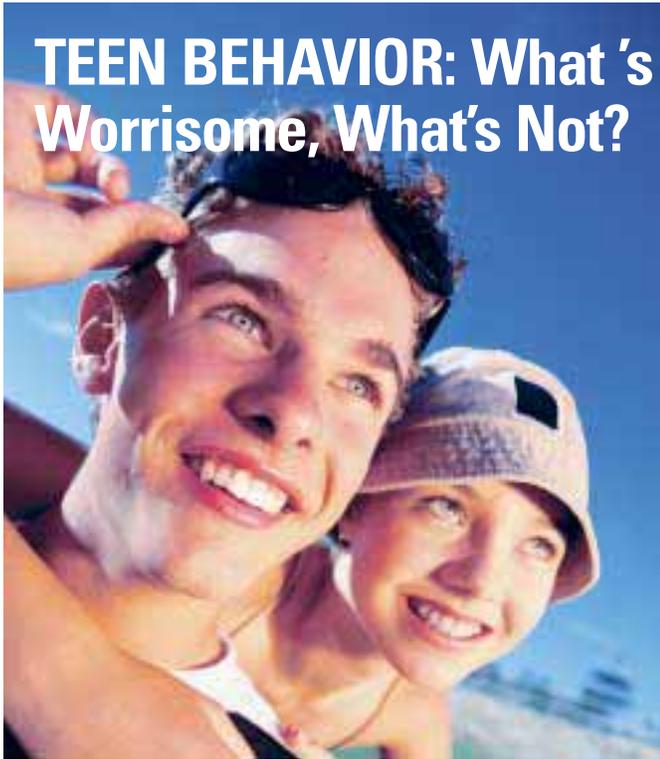
Joint Replacement Preoperative Classes

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.*

ST.VINCENT’S COLLEGE

See page 4 for health care career info. See page 2 for computer, professional development, and wellness classes.

TEEN BEHAVIOR: What's Worrisome, What's Not?



Many parents find it hard to interpret their teen's behavior. Is your child just acting like a typical teen or does he/she need your help?

"TYPICAL" BEHAVIOR

Every teenager is different and has a unique personality. But experts say many adolescents:

- switch between being overconfident and having poor self-esteem
- find fault with their parents and test rules
- revert to childish behavior, such as slamming doors and crying.

SIGNS THAT RAISE CONCERN

However, the following teen behaviors should raise a red flag:

- An extreme change in school performance
- An inability to perform homework or chores
- Numerous complaints of illness
- Frequent angry outbursts or extreme opposition to authority

If you notice any of these behaviors in your teen, seek professional help.

PREVENTING HARM

Susan Steneck, Ph.D.,
Director of Education and

Community Services at Hall-Brooke Behavioral Health Services, says that you can protect your child from some avoidable dangers. Teens with access to guns, alcohol, tobacco, and other drugs at home are more likely to use illegal substances and to commit violent acts than those without such access.

Also, spend time with your teens. Research shows that youngsters with strong ties to their families engage in much less risky behavior than teens who feel unconnected to their families. If your child needs help, call Hall-Brooke Behavioral Health Services in Westport at **203-227-1251**. *

NEW PROCEDURE CONQUERS SEVERE OBESITY

If you are severely obese—at least 100 pounds overweight or twice your ideal weight—weight-loss surgery may be for you, says St. Vincent's surgeon, Tim Erlich, M.D., who specializes in bariatric surgery.

A new, less-invasive procedure called the Lap-Band® Adjustable Gastric Banding System is an option for those considering weight-loss surgery.

The Lap-Band system is the only adjustable surgical treatment for severe obesity in the United States and is less invasive than traditional weight-loss surgeries.

An adjustable band is attached around the upper stomach, creating a small pouch. This significantly limits the amount of food you can eat and creates an earlier feeling of fullness. The banding system can cause vomiting, heartburn, and abdominal pain in some people.

Once the band is in place, your doctor can easily change its diameter at a later time to meet your weight-loss needs. The procedure also is reversible. Ask your doctor if Lap-Band is right for you.

For more information about weight loss surgery or to attend preparation classes, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

SUMMER SAFARI: A THERAPEUTIC EXPERIENCE

If your child is experiencing emotional problems, you may want to think about Summer Safari. This unique program, provided by Hall-Brooke Behavioral Health Services, is designed for children ages 7 to 12 with a variety of emotional issues that keep them from having a positive experience in a traditional summer camp setting.

