

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Lifestyle Changes
Help Prevent **Cancer**

Is the **Air** You
Breathe Dangerous?

Have a Safe **Cookout**
this **Summer**

Wellness Guide/
Calendar

Straight Talk from
Our **Physicians**

JOIN US FOR THE 18TH ANNUAL SWIM ACROSS THE SOUND

The 18th Annual Swim Across the Sound 25km marathon swim will take place on August 13 at Captain's Cove Seaport in Black Rock, Bridgeport.

A record field of more than 150 solo and relay swimmers participated in 2004 and raised a record \$200,000 for cancer prevention, education and support programs sponsored by the Swim. Swim officials are expecting another sellout crowd in 2005.

You can join the cause and the fun by coming out to Captain's Cove at noon, enjoy the entertainment, and show your appreciation to the men and women leading the race against cancer.

You're also invited to the annual Swim Memorial Service on Sunday, August 14, 8:30 a.m. at Captains Cove. The stirring, interfaith event is a celebration of life and all of those we love.

St. Vincent's Swim Across the Sound offers many cancer screening and prevention programs. The Swim provides a wide range of programs including free and low-cost mammography, prostate screening, and skin cancer screening. For a complete list of Swim programs or to participate in one of the many Swim events held throughout the year, call 203-576-5451 or fill out the coupon on the back page.



Lifestyle Changes Play Key Role in Cancer Prevention

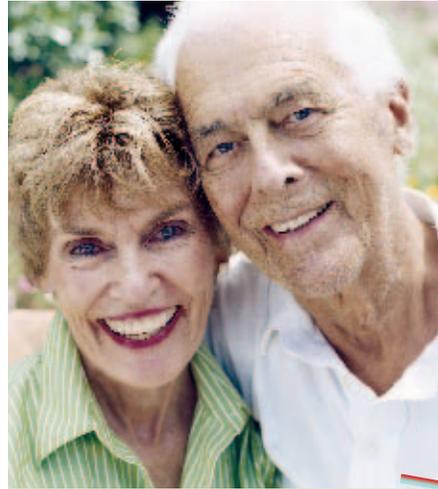
A recent American Cancer Society (ACS) report says more than 60 percent of all cancer deaths could be prevented if Americans adopted a healthier lifestyle and received recommended screening tests, according to St. Vincent's oncologist Edward Duda, M.D.

TAKE CONTROL

The major risk factors that are proven to increase cancer risk stem from diet and lifestyle choices.

Dr. Duda and other St. Vincent's oncologists say that you can do your part to decrease your cancer risk by following these tips recommended by the ACS:

- **Stop smoking** and limit your exposure to secondhand smoke.
- **Eat a variety of healthy foods**, particularly those from plant sources. Diets high in veggies and fruits are associated with a lower risk of cancers of the mouth and pharynx, esophagus, lung, stomach, colon, and rectum. Also, choose whole grain items and limit consumption of red meats.
- **Get active!** Adults should shoot for 30 minutes of moderate activity, such as brisk walk-



According to the American Cancer Society, 30 percent of cancer deaths are caused by tobacco use. Our "How to Quit Smoking for Good This Time" brochure profiles three ways to break the addiction to nicotine, offers tips on changing behavior patterns, and lists steps to take in preparation for the big day. To get a free copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS or fill out the coupon on the back page.



ing, on five or more days of the week.

- **Maintain a healthy weight.** Approximately 65 percent of Americans are overweight or obese. Obesity puts you at greater risk for colon and postmenopausal breast cancer, as well as cancers of the kidney, prostate, and pancreas.

- **Limit alcohol intake.** Experts recommend that men have no more than two drinks a day and women have no more than one drink a day.
- **Reduce sun exposure.** You can help lower your risk of skin cancer by avoiding direct sun exposure between 10 a.m. and 4 p.m., wear-

ing wide-brimmed hats, and using sunscreen with a sun protection factor (SPF) of 15 or higher.

DON'T FORGET ABOUT SCREENINGS

In addition to lifestyle changes, regular cancer screenings are a vital part of your prevention program. Talk to your doctor about when you should start and how often you should have cancer screenings. *

Two Hall of Fame collegiate basketball coaches Jim Boeheim of Syracuse and Jim Calhoun of UConn recently lent their support to the Swim at the 2nd Annual Prostate Cancer Institute Celebrity Dinner, which raised more than \$150,000 for cancer prevention programs. Ron Bianchi, President of St. Vincent's Foundation, thanked the coaches and more than 400 who attended the event to support the race against prostate cancer and other cancers.



Tap Into the Power of Powerhouse Produce

Every week, you cut the same path through the produce aisle, grabbing apples, potatoes, and your other staples. Maybe it's time to try some different veggies and fruits.

Picking certain fruits and vegetables can give your diet a healthful jolt. Scientists are exploring the health benefits of “powerhouse” fruits and vegetables—which are especially high in vitamins and other nutrients.

According to a recent report in the *Journal of the American Dietetic Association*, these fruits and veggies might lower the risk for diseases such as cancer, cataracts, lung disease, and high blood pressure. Research shows that a diet rich in fruits and vegetables can help prevent heart disease, as well.

Hot-Weather Thirst Quenchers Being active in the heat can add up to lost fluids. Staying hydrated will help you avoid heat stroke and other heat-related illnesses.

A good rule to follow: Swallow two to three mouthfuls of fluid every 10 to 15 minutes. Avoid drinks with caffeine, alcohol, and a lot of sugar.

“LETTUCE” TRY ANOTHER LEAF

Rather than iceberg lettuce, choose spinach for your next salad. It's packed with iron, fiber, and vitamins A and C. It has 3 grams of protein per cup, too. And research suggests it may help protect you from cataracts and some cancers.

