

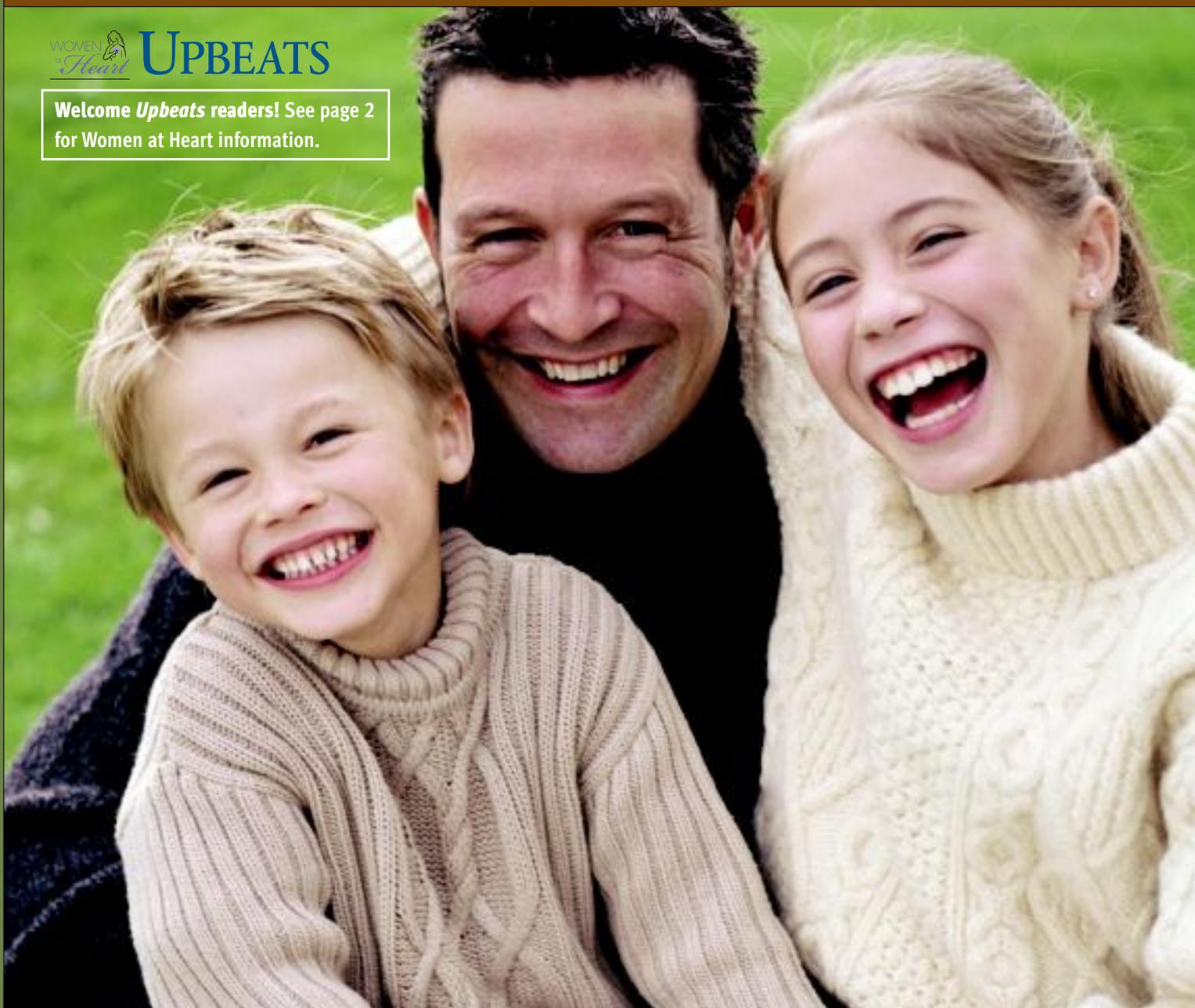
HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



UPBEATS

Welcome *Upbeats* readers! See page 2
for Women at Heart information.



