

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Love Your Legs:
Varicose Vein Relief

Design a Winning
Indoor Workout

Wellness Guide/
Calendar

Don't Let **Back Pain**
Get You Down

Straight Talk from
Our **Physicians**



Recipe

Beef & Bean Chili

- 2 lb lean beef stew meat (trimmed of fat), cut in 1-inch cubes
- 3 T vegetable oil
- 2 C water
- 2 t minced garlic
- 1 large onion, finely chopped
- 1 T flour
- 2 t chili powder
- 1 green pepper, chopped
- 2 lb tomatoes, chopped (3 cups)
- 1 T oregano
- 1 t cumin
- 2 C canned kidney beans

1. Brown meat in a large skillet with half of the vegetable oil. Add water. Simmer covered for one hour until meat is tender.

2. Heat remaining vegetable oil in second skillet. Add garlic and onion. Cook over low heat until onion is softened. Add flour and cook two minutes. Add the garlic-onion-flour mixture to the cooked meat. Then, add the remaining ingredients to the meat mixture. Simmer 30 minutes.

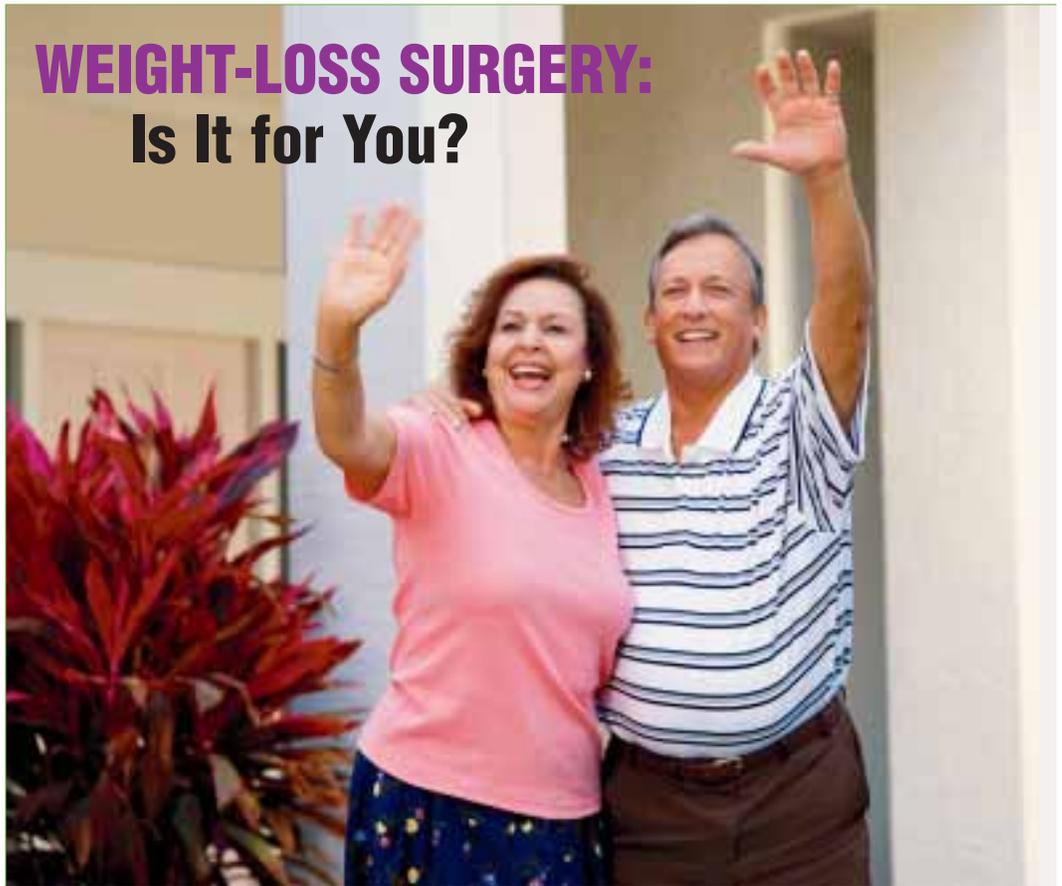
Yield: 9 servings. **Serving size:** 8 oz
Each Serving Provides: Calories: 274, Total fat: 10 g, Saturated fat: 2 g, Cholesterol: 65 mg, Sodium: 159 mg.

