

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Newest Advances
in **Hair Loss**

Understanding
Childhood Asthma

Do Herbs Offer
Menopause Relief?

Wellness Guide/
Calendar

Straight Talk from
Our **Physicians**

Recipe

Fresh Salsa

- 6 diced tomatoes, preferably Roma (or 3 large tomatoes)
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeño peppers, finely chopped
- 3 T cilantro, chopped
- ¼ t oregano, finely crushed
- ¼ t salt
- ¼ t pepper
- ½ black-skinned avocado, diced

Juice of 1 lime

1. Combine all of the ingredients in a glass bowl.

2. Serve immediately, or refrigerate and serve within four or five hours.

Yield: 8 servings. **Serving size:** ½ oz

Each Serving Provides: Calories: 42, Total fat: 1 g, Saturated fat: less than 1 g, Cholesterol: 0 mg, Sodium: 44 mg.

FREE FOOD STORAGE POSTER

Not sure how long foods stay fresh? Our poster, "Should You Keep Those Eggs or Toss Them?" lists all food types and offers storage tips and recommended storage times for the freshest taste and safest handling. 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**.



Screenings for Women: Advice from the Experts



age 21 and older, as well as younger women who are sexually active, should get a Pap test and a pelvic exam every one to three years.

■ **Colorectal cancer screening:** Beginning at age 50, have a test for cancer of the colon or rectum.

■ **Thyroid test:** Starting at age 35, consider getting a blood test every five years to measure

Women of all ages can help themselves stay healthy through regular tests and physical exams that can detect diseases early, when they're typically most treatable, says St. Vincent's cardiologist Kathleen Harper, D.O. Here's a rundown of some of the screenings that health experts recommend for healthy women:

- **Cholesterol measurement:** Have cholesterol tested at least once every five years after age 20. To fully protect yourself, experts recommend a test called a lipoprotein profile, which measures total cholesterol, "good" cholesterol, "bad" cholesterol, and triglycerides.
- **Pap test and pelvic exam:** Women who are

thyroid-stimulating hormone.

■ **Mammogram:** Women age 40 and older should get a mammogram, or breast X-ray, every one to two years.

■ **Blood pressure screening:** Beginning at age 18, have your blood pressure checked.

■ **Diabetes test:** Women older than age 45 should get a blood test every three years to check for diabetes.

■ **Bone mineral density (BMD) test:** Get a BMD test at age 65.

Some women may need earlier or more frequent screenings, or may need different tests than those listed. Talk with your doctor about which screenings are best for you. *

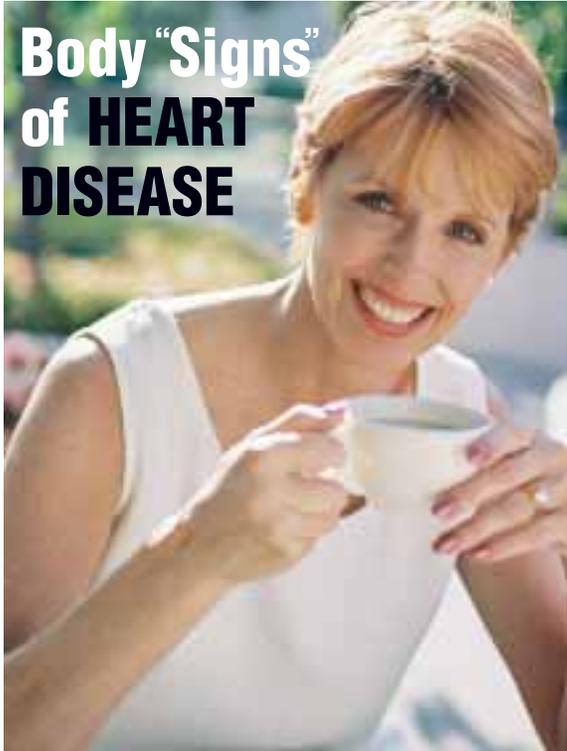
Screenings at St. Vincent's

A wide range of screenings are 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), and Hall-Brooke Behavioral Health Services provides depression screening and help for behavioral health issues (203-227-1251).



Body “Signs” of HEART DISEASE



TRUE OR FALSE?

1. Waist size affects your heart health.
2. If you have gum disease, you are more likely to die from heart disease.

ANSWERS

1. **True.** Carrying extra weight around your abdomen has been linked to high blood pressure, lower “good” cholesterol levels, and other factors that add to heart risks.
2. **False.** So far, researchers haven’t proven that oral health is linked to heart disease-related deaths for sure. However, some of the same bad habits can harm your mouth and your heart. For example, smoking is a risk factor for teeth and gum problems, as well as heart disease.