Lesser-Known **Heart**
Disease Factors

Mental Illness:
Common and Treatable

Nonsurgical Option
for **Fibroid Tumors**

Wellness Guide/
Calendar

Straight Talk from
Our **Physicians**

Recipe

Lentils and Rice

- 1 T extra-virgin olive oil
- 2 large onions, peeled and sliced (about 4 cups)
- 4 C low-sodium chicken or vegetable broth
- 1 C lentils, dry, washed
- ½ C long-grain white rice
- ¼ t salt
- ¼ t pepper

1. Heat the broth in a saucepan. Add the lentils and simmer 20 minutes.

2. While the lentils are cooking, heat the oil in a large, high-sided skillet on medium-high heat. Sauté the onions until golden brown.

3. Take half the onions out of the pan and set aside. Add the remaining onions, rice, salt, and pepper to the simmering lentils. Cover and bring to a boil.

4. Reduce the heat, and cook very slowly about 20 minutes, or until the lentils and rice are tender.

5. Serve in a bowl topped with the reserved onions and chopped cilantro.



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

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

Snack Attack? Watch Out for Trans Fat



More and more snack foods containing soy are popping up on store shelves every day. Not sure if this vegetable protein is for you? Our free brochure, "How to Fit Soy into a Healthy Diet," lists a variety of health benefits soy offers and how to incorporate this wonder food into your diet. To get your copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847).



Read any good food labels lately? If so, you may have noticed that more of them are carrying information about trans fat, also called trans fatty acids. Wondering why this type of fat is bad for you and how to avoid it? Take this true-false quiz to find out.

❶ The problem with trans fat is that it raises blood cholesterol levels even more than saturated fat does.

True False

❷ Tub margarine packs less trans fat than stick margarine.

True False

❸ Nutrition bars often contain trans fats.

True False

❶ **False.** Saturated fat is the main part of our diet that increases LDL—or "bad" cholesterol—levels. But trans fat and dietary cholesterol also play a major role in boosting LDL levels.

❷ **True.** Trans fat is contained in a lot of foods made with partially hydrogenated vegetable oils such as shortening and some margarines.

To get the least amount of trans fat, choose margarine in liquid, spray, or tub varieties.

❸ **True.** Besides lurking in so-called "nutrition" and "energy" bars, trans fat can be found in candies, baked goods, fried foods, and other processed foods.

The next time you have a snack attack, consider some smarter substitutions:

Instead of:

Crackers
A nutrition bar
Cream-filled cookies
Pound cake

Have:

Melba toast or flatbread
Nuts
Animal crackers or fig bars
Angel food cake

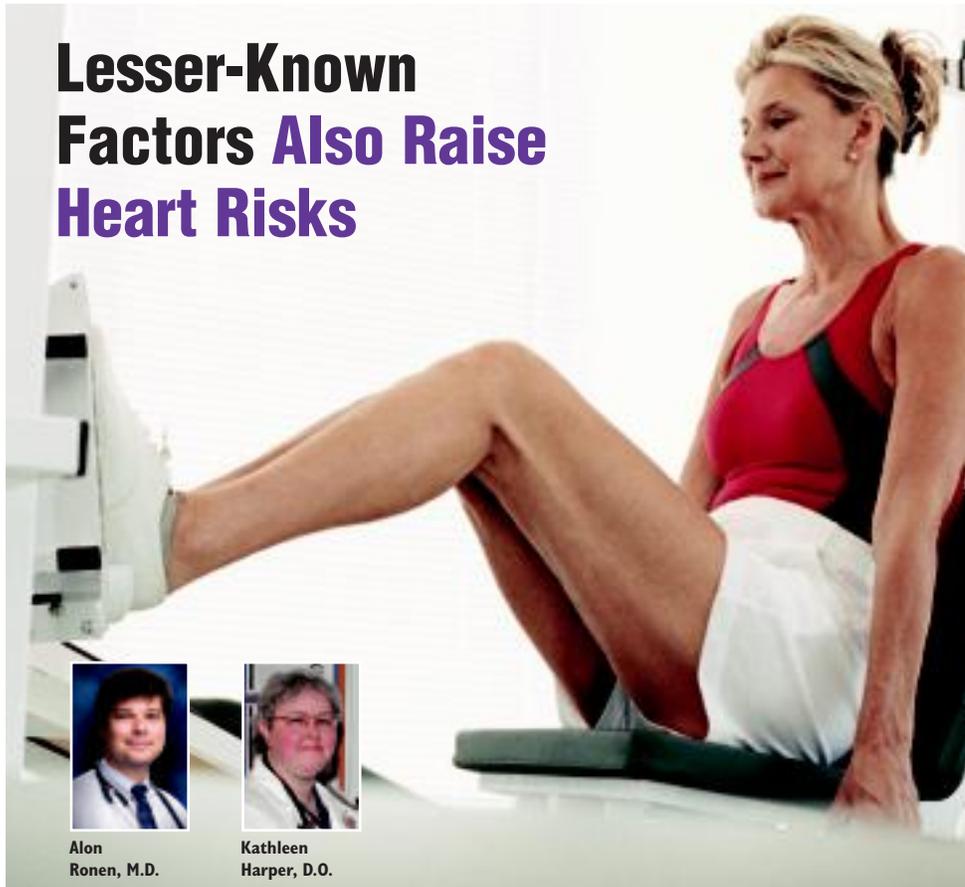
As a general, heart-healthy rule, try to pick snacks low in not only trans fat, but also saturated fat and cholesterol. These include sorbet, frozen low-fat yogurt, flavored gelatin, and fruit. ✨



If you need help changing your diet, losing weight, or making better food choices, you can call the Nutrition Counseling Services of St. Vincent's at 203-576-5930.



Lesser-Known Factors Also Raise Heart Risks



Alon Ronen, M.D.



Kathleen Harper, D.O.

What's the biggest health threat to women? If you're like most women, you probably said breast cancer. However, heart disease is the number one killer of women in the United States. According to the National Heart, Lung, and Blood Institute, one in three women dies from heart disease, while one in 30 dies of breast cancer.

There's a lot you can do to protect yourself from heart disease. An "A list" of well-recognized factors are known to boost a woman's risk for heart disease. These include high blood pressure, high cholesterol, diabetes, obesity, and smoking. But these don't explain all cases of heart disease. A "B list" of less familiar factors also may contribute to heart problems.

Here's how to avoid some of these B-listers:

■ **Get your ZZZs.** In a study of more than 70,000 women, those who slept five or fewer hours a night, had a 39 percent higher risk for heart disease, compared with women who slept eight hours per night.

■ **Tame your stress levels, and keep a cool head.** Mental stress contributes to high blood pressure; it also can trigger heart attacks. How we handle stress also counts. In particular, reacting with hostility and anger seems to increase heart risks.

■ **Steer clear of secondhand smoke.** Even if you're not a smoker, breathing smoky air still harms your heart. Nonsmokers in one study who were regularly exposed to secondhand smoke had a 99 percent higher risk of having a heart attack or unstable angina.

■ **Don't disregard a thick middle.** If a woman's waist measures more than 35 inches, her heart may be at risk. Carrying extra weight around your abdomen has been linked to high blood pressure and lower levels of "good" (HDL) cholesterol. *

For referral to a St. Vincent's Medical Center cardiologist, call the toll-free Care Line at 1-877-255-SVHS (7847).

BENEFITS OF WOMEN AT HEART MEMBERSHIP

Join Today!

The benefits of joining Women at Heart include:

- discount on cardiovascular screenings
- 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 (7847)** visit www.stvincents.org, or fill out the coupon on the back page.