Looking for more healthy recipes?

Try our free recipe booklet, "Stay Young at Heart: Heart-Healthy Recipes." It contains 12 recipes that are low in calories, fat, and cholesterol, including heart-healthy versions of classics such as Minestrone Soup, Barbecue Chicken, and Pumpkin Pie. 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.



WEIGHT-LOSS SURGERY: Is It for You?



For most people, a combination of diet and exercise is the best way to lose weight. But if you've tried everything—and still can't shed excess pounds or keep them off—you may want to consider weight-loss surgery, says St. Vincent's surgeon Gary Kaml, M.D.

WHAT SURGICAL OPTIONS ARE AVAILABLE?

Weight-loss surgery is also called bariatric or gastrointestinal surgery. The treatment is an important health option for some people with severe obesity—those who are 100 pounds over their ideal weight. Your doctor may also recommend the operation if you suffer from a weight-related health problem, such as type 2 diabetes, heart disease, or high blood pressure.

Dr. Kaml says there are several different types of surgical procedures to help you lose weight. For example, one method makes the stomach smaller to restrict food intake. Another, more common, technique makes a bypass around a portion of the small intestine. With these methods, the body absorbs fewer calories and nutrients from the digestive system.

WHAT ARE THE BENEFITS AND RISKS?

Individuals who undergo weight-loss surgery can lose 60 to 70 percent of their excess weight within the first 12 to 24 months. And many people keep the pounds off.

After surgery, blood sugar levels improve up to 47 percent in people with type 2 diabetes. More than 50 percent of people with high blood pressure also have fewer symptoms.

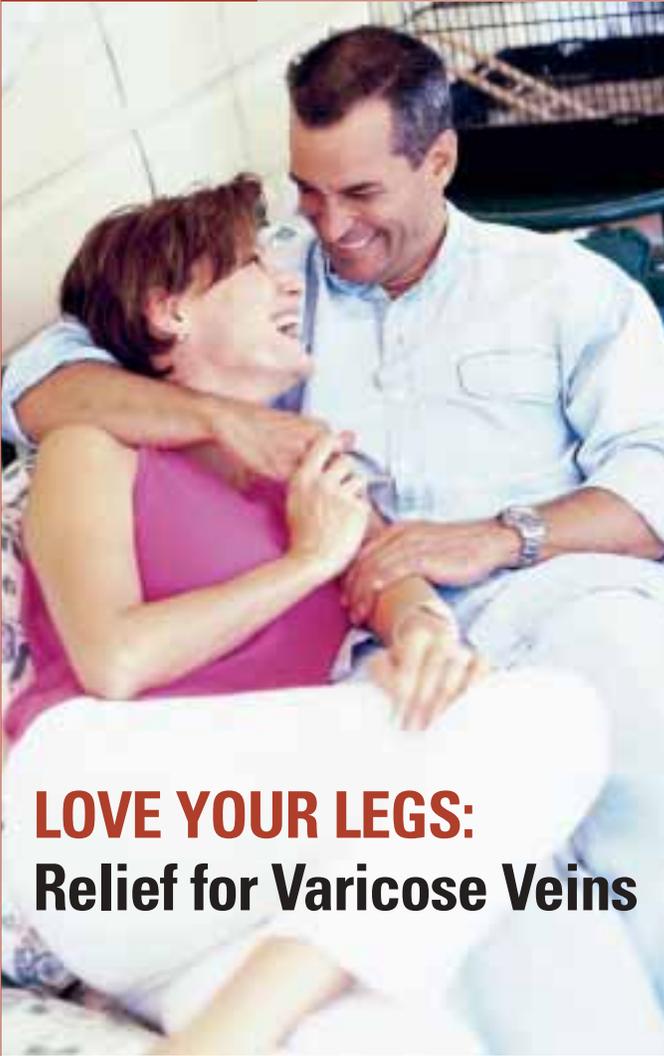
Other benefits include:

- improved self-esteem and body image
- increased activity level
- reduced depression and anxiety.