Smoking, diabetes, and high blood pressure are all bad for your heart. But what does your waist size or ear shape have to do with your heart health? Are there “bodily” clues for heart disease? Jose Missri, M.D., Medical Director of the St. Vincent’s Regional Heart & Vascular Center, invites you to take this true-false quiz and find out.



The St. Vincent’s Regional Heart & Vascular Center offers a wide range of surgical and intervention services. Its new Women at Heart program focuses on women’s risk and ways to stay healthy. For referral to a cardiologist or membership in Women at Heart, call 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
at Heart
REGINA L. COZZA CENTER
Affiliate: St. Vincent's
Regional Heart & Vascular Center

SHOULD YOU TAKE ASPIRIN TO PREVENT HEART DISEASE?

The news on aspirin and heart health seems to change every day. Find out what this common drug can and can't do.

THE POWER OF ASPIRIN

A recent study showed that daily aspirin improved blood flow to the heart in people with cardiovascular disease. Long-term aspirin therapy also can help prevent the recurrence of heart attack, unstable angina, and ischemic stroke, caused by a blood clot. Aspirin also can help those with a high risk for heart conditions.

The majority of health professionals believe that aspirin use to prevent heart attack or clot-related stroke in healthy people is not necessary. For healthy adults, the risks of long-term aspirin use may be greater than the benefits.

NOT FOR EVERYONE

Aspirin is not for everyone. Also, side effects—including internal stomach bleeding—can increase when aspirin is used with over-the-counter and prescription medications, supplements such as vitamins and herbs, and even food and beverages.

St. Vincent’s cardiologist Edward Kosinski, M.D., says it is important to talk to your doctor before taking daily aspirin. She can help you decide what’s best for you. If you have health care questions or questions about your medication, you also can ask Alice, a St. Vincent’s registered nurse, by calling St. Vincent’s toll-free Care Line at **1-877-255-SVHS**.

HEATSTROKE: WHEN EXERCISE AND HOT WEATHER DON'T MIX

The sunny weather may look inviting, but when you exercise outdoors in high heat and high humidity, you may be at risk for heat-related illness. The most serious of these is heatstroke—a life-threatening emergency that occurs when your body becomes overheated and can't cool itself down. Here are some suggestions from the physicians at St. Vincent's Immediate Health Care:

When summer heat is on, it's safer to exercise in an air-conditioned environment. If you decide to exercise outside, though, take these precautions:

- Let your body get used to the heat. Begin slowly and gradually pick up your pace.
- Drink more fluids than usual to prevent dehydration—at least two to four glasses, or 16 to 32 ounces, per hour. Avoid very cold drinks, alcohol, and carbonated beverages.
- Wear lightweight, light-colored, loose-fitting clothing.
- Stop if you notice any signs of heatstroke, such as dizziness and flushed, hot skin. Get medical attention immediately.

If you're suffering from seasonal aches and pains, such as heatstroke, poison ivy, or minor athletic injury, and you need to see a doctor fast, just stop by at the St. Vincent's Immediate Care Walk-In Center 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.

The Truth About TACKLING HAIR LOSS

As you perform your morning ritual of styling your hair, you may notice that your "crowning glory" is not as lush as it used to be. Pattern baldness often is regarded as a man's problem, but women also are affected, says St. Vincent's dermatologist Ivan Cohen of Fairfield.

TREATMENTS SPROUT COVERAGE

Although there is no cure for pattern baldness, two government-approved products slow the development of the condition. They also help stimulate new hair growth. You must use these products continuously for beneficial results, which can take up to six months to achieve:

- Minoxidil, or Rogaine®. Available over-the-counter, minoxidil can be used by both men and women. Applied twice daily, minoxidil gives men the best results at the back of the scalp. Women usually see results at the top of the head. Minoxidil increases blood flow to the scalp, which is beneficial for hair growth.

- Finasteride, or Propecia®. Finasteride is available only by prescription. Since this once-a-day medication—pill form—can cause birth defects, it



can only be used by men. Pregnant women shouldn't touch broken tablets since it can be absorbed through the skin.