WOMEN AT HEART LECTURE SERIES

Free Lectures

Learn the latest in heart care at the new Women at Heart lectures. Lectures are held in St. Vincent's Hawley Conference Center and are free. All seminars start at 7 p.m. To learn more, call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

- Oct. 19: "Alzheimer's Disease: In the Beginning" with Raymond Gabriele, M.D.
- Nov. 16: "Staying Fit Through the Holidays" with Exercise Physiologist Eunice Lisk.

NEW RADIOLOGY EQUIPMENT IMPROVES EFFICIENCY, SPEED OF REPORTING

St. Vincent's Medical Center has installed two multi-slice CT scanners, two ultrasound machines, and a nuclear medicine camera, and has constructed an interventional radiology suite in the Department of Radiology. The new equipment required the hospital to undergo extensive construction and renovation, and has resulted in a department with state-of-the-art technology, which offers more user-friendly options for patients and healthcare professionals, according to Kevin Dickey, M.D., Chairman of the Department of Radiology.

The new General Electric 16- and 32-slice CTs produce larger numbers of slices; thus, images can be viewed in many different planes as a "volume" rather than only slice-by-slice. Moreover, exam throughput is enhanced by the speed of the new devices.

The new equipment is enhanced by the implementation of the Emageon Picture Archiving and Communication System (PACS). The PACS, which went live in June, has brought St. Vincent's closer to the digital age of high quality

Bina Chaddha, M.D., reviews the radiology report she generated using the new voice recognition system at St. Vincent's.



Mental Illness: Common and Treatable



Self-esteem can play a big role in mental health. Our eye-catching card, "Help Your Child Build Self-Esteem," gives tips on how to bring out the best in your child using encouragement and patience. To get a free copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847).



Take a look around you in the grocery store, the post office, or even a crowded elevator. Chances are someone there is coping with some type of mental illness.

Each year, Americans make more than 36 million doctor appointments to get help for mental disorders. At any given time, about one in five American adults is affected. They may suffer from depression, anxiety, panic attacks, eating disorders, or dementia. Sometimes, they struggle with more than one problem at a time.

Adults aren't the only ones affected by mental illness. Many children and teens have attention deficit hyperactivity disorder, anxiety, depression, and other problems, says Stewart Levine, M.D., Clinical Director of Hall-Brooke Behavioral Health Services.

TREATMENT: THE KEY TO LIVING FULLY

Mental illness can make it impossible to be active and enjoy life, whatever a person's age. The number one cause of disability in the United States is major depression. But the problem is also global. Depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder are some of the main causes of disability

worldwide.

Fortunately, treatment can rebuild people's lives. It can help them regain control and enjoy life again.

SOCIETY TAKES A STEP FORWARD

Sadly, up to two-thirds of people with mental illness do not seek help. They may be too ashamed. Or they deny their feelings and try to cope on their own.

But times are changing. Today, more people are aware of what the health experts know for sure: Mental disorders are not character flaws. They are real health problems that need treatment.

If you think you need help, tell your doctor how you feel. Together, you can agree on a treatment plan. *



Stewart Levine, M.D.



If someone in your family is experiencing anxiety, depression, or phobias that interfere with her ability to function or to cope, ask about the Women's Intensive Outpatient Programs at Hall-Brooke Behavioral Health Services in Westport, 203-221-8878.

New Nonsurgical Option for Fibroid Tumors Available at St. Vincent's

St. Vincent's Medical Center has introduced a new nonsurgical option for the removal of uterine fibroid tumors. Known as uterine fibroid embolization (UFE), the procedure offers a minimally invasive treatment alternative to hysterectomy.

"UFE is a very safe method performed by interventional radiologists," says Kevin M. Dickey, M.D., the new Chief of Radiology at St. Vincent's Medical Center, "and like other minimally invasive procedures has significant advantages over conventional open surgery."