The Hall Brooke summer camp program includes social skills groups, creative therapies, and group therapies along with a wide range of activities; including swimming, arts and crafts, workshops, and weekly field trips.

The summer camp, beginning in July, has a three-to-one child-to-staff ratio, including certified teachers and therapists. Safari Summer meets Monday through Friday, 8:30 a.m. to 3 p.m., on Hall Brooke's beautifully landscaped 25-acre campus in Westport, 47 Long Lots Road. For enrollment, please call Hall Brooke at **203-227-1251**.



ARE TATTOOS SAFE?

People of all backgrounds increasingly are getting tattoos.

Tattooing involves multiple injections of ink underneath the skin. This process can pose serious health risks. These include skin cancer and an allergic reaction or skin infection at the site of the tattoo.

Experts say getting a tattoo also can carry a high risk for tetanus, tuberculosis, hepatitis, syphilis, and HIV if the tattooist uses non-sterile equipment.

You can reduce your risk for complications from a tattoo by following these steps:

- Check with your local health department to find out how tattoo parlors are regulated in your area.
- When you arrive at the tattoo parlor, look for signs of cleanliness. These include sterilization equipment, single-use needle packages, individual dye containers, disinfectant solution, disposable gloves, and good handwashing techniques.
- After the procedure, be sure to care for the tattooed skin area by cleaning it gently with soap and water, patting—not rubbing—the skin dry, and keeping it moisturized for the first one to two weeks.

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 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

Looking Beyond Diet and Lifestyle Changes to **HELP PREVENT CANCER**



Cancer is the second leading cause of death in the United States. The good news is that the majority of cancers are preventable by making lifestyle changes and also advocating for a clean environment in your community.

STEPS TO PREVENTION

You can initiate some simple steps to help reduce your cancer risk. Preventive measures often focus on diet and lifestyle modifications, including eating a well-balanced diet, exercising, and not smoking. Something that is often overlooked in the role of cancer prevention: environmental factors.

SCRUTINIZE YOUR SURROUNDINGS

Environmental factors that affect your cancer risk can include chemicals and radiation that may lurk in your home or workplace. Following are some examples and preventive measures you can take:

- Long-term exposure to air pollution—

mainly from vehicles, industry, and power plants—increases your risk for lung cancer.

Preventive measures: Check daily air pollution forecasts for your area. Limit outdoor activities when the air quality is poor.

■ **Secondhand smoke** is dangerous and can cause lung cancer in people who don't smoke, but who are exposed to tobacco smoke. It also may increase the risk for breast, cervical, nasal sinus, and bladder cancers. **Preventive measures:** Seek out smoke-free restaurants and public spaces. Also, ask those around

you not to smoke.

■ **Asbestos** is a naturally occurring fibrous material that often is found in the insulation of older homes and buildings. It is associated with the development of several cancers, including lung, kidney, head and neck, stomach, and oral cancers. **Preventive measure:** Check with your local government or environment agencies to see how you can have your house checked for asbestos. *

A diet rich in fresh fruits and vegetables can lower your risk of cancer, as well as several other diseases. Our brochure, "A Vegetable-A-Week Plan—That Could Add Years to Your Life," will introduce you to a new vegetable each week. It also gives tips on how to prepare and store veggies. For your free copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



St. Vincent's Swim Across the Sound provides a wide range of free and low-cost programs to help you and your family turn the tide against cancer in Fairfield County. See the calendar for a profile of cancer support programs. For a complete list of the 34 Cancer Prevention and Patient Support programs available through Swim Across the Sound, call **203-576-5451**.

Question & Answer

straight talk from our physicians



Delia Manjoney, M.D.
Ophthalmologist

QUESTION: When should my child have her eyes checked?

ANSWER: Experts say children should have their eyes checked at age 6 months, at age 3 or 4, and

every year after age 5 or 6. If you notice any of these symptoms, contact your doctor:

- trouble keeping eye contact by 3 months
- crossed eyes or one eye that turns out
- trouble following an object with her eyes by 3 months
- apparent inability to see.

Other signs of a vision problem include squinting or closing one eye a lot, getting close to a book when reading, rubbing the eyes a lot, having headaches, and tilting the head to use one eye only.