MORE TREATMENTS ON THE HORIZON

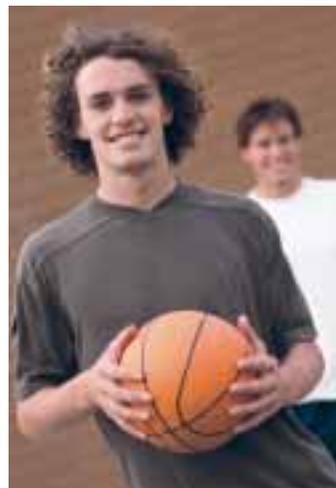
Dr. Cohen says that research is ongoing, so be sure to talk to your doctor about the latest advances. Your doctor also can help you determine if you may be a candidate for surgical hair restoration procedures. For referral to a St. Vincent's dermatologist and answers to your health

care questions, call St. Vincent's toll-free Care Line at **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 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**



The College Try!

Now is the perfect time to think about making plans for the fall and getting back into the swing of things with a new outlook on life. If you want a challenge in your life, new learning opportunities, or even a career change, you can explore the many academic offerings of St. Vincent's College. Through its associate degree

programs and continuing education courses, you can keep your mind and body fit, whether you take a yoga class or begin work on a degree in cardiovascular technology. Call to get a brochure at **203-576-5651** or view the entire brochure at **www.stvincentscollege.edu/continuing.asp**.

PREDIABETES: What You Need to Know



You can have prediabetes and not even know it. When your blood glucose level is higher than normal but not high enough to be classified as diabetic, you have prediabetes, says Joseph Rosa, M.D.

SUFFERERS AT GREATER RISK FOR TYPE 2 DIABETES

People with prediabetes are more likely to develop type 2 diabetes within 10 years. They also are at a 50 percent increased risk for having a heart attack or stroke. Fortunately, prediabetics can help delay—or even prevent—the onset of

type 2 diabetes by adopting simple lifestyle changes, such as eating healthy and increasing physical activity.

In a recent study, prediabetics who achieved a 5 to 7 percent weight loss decreased the incidence of type 2 diabetes by 58 percent. Weight loss was achieved by cutting calories, decreasing the amount of dietary fat, and by exercising at least 30 minutes a day, five days a week. Here are some tips:

- Lose weight if you are overweight.
- Increase physical activity. Start slowly and work your way up to 30 minutes a day, five days a week. You can try walking, swimming, biking, and dancing.
- Eat healthy. Choose fish, poultry, whole-grain breads, fruits, vegetables,

and low-fat or skim milk. *

Are you at risk for type 2 diabetes? For the answers to this and other important questions, request our free brochure—“Should You Be Worried About Type 2 Diabetes?”—and take a health quiz. 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.



Could You Be Codependent?

Most of us probably know people who constantly try to meet others’ needs at the expense of their own. Maybe you recognize yourself as that person who feels overly responsible for others. Perhaps you only gain a sense of self-worth when you take care of someone else. These are traits of codependency—a way of feeling and behaving that often results in unhealthy relationships, says Thomas Smith, M.D., Medical Director of Hall-Brooke Behavioral Health Services.

Other characteristics of this problem include always doing more than your share and a need to feel in control constantly. Do you identify with several of the signs of codependency? Consider asking your doctor for a referral to a mental health professional. Counseling can help you identify and change destructive behavior.

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**.

UNDERSTANDING CHILDHOOD ASTHMA

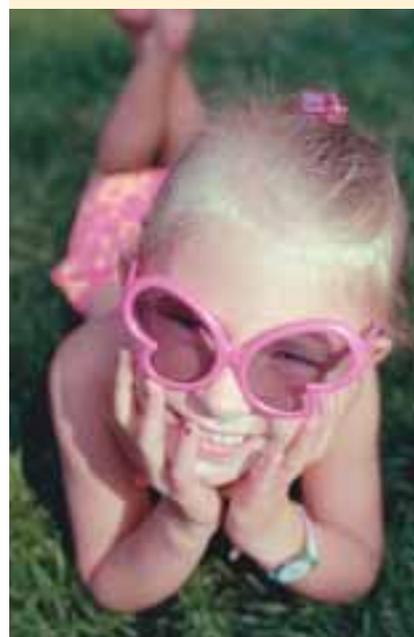
Childhood asthma is an all-too-common condition. According to the Centers for Disease Control and Prevention, 9 million children in the United States have been diagnosed with asthma at some time during their lives, says St. Vincent’s allergist Kevin McGrath, M.D.

While scientists don’t yet know why childhood asthma has become so common, they do have advice on how to lower your child’s risk.

Dr. McGrath says that children who have allergies, or whose parents have allergies, are at an increased risk for asthma. For this reason, experts suggest limiting a child’s exposure to substances that trigger allergies. Here’s how:

- Run a dehumidifier to cut down on indoor dust mites and mold.
- Use airtight mattress and pillow covers to contain dust mites.
- Wash bedding and stuffed animals regularly in hot water.
- Keep pets outdoors—or at least out of bedrooms.