But some people may experience uncomfortable side effects and potentially life-threatening complications. Talk to your doctor if you think you may need surgery to lose weight. Together, you can decide if it's the right solution. *



If you are struggling with weight loss issues, there are many treatment options ranging from behavioral health and nutritional counseling to medication and surgery. For more information and physician referral, call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



LOVE YOUR LEGS: Relief for Varicose Veins

Those blue, enlarged varicose veins found on some people's legs may be unsightly, but they are usually not serious. Varicose veins can make the legs feel swollen, achy, itchy, or heavy. Legs also may tire easily or get cramps or sores, says St. Vincent's vascular surgeon Marsel Huribal, M.D.

Like hair color and height, varicose veins generally run in the family. Pregnancy and weight gain can also lead to this problem. But there are ways to prevent varicose veins or to relieve the pressure. Here are some tips:

- Change positions often when standing or sitting.
- Sleep with feet on a pillow.
- Prop up your legs while sitting.
- Don't cross your legs.
- Avoid high heels and clothes that are tight around the waist and hips.
- Keep a healthy weight.

- Stretch your calves by going up on your toes.
- Wear support stockings.
- Try taking horse chestnut seed extract. Ask your doctor about dosage for this herb.

- Exercise regularly. Walking is especially good.

If you have varicose veins and they become more painful, red, or feel hard, see your doctor. *



The St. Vincent's Regional Heart &

Vascular Center provides treatment for varicose veins as well as more serious leg pain resulting from peripheral vascular disease. If you're experiencing leg pain or cramps, it's important to call your doctor. For referral to a St. Vincent's

physician, call St. Vincent's toll-free Care Line at 1-877-255-SHVS.



ST. VINCENT'S FAMILY BIRTHING CENTER

Find out why an increasing number of women are choosing the St. Vincent's Family Birthing Center with its new Neonatal Special Care Unit. You and your family will love the comfortable and warm environment, including private rooms with a sofa bed for dads or support persons, individualized climate control, a private bath with a soothing massage shower, and even an entertainment center! Most importantly, St. Vincent's Family Birthing Center nurses will go out of their way to make you comfortable, answer your questions, and help you bond with your baby. If you would like to learn more or come visit with us, call the St. Vincent's Family Birthing Center at 203-576-5302.

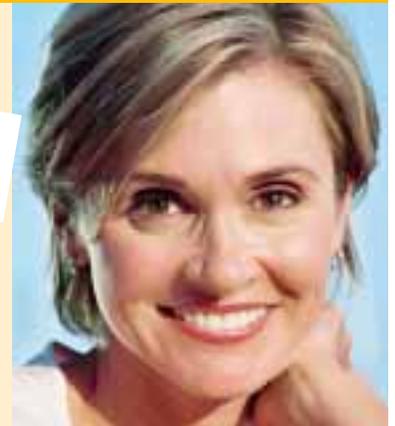
BENEFITS OF WOMEN AT HEART MEMBERSHIP

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*
St. Vincent's Cardiovascular Services for Women

DESIGN A WINNING INDOOR WORKOUT

Don't let bad weather spoil a healthy exercise routine. Instead, bring your exercises inside. Here's some advice from Cindy McGuire, Exercise and Wellness Instructor at St. Vincent's College:

Do aerobic exercise on at least four days a week for 30 minutes each time:

- Do some fast dancing.
- Go up and down the stairs.
- Take a swim, walk at a mall, or work out at a community center.

Do strength-training exercises at least twice a week for 20 minutes each time:

- Begin with soup cans or light dumbbells. Start with weights you can lift eight times in a row. When you can lift them 12 times in a row, move up to a slightly heavier weight.
- Learn to use the weight machines at a community center.

Stretch for 10 minutes every day:

- Learn yoga or tai chi from a video, book, or class.
- Stretch your arms toward the ceiling.
- Hold stretches for 10 to 30 seconds.

Want to give yoga a try? Our free brochure, "Yoga and You: Exercise for the Body and Mind," offers

readers a taste of this popular practice of breathing, stretching, and balancing designed to increase flexibility and strengthen muscles. The brochure also includes three illustrated yoga poses

to try. To get yours, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



MAMMOGRAMS: A Must for Breast Cancer Detection

According to the most recent findings, regular mammograms might be the best method for spotting breast cancer in the early, most treatable stages.

These X-rays can detect a tumor up to two years before you might feel a lump, says radiologist

Peter Steenberg, M.D., Director of the Mammography Program at St. Vincent's.