Katherine J. Pesce, M.D.
Dermatologist

QUESTION: What level of SPF do I need for sun protection?

ANSWER: An SPF tells you how well a sunscreen guards against ultraviolet-B (UVB) rays, which burn the skin

and raise your risk of skin cancer. The higher the SPF, the longer you can stay in the sun without burning.

The best way to prevent skin cancer: Stay out of the sun. If you know you're going to be exposed, cover up with protective clothing and slather on sunscreen. Experts recommend that everyone use an SPF of at least 15—even if you have dark skin. But you may want to go higher if your skin burns easily.

One thing the SPF does not tell you is how well a sunscreen protects against ultraviolet-A (UVA) rays. UVA rays don't burn your skin, but they contribute to skin cancer and cause your skin to wrinkle and age. So, be sure your sunscreen says it protects against both UVA and UVB rays.



Linda Werner, M.D.
Endocrinologist

QUESTION: Is flexibility important in preventing osteoporosis?

ANSWER: Osteoporosis is a silent disease that weakens bones and increases your chance of fractures.

Identifying ways to strengthen bones and reduce the risk of falls is a primary prevention goal. That's where flexibility factors in.

Flexibility refers to the mobility of your joints or limbs. The more flexible you are, the more you'll be able to move around freely and painlessly. Ask your doctor for some specific stretching exercises that are right for you. When stretching, keep these tips in mind:

- Stretch after your regular workout. If stretching is all you do, shoot for three, 20-minute sessions a week.
- Move slowly and steadily into a stretching position; never bounce or jerk.
- Mild discomfort is normal when stretching. If you feel pain, ease up on the stretch until it doesn't hurt.



Joseph Rosa, M.D.
Endocrinologist

QUESTION: What is the latest news in diabetes prevention?

ANSWER: A cup of coffee may do more than jumpstart your day. In a recent study, long-term coffee consumption was shown to significantly reduce the risk of getting type 2 diabetes. But because too much coffee can be dangerous to your health, talk with your doctor about what is right for you.

Magnesium also has been proven to fight type 2 diabetes. Daily intakes of this mineral are 420 mg for men and 320 mg for women. You can add more of this important mineral to your diet by eating magnesium-rich foods, including green leafy vegetables, nuts, and whole grains.

Looking for a physician? We can help.

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

Should You Worry About BIRD FLU?

Avian influenza, or “bird flu,” is a disease that normally only infects birds. But a new strand, H5N1, has the ability to cause infection and severe disease in humans. It already has affected many people in Vietnam and Thailand.

Several countries, including the United States, have reported outbreaks of bird flu in poultry. But experts say they were not caused by the new virus. So far, this dangerous virus has only affected poultry in Asia, including Cambodia, China, Indonesia, Japan, South Korea, Laos, Thailand, and Vietnam.

For the latest news, visit The World Health Organization’s site at http://www.who.int/csr/disease/avian_influenza/en/.

To protect yourself, follow these tips:

- If you are traveling to one of the affected countries, avoid areas with live poultry, including live animal markets and poultry farms.
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.
- Make sure that all foods from poultry, such as eggs, are thoroughly cooked. Flu viruses are destroyed by heat. *

Looking for our recipe?

Turn to page 2!



Ask your health care questions on the air! St. Vincent’s physician Frank Scifo, M.D., will take your call on Monday nights at 7:05 p.m. on WICC Radio 600 AM. Learn about the latest developments in health care and get other valuable information by listening to Dr. Scifo and his weekly guests.

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- | | |
|--|---|
| <input type="checkbox"/> Free “The Heart Truth for Women: An Action Plan” fact sheet | <input type="checkbox"/> Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound |
| <input type="checkbox"/> Free “No Pain Exercise Guide” brochure | <input type="checkbox"/> Women’s Guide to Health Tests and Screenings |
| <input type="checkbox"/> Free “A Vegetable-A-Week Plan” brochure | <input type="checkbox"/> Men’s Guide to Health Tests and Screenings |
| <input type="checkbox"/> Free hearing test and 10 percent discount on hearing aids | <input type="checkbox"/> To join Women at Heart |
| <input type="checkbox"/> Free application and membership in St. Vincent’s Club 50 | |

Send for your FREE health information today!

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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

FREE HEALTH INFORMATION LINE

JUST ASK ALICE!



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
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