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



MANAGING MENOPAUSE SYMPTOMS THE NATURAL WAY

Over the years, many women have relied on hormone replacement therapy (HRT) for the management of menopausal symptoms, such as hot flashes. But the National Institutes of Health recently stopped two HRT studies because the therapy may be harmful to women's health. These findings have prompted women to turn to alternative ways to keep symptoms in check, says St. Vincent's gynecologist Anjali Mehta, M.D.

Many women seek out herbal products for symptom relief. Scientific evidence supporting product claims is limited and, at times, conflicting. Additional research also is needed to determine the long-term safety of these products.

Here's what is known about some popular herbal products:

- **Soy and isoflavones:** Short-term use, less than two years, of soy protein may be helpful in relieving hot flashes. However, a recent study shows that isoflavone supplements made from red clover did not significantly improve hot flashes, anxiety, and sleeplessness.
- **Black cohosh:** Short-term use, less than six months, may help diminish night sweats.
- **Ginseng:** One study showed that it does not relieve hot flashes. But, ginseng may improve sense of well-being in menopausal women.

Dr. Mehta cautions that the government does not regulate herbal remedies. Herbs can cause interactions with other medications. Discuss these products with your doctor before using. If you need a referral to a St. Vincent's gynecologist or have health care questions, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Mammograms May **SAVE LIVES**



Did You Know?

All X-rays and diagnostic studies are ordered by physicians. With a prescription, you can stop in at St. Vincent's for X-rays related to bumps, bruises, sprains, and other problems. Courtesy parking is provided and service is prompt. For further information, call **203-576-5917**.

Mammograms have the reputation of being scary and painful. But they're not. Actually, mammograms are just X-rays, says Peter Steenberg, M.D., Chief of Mammography at St. Vincent's. And getting one could save your life. This screening can detect or diagnose breast changes—some that you may not be able to feel—that may be signs of cancer.

In January 2000, the U.S. Food and Drug Administration (FDA) approved digital mammography. According to the National Cancer Institute, digital mammography may offer the following advantages:

- The images can be stored and retrieved electronically, which makes consultations with other mammography specialists easier.
- Subtle differences between tissues may be noted, since the images can be adjusted by the radiologist.
- Digital mammography may reduce the number of follow-up procedures.
- The need for fewer exposures with digital mammography can reduce the already low levels of radiation associated with this screening.

The procedure for having a mammogram with a digital system is the same as with conventional mammography. ✨

INTRODUCING THE 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 easy access and a one-stop approach to services, including: digital mammography, ultrasound, and bone density screening.

The stylish new center will offer an extra measure of TLC and convenience while, at the same time, provide a wide range of screenings for menopausal women and others in need of imaging services. The full resources of the Medical Center also will enable the center to provide secondary testing, referrals, and a coordinated approach to care. The result is a new experience in mammography—driven by advanced technology and a commitment to convenience.

With a highly qualified and compassionate staff and an expert team of board-certified radiologists, who are available 24 hours a day, St. Vincent's provides comprehensive services in both diagnostic and interventional radiology. The new St. Vincent's Women's Imaging Center includes full-field digital mammography and stereotactic breast biopsies. Evening appointments are available. For information, call **203-576-5500**.

Question & Answer

straight talk from our physicians



Peter Boone, M.D.
Orthopedic Surgeon

QUESTION: Is there a way to make my bones stronger?

ANSWER: Remember cartwheels? Jump rope? One-on-one basketball? Playing like a kid could just make

your bones stronger. Why? Because bounding, jumping, and tumbling put significant stress on the skeleton. And bones respond to stress by growing.

Here are some ways to add high-impact activities to a well-rounded exercise routine:

- Seek out rougher terrain when walking—pound up and down hills or seek out stairwells.
- Take up step aerobics, racket sports, or jump rope.
- Add lunges, squats, and jumps to your workout.

High-impact exercises can be tough on the joints. So, consult your doctor before trying these activities if you have arthritis, osteoporosis, or other joint problems.



Chunwang Lam, M.D.
Gastroenterologist

QUESTION: What are some signs of liver problems?

ANSWER: The liver is one of the largest and most important organs in your body. It keeps the immune

system healthy, aids digestion, and clears the body of harmful substances.

Because your liver acts as a filter for everything you ingest—from vitamins to alcohol to medications—paying attention to what you take in is important. Liver disease usually occurs gradually. You may not experience any symptoms. If you notice some of the following red flags, though, be sure to contact your doctor:

- Yellowing of the skin and eyes
- Headaches
- Abdominal swelling or pain

- Very dark urine
- Bloody or pale stools



Tim Ehrlich, M.D.
Bariatric Surgeon

QUESTION: How can I tell if I'm overweight or obese?