FIBROIDS ARE COMMON CONDITION

Estimates are that 40 percent of all American women age 35 and older have uterine fibroid tumors.

Dr. Dickey says that most women with symptomatic fibroids are candidates for UFE and should obtain a consult with an interventional

radiologist to determine whether UFE is a treatment option for them.

QUICK RECOVERY

The procedure is performed while the patient is conscious, but sedated and feeling no pain. General anesthesia is not required. Fibroid embolization usually requires a hospital stay of one night. Pain-killing medications and drugs that control swelling typically are prescribed following the procedure to treat any cramping caused by the embolization. This cramping is usually self-limited and only lasts a few hours or days. Many women resume light activities in a few days and the majority of women are able to return to normal activities within seven days, Dr. Dickey says. *

If you're interested in learning more about the new uterine fibroid embolization procedure at St. Vincent's, call the toll-free Care Line at 1-877-255-SVHS (7847).

Could You Have Fibroid Tumors?

Most fibroids don't cause symptoms and only 10 to 20 percent of women who have fibroids require treatment. However, depending on size, location, and number of fibroids they may cause heavy, prolonged menstrual periods and unusual monthly bleeding or clots that can lead to anemia.

Other symptoms include:

- pelvic pain and pressure
- pain in the back and legs
- bladder pressure leading to a frequent urge to urinate
- pressure on the bowel leading to constipation
- abnormally enlarged abdomen.

New Women's Imaging Center Offers Convenience, Cutting-Edge Technology

Digital mammograms and other diagnostic services are now available at St. Vincent's, thanks to a grant from Swim Across the Sound.

The new Women's Imaging Center provides:

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

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

- a highly qualified staff and board-certified radiologists, who are available 24 hours a day.

The Center is located just off the Main Lobby. Evening appointments are available. For information, call **203-576-5500**.



ONLINE MEDICAL RECORDS INCREASE PATIENT SAFETY

St. Vincent's has moved ahead with plans to implement a computerized physician order entry system (CPOE) that will allow physicians to view a patient's electronic medical record and enter orders for treatment and medications directly into the computer system.

Installation of the system will make St. Vincent's part of an elite group of fewer than 5 percent of the nation's hospitals with this advanced computer record keeping system that increases efficiency, reduces medical errors, and improves patient safety.

The new online system will provide physicians with access to critical data such as patient history, lab results, treatment protocols, and adverse drug interactions at the point of care. It will eliminate errors caused by transcription and legibility problems and speed the pharmacy delivery process while facilitating regulatory compliance.

"We are 100 percent committed to the success of this initiative and to improving patient safety at St. Vincent's," says Susan Davis, St. Vincent's President/CEO, in making the announcement. "We believe this initiative will translate into better, safer quality care for our patients and increased resources for our physicians."

Advanced Surgical Suite Opens at St. Vincent's

St. Vincent's Medical Center has unveiled its new \$18 million, 27,000-square-foot surgical suite that represents one of the most advanced surgical centers in the state.

"With the opening of the suite, we begin a new era in surgical services at St. Vincent's. The new operating room

suites are an investment in the next generation because the units set new standards in care," says Susan L. Davis, R.N., Ed.D., St. Vincent's President/CEO.

Located on the third level of the Medical Center, the surgical suite consolidates all major preoperative and postoperative procedure areas in order to streamline the entire surgical process for patients. The expansive



At the recent unveiling ceremony, members of the St. Vincent's Post Anesthesia Care Unit cut the ribbon on the new 12-bed unit, which is part of the new 27,000 square foot surgical center, one of the most advanced surgical suites in the state.

operating suites include eight preoperative bays, 10 operating suites, and 12 Post-Anesthesia Care Unit (PACU) beds.