DO YOU NEED A SCREENING?

The American Cancer Society recommends that women age 40 and older have a mammogram and a clinical breast exam every year. If you have a high risk for the disease, Dr. Steenberg recommends earlier or more frequent screening.

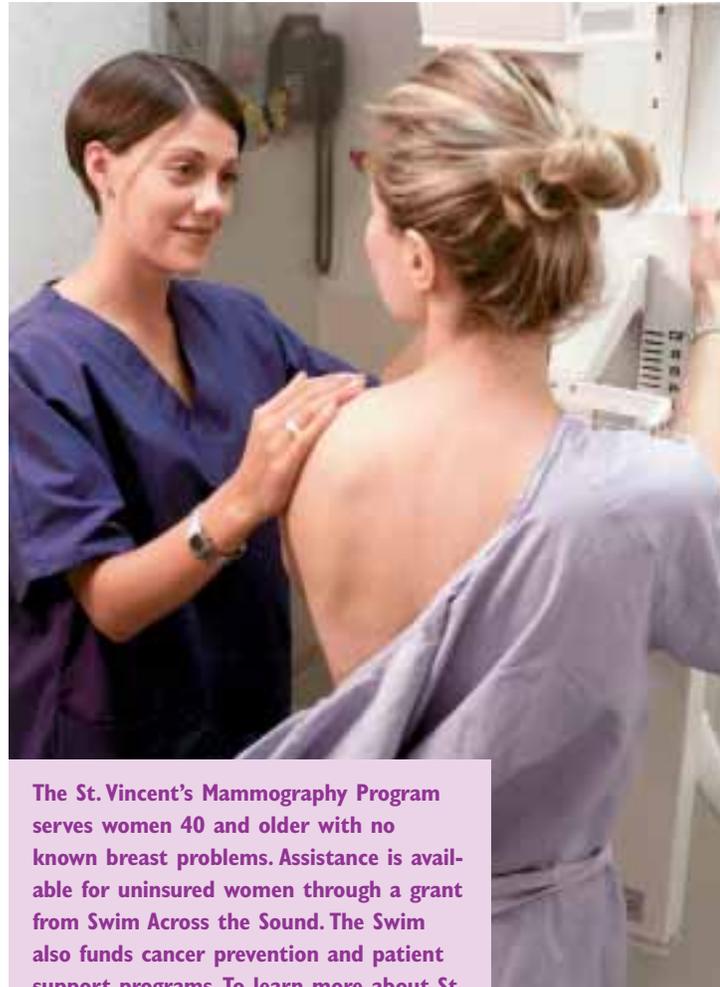
KNOW THE RISKS FOR BREAST CANCER

Women have a higher risk if they:

- have a personal or family history of breast cancer
- carry a gene mutation
- gave birth after age 30 or never gave birth
- have at least 75 percent dense breast tissue at age 45 or older
- had chest radiation therapy while younger than age 30.

Some studies have pointed to other factors, such as:

- weight gain after menopause
- drinking alcohol
- a sedentary lifestyle
- early menstruation
- late menopause
- contact with pesticides and other pollutants
- hormone therapy. *



The St. Vincent's Mammography Program serves women 40 and older with no known breast problems. Assistance is available for uninsured women through a grant from Swim Across the Sound. The Swim also funds cancer prevention and patient support programs. To learn more about St. Vincent's Mammography and Breast Health Programs, call 203-576-6158.

The College Try!

Get your mind and body back in shape this winter with a wide range of courses, including CPR, offered by St. Vincent's College Continuing Education. You can put on some muscle with strength training for people of all ages, or try Pilates or Yoga for a total nonimpact body workout. You can also develop some intellectual muscle by signing up for one of the College's many computer and enrichment courses. For information about degree opportunities or continuing education, call to get a brochure at 203-576-5651 or view the entire brochure at www.stvincentscollege.edu/continuinged.asp.

Q & A: Perfectionism vs. Obsessive-Compulsive Disorder



Joseph A. Russo, M.D., Staff Psychiatrist, General Adult Services, Hall-Brooke Behavioral Health Services

Obsessive-compulsive disorder is more common than once believed. Read on to see if you could have this condition.

QUESTION: What is obsessive-compulsive disorder?