ANSWER: To define obesity, doctors use a number called body mass index (BMI). BMI is considered to be

a better gauge of weight's effect on health because it also takes into account body fat. Measurements of height and weight are used to calculate the BMI.

To calculate your BMI, follow these steps:

1. Multiply your weight in pounds by 703.
2. Divide that number by your height in inches.
3. Divide by your height again.

A BMI of 25 to 29.9 indicates overweight, while a BMI of 30 or higher signals obesity. Morbidly obese people weigh at least 100 pounds more than their ideal weight and are at risk for heart disease, diabetes, and cancer.



Marilyn Smith, M.D.
Pediatrician

QUESTION: Can a supplement enhance my child's athletic performance?

ANSWER: Creatine, protein supplements, and amino acids are all pro-

moted as natural body builders. These athletic enhancers can be bought in supermarkets and health food stores, and are popular among adolescents. However, most body builders aren't approved for adolescent use. In fact, some contain androgen and other steroid hormones that could interfere with a child's development.

Before giving your child any natural remedy, always check with her pediatrician first. And let her doctor know if she takes a supplement regularly—even if it's a multivitamin.

Looking for a physician? We can help.

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

What to Do If You're **OVERDONE BY THE SUN**

So, you snoozed under the clear, blue sky or just forgot to keep slathering on the sunscreen while you were walking around outdoors. And now, you're burned. You have the telltale tender skin, itching, and pain of a sunburn. Blame it on the sun's superstrong—and damaging—ultraviolet (UV) rays. Try these tips to soothe a sunburn:



- Run cool water over the sunburned area for 10 minutes. This may temporarily relieve pain and reduce swelling. Or take a cold bath. Don't use ice on a burn.
- Soothe the pain and itching with

over-the-counter products that contain the following ingredients: dyclonine, pramoxine, benzyl alcohol, or menthol. Take a nonprescription pain reliever, such as acetaminophen, to help relieve a painful sunburn. Call your doctor if your sunburn worsens or does not improve within a week. Be sure to protect your skin by using sun block and wearing protective clothing.

For information on skin cancer screenings provided by Swim Across the Sound, call **203-576-5451**. *

Saving Your Skin

Having just one really bad sunburn can increase your risk of getting skin cancer. Learn more about this deadly disease in our free brochure, "Saving Your Skin ... And Your Life." For your copy, fill out the coupon below or 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 "Should You Keep Those Eggs or Toss Them?" Food Storage Poster | <input type="checkbox"/> Free application and membership in St. Vincent's Club 50 |
| <input type="checkbox"/> Free "Should You Be Worried About Type 2 Diabetes?" brochure | <input type="checkbox"/> Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound |
| <input type="checkbox"/> Free "Saving Your Skin ... And Your Life" brochure | <input type="checkbox"/> To join Women at Heart |
| <input type="checkbox"/> Free hearing test and 10 percent discount on hearing aids | |

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

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
2800 Main Street
Bridgeport, Connecticut 06606

Postmaster: Please deliver between June 28 and July 2.

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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**.



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: July 6 & Sept. 21, 5:30 p.m.:

"Self-Nurturance" with Brenda Ungerland.

July 27, 6 p.m.: "Prostate Cancer" with oncologist Hervey Weitzman, M.D.

Sept. 28, 6 p.m.: "Lymphedema & Cancer (Prostate, Breast, and Lymphoma)" with physical and occupational therapists.

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

Breast Cancer Support Group

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

Dates: July 6, July 20, Aug. 3, Aug. 17,

Sept. 7, and Sept. 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: July 13, July 27, Aug. 10, Aug. 24, Sept. 14, and Sept. 28.

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: July 6, Aug. 3, Sept. 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: Sept. 27, 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.



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.

Time: 7 p.m.

Dates: June 30: "Menopause: HRT and Herbal Supplements." Location: St. Vincent's. FREE.

September: "Nutrition and Health Workshop." Speaker: TBA. Location: St. Vincent's College. Discount to Women at Heart members.

Stress Reduction Classes

Call for information.

CHILDREN

Feroleto 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 from September to June 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 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.

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

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.

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.

Come down to Captain’s Cove

on Saturday, Aug. 7 for a day of sun, fun, and activities. See the exciting finish to the greatest race against cancer—the St. Vincent’s Swim Across the Sound 17-mile swim from Long Island to the Cove. 203-576-5451