STATE-OF-THE-ART TECHNOLOGY

"The new ORs will allow us to upgrade technology to state of the art, as well as increase efficiency and capacity. Most important, we have tried to design the ORs so

they will be capable of incorporating new technologies as they are developed. This will expedite introduction of these technologies to benefit our patients," says Michael Smith, M.D., Chairman of the Department of Surgery at St. Vincent's Medical Center.

Dr. Smith said one of the major improvements in the new suite includes the purchase of a new endoscopy system to support the trend toward minimally invasive surgery.

FAMILY MEMBER TRACKING SYSTEM

A new "tracking system" will also be launched to give family members up-to-the-minute information about the patient and improve communications. Family members will be given beepers and also have access to information in the lobby kiosk.

The new system will give family and support people much more freedom of movement in the hospital, so that they can get a cup of coffee or do other things while waiting. *

For information on tours of the new OR suites, call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847).

St. Vincent's Unveils New Intensive Care Unit

St. Vincent's Medical Center has raised the standards of critical care in the region with the opening of its new Intensive Care Unit.

The 30-bed unit, located on the entire eighth floor of the Medical Center, brings together the latest unit design and monitoring technology to safeguard the lives of those in intensive care.

"The new unit puts us in the forefront of response and capability when critical care is required," says Michael Smith, M.D., Chairman of the St. Vincent's Department of Surgery.

Among the many design features of the new unit is the modular system that enables staff to move walls so that life-saving equip-

ment and medical professionals can move in and out quickly and bring the latest technology to the bedside, says Robert B. Brown, M.D., Chief of the Division of Pulmonary and Critical Care Medicine and ICU Medical Director.

The innovative design also incorporates numerous patient-centered initiatives. An open-air entry is situated near the spacious family waiting area, providing amenities for families and guests of the ICU patients to help lessen stress during the medical crisis.

At the nurses' monitoring station the computerized system checks each patient individually for specific changes in the heart, which may indicate problems.

The facility affords more advanced monitor-

ing of heart and respiratory function. The new state-of-the-art monitors installed in the unit are considered the industry's highest standard for measuring critical patient vital signs. *

The new 30-bed Intensive Care Unit on the 8th floor of St. Vincent's incorporates the latest design and technology to safeguard lives.



Question & Answer

straight talk from our physicians



Michael Dubenko, M.D.
Endocrinologist

QUESTION: Do you have any tips for managing type 2 diabetes?

ANSWER: When you have type 2 diabetes, your body can't use insulin properly. As a result, sugar builds up in your blood—which can greatly affect the rest of your body. High levels of blood sugar increase your risk for many serious complications. These include heart disease, stroke, kidney failure, nerve damage, teeth and gum problems, and eye disorders.

But, there's a lot you can do to lower your chances of developing complications. Start by taking these steps to keep your blood sugar as close to normal as possible:

- Work with a dietitian to plan balanced meals.
- Take diabetes medicine as prescribed by your doctor.
- Check your blood sugar levels regularly.
- Schedule regular checkups at least twice a year so your doctor can check your blood pressure and cholesterol.



Joao Nascimento, M.D.
Rheumatologist

QUESTION: Do alternative methods provide relief from osteoarthritis pain?

ANSWER: The U.S. Food and Drug Administration's actions to remove popular nonsteroidal anti-inflammatory drugs (NSAIDs) from the market has impacted millions of osteoarthritis sufferers who turn to these medications for pain relief.

As a result, arthritis sufferers and their doctors are reevaluating treatment plans.

A National Institutes of Health study found that acupuncture provides pain relief for people with osteoarthritis of the knee. In addition, many osteoarthritis sufferers take dietary supplements such as glucosamine or chondroitin sulfate.

Research also shows that meditation can help relieve

many symptoms associated with arthritis such as pain and depression.

Talk to your doctor before starting any alternative treatment.



Jo-Anne Passalacqua, M.D.
Travel Medicine Specialist

QUESTION: What vaccines should I get before traveling?