ANSWER: Obsessive-compulsive disorder (OCD) is a prevalent anxiety disorder. It often starts during early childhood or adolescence.

People with OCD are not simply perfectionists. Instead, they experience distressful obsessions, or unwanted, repeated thoughts that won't go away. To relieve their obsessive thoughts, they may behave in a compulsive manner by repeating certain rituals. They can't control their obsessions and compulsive behaviors.

QUESTION: What are the warning signs of OCD?

ANSWER: OCD can be an especially debilitating disorder. The recurrent obsessions and compulsions that characterize OCD can take over sufferers' everyday lives.

Some common obsessions include:

- concern that a task wasn't done perfectly
- fear of dirt or germs
- preoccupation with certain sounds, images, words, or numbers
- fear of harm to oneself or another person

Compulsive behaviors may include:

- excessive hand washing or cleaning
- rechecking appliances over and over again to make sure they're off
- arranging objects in perfect order
- repeating words or counting
- repeating certain bodily movements, such as sitting down and getting up from a chair.

QUESTION: How is OCD treated?

ANSWER: Studies show many people with OCD do not seek the treatment they need. But OCD is highly manageable and treatable—once a person seeks help. *



Joseph A. Russo, M.D.



If you know someone who needs help, call St. Vincent's Hall-Brooke Behavioral Health Services in Westport at 203-227-1251, or the Bridgeport campus at 203-365-8400.

Spotting OCD in Kids

For some kids, routine behaviors—such as rearranging toys—are comforting. But up to 50 percent of OCD cases begin in children younger than age 15. Many signs of childhood OCD are similar to those seen in adults. The most common in children include:

- being obsessed with danger, illness, and doubt
- excessive washing and grooming
- rechecking things.

But, like adults, children with OCD may hide their symptoms. So, talk with your child—and your child's doctor—if you suspect OCD.

For more health tips and other information from St. Vincent's hardworking mascot, visit Vinny's Den on the Web at www.stvincents.org.

The Feroletto Children's Development Center of St. Vincent's Special Needs Services provides education and therapy, child care, and after-school activities for children with and without special needs. Call 203-375-6400.



EXERCISE COULD EASE ACHEs OF PREGNANCY

Pregnant women often adjust to extra weight by walking differently. These gait changes may cause women to overuse certain muscles and joints.

The result? Pain in the lower back, pelvis, hips, and legs. Fortunately, exercise may help relieve these aches.

Researchers assessed how 15 pregnant women walked. The women who were inactive and/or had weak muscles were more likely to suffer from joint and muscle problems.

The researchers advise engaging in suitable exercises during pregnancy. Regular exercise can build muscles so pregnant women suffer fewer aches and pains.

Journal of Bone and Joint Surgery, Vol. 82-A, No. 5

ACHES AND PAINS?

If you're suffering from seasonal aches and pains and need to see a doctor fast, just stop by the St. Vincent's Immediate Care Walk-in Centers nearest you. No appointment is needed: 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 centers are open seven days a week.



Don't Let Lower Back Pain GET YOU DOWN

Henry Backe, M.D.

- If you have swelling, apply an ice pack to your lower back for 20 to 30 minutes. Repeat every two hours, as needed.
- If you have no swelling or after swelling subsides, apply a heating pad to your lower back for 20 to 30 minutes. Repeat every two hours, as needed.
- Take over-the-counter pain relievers.
- If pain is manageable, keep moving!

Although a short period of rest—one to two days—may help ease minor pain, long rest periods actually hamper recovery by weakening muscles.

WHEN TO SEEK HELP

If your lower back still hurts after following these self-care measures for three to four days, call your doctor.

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

St. Vincent's Joint Camp is producing great results for people who need hip or knee surgery. The "hips" class is offered the first Thursday of each month and "knees" on the third Thursday, both from noon to 1 p.m. For more information, call physician assistant Gail Fulco at 203-576-6429.



Henry Backe, M.D.

The lower back is the most common site for back pain and injury, says St. Vincent's orthopedist Henry Backe, M.D. This area takes a beating from daily movements such as bending, stooping, sitting, and lifting.

Dr. Backe says that stretched or strained muscles and ligaments that support your spine are usually the culprit. The pain can range from dull and annoying to sharp and excruciating. Low back pain can also be caused by:

- arthritis of the spine
- a herniated or ruptured disc in your spine. This often pinches a nerve, also causing tingling down the buttocks and legs.

CONQUERING THE PAIN

Low back pain caused by strained muscles usually subsides in a few days or weeks, depending on the severity. Take charge of your recovery with these measures:

ON THE YOUNG SIDE OF 50?

If you're age 50 or older, please accept our invitation to join Club 50. Sign up today to take advantage of a wide range of programs designed to keep you and your family healthy. Club 50 sponsors free health care screenings and disease prevention programs. You also will benefit from the ScriptSave prescription discounts as well as a new area Merchants Discount program. Best of all, membership is FREE. For an application, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

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

Need more information on back pain? Get tips on preventing back injuries and the different treatments available for back pain relief with our free brochure, "Back Care: Supporting Good Health." It even teaches you the mechanics of the back—from how the spine



supports the body to the common causes of back problems. 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**.

Question & Answer

straight talk from our physicians



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

QUESTION: What can I expect from an angioplasty?

ANSWER: An angioplasty is a one- to two-hour procedure performed while

patients are awake. During an angioplasty, patients receive local anesthesia, so they do not feel pain. Through a small incision, a doctor inserts a fine tube, or catheter, into the artery of the leg or arm. The tube travels through the body into the narrowed artery. On the tip of the tube is a tiny balloon. When the balloon inflates, it pushes the artery open and flattens deposits inside the artery so blood flows better. Then the doctor deflates the balloon and removes the tube. Sometimes, doctors use a laser on the tip of the tube instead of a balloon to open up an artery.

Patients typically stay in the hospital for a few days. They may feel some discomfort for a day or two. Doctors often recommend a pain medication. Patients who have a fever, swelling, or bleeding where the tube was inserted are advised to tell their doctor.



Grace Kim, M.D.
Epidemiologist

QUESTION: What is RSV?

ANSWER: Respiratory syncytial virus (RSV) is the primary cause of respiratory infections in young children and infants.

Although RSV infections can strike at anytime, they usually surface during winter and peak in January and February. The virus is transmitted through physical contact, or by touching contaminated objects.

RSV can be more serious in young children or those with certain medical conditions. Seek immediate medical attention if your child is having difficulty breathing or if other signs of lower respiratory tract infection are present.



Pierre Hage, M.D.,
Obstetrics

QUESTION: Why are prenatal doctor's visits important?

ANSWER: Early and regular care during pregnancy increases your chance of having a healthy baby. But it also

protects you from any problems that may develop. Some conditions that can affect expecting moms include diabetes and high blood pressure.

You may have to visit the doctor about nine to 13 times before your baby is born. To get the most from doctor visits, write down any questions you have beforehand. Your doctor will examine you and monitor your baby's growth. At these visits, your doctor also may check your blood sugar and blood pressure levels, weight, and baby's position and heartbeat.



Gary Kaml, M.D.
Surgeon

QUESTION: I have GERD (gastroesophageal reflux disease). Can I treat it without medication?

ANSWER: If you are diagnosed with GERD, your doctor may prescribe medications. Some of these block acid production; others speed up the emptying of the stomach. In rare cases, surgery is needed. But there are also a number of lifestyle steps that can help relieve GERD. If you are prone to heartburn, they also may keep you from developing GERD in the first place.

- Avoid chocolate, peppermint, coffee, and alcohol.
- Keep away from citrus fruits and juices, tomato products, and pepper.
- Avoid lying down for two to three hours after eating.
- If you smoke, stop.
- Elevate the head of your bed on 6-inch blocks, or sleep on a specially designed wedge.
- Sleep on your left side, if possible.

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

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

KEEP YOUR SKIN from Getting Dry

Allergies, overheated indoor air, or simply growing older can make your skin feel dry. Here are some tips from

St. Vincent's dermatologists:

- Use a home humidifier.
- Curb your baths or showers to 10 minutes or less and use cooler water.
- Choose a mild soap, and use it sparingly.
- Keep drinking plenty of water.
- After bathing, pat—don't rub—your body with a soft towel. Before your skin is completely dry, slather on some moisturizer.
- Opt for creams or oils instead of



lotions—which contain alcohol—and repeat the application a few times a day.