ANSWER: The Centers for Disease Control and Prevention (CDC)

recently recommended that travelers to high-risk areas such as India, Pakistan, and Mexico get vaccinated beforehand against typhoid fever. The CDC also suggests a variety of other measures to keep you safe before and during a trip to a developing country.

At least six weeks before you leave the country, ask your doctor whether you or family members need vaccinations or booster shots against typhoid fever or any other disease including yellow fever, polio, cholera, hepatitis A and B, and meningococcal disease.



Peter Boone, M.D.
Orthopedic Surgeon

QUESTION: I'm considering hip replacement. What do I need to know?

ANSWER: Do you suffer severe hip pain from causes such as osteoarthritis, rheumatoid arthritis, injuries, or bone tumors—pain that just won't quit despite medication? If so, you may want to think about hip-replacement surgery.

Depending on your age, activity level, and other factors, your doctor will recommend either a cemented or uncemented hip replacement. Your artificial hip should carry you around for a good 20 years or so. Indeed, fewer than one in 10 hip replacements requires further surgery.

Looking for a physician? We can help.

Call us at **1-877-255-SVHS (7847)** or visit us on the Web at **www.stvincents.org**

New Immediate Health Care Center Opens in Monroe

A new St. Vincent's Medical Center Immediate Health Care Center has opened at 401 Monroe Turnpike in Monroe, according to Syed Husain M.D., Medical Director of the St. Vincent's Immediate Health Care Centers.

The new walk-in center is open Monday through Friday from 8 a.m. to 7:30 p.m., from 9 a.m. to 7 p.m. on Saturdays, and from 9 a.m. to 5 p.m. on Sundays. No appointment is necessary.

St. Vincent's also recently opened an expanded



Bridgeport facility at 4600 Main Street in a new office building across from Brookside Shopping Center. *

St. Vincent's Immediate Health Care Centers are also located in Fairfield, 1055 Post Road, (203-259-3440);

or Shelton, 15 Armstrong Drive, (203-929-1109). The walk-ins are open seven days a week. No appointment is necessary.

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- To join Women at Heart
- Free "Help Your Child Build Self-Esteem" card
- Free "How to Fit Soy into a Healthy

- Diet" brochure
- Free brochure listing 34 Swim Across the Sound cancer prevention programs

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 (7847)
- 4 **E-MAIL** us at: callcenter@svhs-ct.org

HEALTH TALK FALL 2005

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

Postmaster: Please deliver between September 26 and 30.

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

Interested in online learning or General Studies courses?

St. Vincent's College has expanded its offerings to include online courses and a new General Studies program, in addition to its many degree and certificate programs in healthcare. If you'd prefer to learn online, you also can take advantage of the College's new online offerings in Healthcare Management and Health Promotion. For information on degree and certificate programs, call St. Vincent's College 203-576-5235. If you are interested in online programs, e-mail online@stvincentscollege.edu.



Got a health question? Want to join St. Vincent's membership programs? Just Ask Alice. Call **1-877-255-SVHS (7847)**.

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. © 2005 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 (7847)**.

ASCENSION
HEALTH

Member
New York-Presbyterian Healthcare System
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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 (7847)**.

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

Hear medical experts speak on cancer topics. To learn about upcoming lectures, call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

Breast Cancer Support Group

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

Dates: Oct. 4, Oct. 18, Nov. 1, Nov. 15, Dec. 6, and Dec. 20.

Time: 5:30 to 7 p.m.

Breast Cancer & Wellness Program

Program addressing post-surgery issues such as Lymphedema, scar management, range of motion, post-chemo/radiation side effects, exercise, and wellness.

Date: Nov. 15

Time: 4 to 5:30 p.m.

Location: St. Vincent's Hawley Conf. Ctr.

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: Sept. 27, Oct. 11, Oct. 25, Nov. 8, Nov. 22, and Dec. 13.

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. Co-sponsored by The Leukemia & Lymphoma Society.