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

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- Free "Stay Young at Heart: Heart-Healthy Recipes" brochure
- Free "Yoga and You: Exercise for the Body and Mind" brochure
- Free "Back Care: Supporting Good Health" brochure
- To join Women at Heart
- Free hearing test and 10 percent discount on hearing aids
- Free application and membership in St. Vincent's Club 50
- Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound
- Women's Guide to Health Tests
- Men's Guide to Health Tests and Screenings

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

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

Postmaster: Please deliver between January 26 and January 30.

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

Looking for our recipe?
Turn to page 2!

CALL INTO HEALTHTALK

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 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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Health Talk is published by St. Vincent's Health Services. The information is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2004 Printed in U.S.A.

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

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Wellness Guide/Calendar

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

CANCER SUPPORT PROGRAMS

Call Oncology Case Manager Teresa Money McLaughlin, R.N., M.S.N., A.O.C.N., 203-576-6158, unless otherwise indicated.

Made possible through St. Vincent's Swim Across the Sound.

Breast Cancer Support Group
Sponsored by St. Vincent's and Y-ME of CT Breast Cancer Support Organization.
Dates: Feb. 3, Feb. 17, March 2, March 16
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: Feb. 10, Feb. 24, March 9, March 23
Time: 6:30 to 8 p.m.
Location: St. Vincent's

Family Support Group
For adult patients, family members, and friends who are coping with a diagnosis of leukemia, lymphoma, myeloma, and Hodgkin's disease. Cosponsored by The Leukemia & Lymphoma Society.
Dates: Feb. 3, March 2, April 6
Time: 3:30 to 5 p.m.

"Look Good, Feel Better" for Female Cancer Patients
Cosponsored by the American Cancer Society for female cancer patients. Two-hour program designed to help women look and feel their best during treatment.
Dates: March 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
Location: Level 8 "ETC" Room
Dates: Second and fourth Tuesdays
Time: 5:30 p.m.

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.
Dates: Feb. 4: "Cardiac Tour"
March 3: "Drug Interactions"

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. Upcoming



topics: "Diabetes and Heart Disease," "Osteoporosis," "Hormone Replacement Therapy," and "Introduction to Yoga."

Date: Feb. 18 "Heart Disease Risk: Q & A with Dr. Kathleen Harper"
Time: 7 p.m.

Women's Heart Health Fair
Date: Feb. 13
Location: St. Vincent's Hawley Conference Center

CHILDREN

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

Pediatric Tours of Medical Center Ambulatory (Same Day) Surgery
203-576-5900
To familiarize a child with the operating room and surroundings of St. Vincent's before procedure or surgery. If the child is staying overnight, the tour may include a patient room.

LIFESTYLE CHANGES

Teen "Smoke Stoppers" Smoking Cessation Program
203-576-5451
Six-session program teaches how to quit smoking without weight gain. Free to teens. Free introductory class in April and September.

LIFESTYLE CHANGES

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 to breast-feed your baby. Call for information.

Cesarean Birth Class

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

Childbirth Preparation Classes

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

One-day class on Saturday.

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

Two-class series: First two Mondays. 6 to 9 p.m.

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

Safe Sitters is a hands-on class that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. Advanced registration required. Call for dates and times. Fee.

Sibling at Birth Program

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

Sibling Class and Tour

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

VBAC (Vaginal Birth After Cesarean) Classes

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

SENIORS

Caregivers Support Group **203-380-0111**

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

Geriatric Assessment Program **203-576-5710**

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

Health Insurance/Medicare Information

1-877-255-SVHS

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

10 a.m. to noon. First Wednesday of month at St. Vincent's Wellness Booth in Westfield Shoppingtown—Trumbull; other Wednesdays in Level 3 Medical Records Conference Room.

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.

ST.VINCENT'S COLLEGE

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

Date: Saturday, March 20

Time: 9 a.m.

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

Call 203-576-5278 to register.

Continuing Education: See page 4.

SPRING WELLNESS FAIR

Take charge of your health. Learn about prevention, community resources, and simple healthy lifestyle changes you can make. Screenings, Q & A with medical professionals, giveaways, refreshments. FREE. Call St. Vincent's toll-free Care Line at 1-877-255-SVHS.

Date: May 19

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

Location: St. Vincent's Lobby