Dates: Oct. 4, Nov. 1 and Dec. 6.

Time: 4 to 5:30 p.m.

"Look Good, Feel Better" for Female Cancer Patients

Co-sponsored by the American Cancer Society for female cancer patients. Two-hour program designed to help women look and feel their best during treatment.

Dates: Nov. 28.

Time: 1 to 3 p.m.

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.



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

WOMEN AT HEART

Learn how to lower your risk of heart disease. Refreshments. Open to public. To learn about upcoming lectures, call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

• **Women at Heart Speaker Series**
7 p.m. in St. Vincent's Hawley Conference Center

Oct. 19: "Alzheimer's Disease: In the Beginning" with Raymond Gabriele, M.D.

Nov. 16: "Staying Fit Through the Holidays" with Exercise Physiologist Eunice Lisk.

• **Cardiovascular Screening Just for Women: \$99**

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

• **Stress Reduction Classes**
Call for information.

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.

St. Vincent's Wellness Booth/ Screenings

1-877-255-SVHS (7847)

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,

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. Co-sponsored*

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. Note: Individual appointments available.
Seminar Date: Call for dates.
Time: 6 to 7:30 p.m.

Grief: "We Care" Perinatal Support Group
203-576-5110

For those who have lost a child prior to, or at, birth.
Third Wednesday of each month in Ambulatory Infusion Center.

Myasthenia Gravis Support Group
203-929-7627 or
mschustek@sbcglobal.net
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; breath-

ing and relaxation techniques; medication options; and more.

One-day class on Saturday.

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

Two-class series: First two Mondays.

6 to 9 p.m.

Expectant Parent (Prenatal) Tours

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

Infant/Child CPR

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

Sibling at Birth Program

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

Sibling Class and Tour

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

SENIORS

Geriatric Assessment Program
203-576-5710

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

Health Insurance/Medicare Info
1-877-255-SVHS (7847)

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

10 a.m. to noon. First Wednesday at St. Vincent's Wellness Booth in Westfield Shoppingtown—Trumbull; other Wednesdays at Medical Center.

Stroke Survivors and Caregivers Support Group
203-576-5361

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

Joint Replacement Surgery Information Sessions

For people interested in learning more about Total Hip and Total Knee replacement and St. Vincent's Joint Camp team approach. Presentation focuses on surgery options, post-anesthesia care, stay in orthopedic unit, and post-discharge expectations. Pre- and post-operative exercises demonstrated. Family members welcome. Call Orthopedic Physician Assistant Gail Fulco at **203-576-6429**.

Date: Nov. 7

Time: 6 to 7:30 p.m.

Location: St. Vincent's Level 3 ETC Room

BARIATRICS SEMINARS

Learn about your options for weight loss surgery. Registration at 6:30 p.m. To reserve a seat, please call toll-free at **1-877-255-SVHS (7847)**.

Date: Sept. 27, Derby Public Library

Date: Oct. 11, Hawley Conference Room

Date: Oct. 25, Hall-Brooke

Date: Nov. 8, Hawley Conference Room

Date: Nov. 29, Trumbull Public Library

LISTEN & LEARN

Free seminar series that brings St. Vincent's physicians to your community to discuss health and wellness topics. The talks will be held from 4 to 5 p.m. at the Memorial Room at Fairfield Library, Old Post Rd.

Oct. 20: "Overactive Bladder & Incontinence" with Ken Kingsley, M.D.

Nov. 17: "Latest Advances in Treatment of Heart Disease" with Jeffrey Berman, M.D.

DIABETES

Diabetes Symposium for Professionals and Patients

Programs for both healthcare professionals and people with diabetes. Hear experts speak on topics including diabetic skin and foot care, nutrition, eye, and legal issues.

Date: Thursday, Nov. 10

Time: 7:45 to 11:45 a.m.

Location: Pitt Center at Sacred Heart University