WHEN YOU TIRE OF TATERS

Instead of potatoes, try a side of carrots. Pick ones that are deep orange—the more orange they are, the more beta-carotene they have. There's evidence that this antioxidant may help protect against cancer and heart disease. It also might boost the immune system.

Another option is cauliflower, which is loaded with vitamin C, folate, and fiber.

“ORANGE” YOU READY FOR SOMETHING NEW?

If you usually buy apples or bananas, go for citrus fruits instead. In addition to vitamin C, oranges also contain fiber, calcium, and potassium. Plus, citrus fruits may ward off stroke. ★



Did you know? St. Vincent's provides a Nutrition Counseling Service that includes one-to-one dietary counseling for weight loss and management of heart disease, cancer, diabetes, and other illnesses. To schedule an appointment, call 203-576-5930.

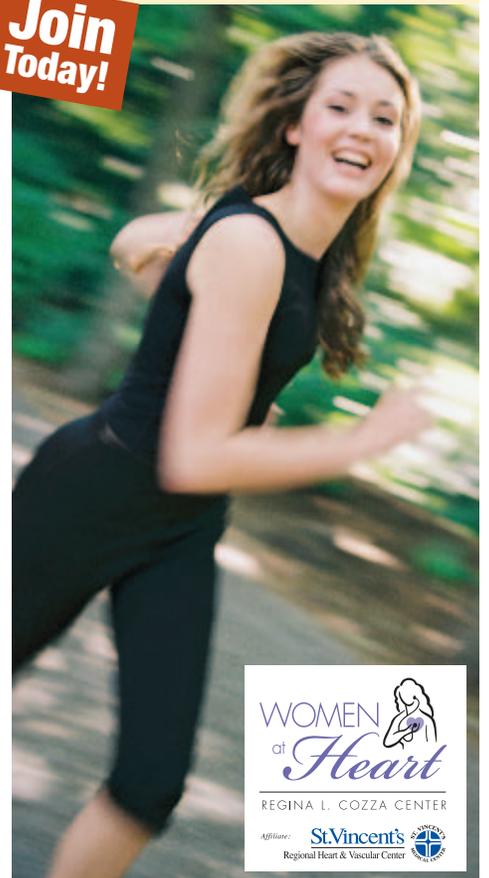
BENEFITS OF WOMEN AT HEART MEMBERSHIP

The benefits of joining Women at Heart include:

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

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

Join Today!



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



Recipe

Mango and Melon Salad with Strawberry Sauce

SALAD

- 1 mango, peeled and sliced into bite-sized pieces
- ½ cantaloupe, peeled and sliced into bite-sized pieces
- ½ honeydew, peeled and sliced into bite-sized pieces

STRAWBERRY SAUCE

- 1½ C fresh or partially thawed frozen strawberries
- 1 T lemon juice
- ¼ C confectioners sugar

1. Place mango, cantaloupe, and honeydew pieces in a large serving bowl.

2. In a blender, blend strawberries, lemon juice, and sugar until smooth.

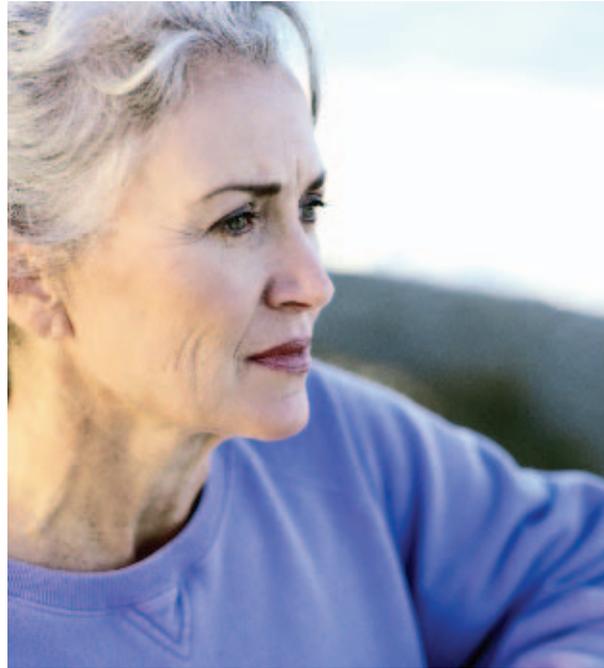
3. Drizzle sauce over fruit salad and serve.

Yield: 4 servings



Call into “Health Talk” on Monday nights at 7:05 p.m. on WICC Radio 600 AM. Your host Frank Scifo, M.D., will discuss the latest news and developments with health care experts and take your call.

The Intricate Role Hormones Play



Feeling overwhelmed? Our free “Put Time on Your Side: Time Management Strategies for Busy Women” brochure offers time management ideas and tips on prioritizing tasks. Readers learn that the most efficient use of time cuts back on stress and leaves more personal time. For your copy, please call St. Vincent’s toll-free Care Line at 1-877-255-SVHS or fill out the coupon on the back page.



change. Hormones also are broken down more slowly as you advance in years.

THE UPS AND DOWNS

Although the exact reason for hormonal changes is unclear, recent studies suggest that your brain may respond differently to estrogen later in life.

As you enter menopause, the ovaries produce less estrogen and progesterone and become less responsive to stimulation by follicle-stimulating and luteinizing hormones. This diminished response prompts your body to produce more ovary-stimulating hormones for a time; however, these levels also eventually decrease.

TAKING ACTION

Plummeting hormones set off a cascade of events in your body, which can result in menopausal symptoms, such as hot flashes, night sweats, and problems sleeping. The specific menopausal symptoms and severity experienced varies. Although you cannot control the onset of menopause, you can take steps to

Many women feel that they are never in control of their bodies, thanks to natural chemicals produced by the body called hormones. It all begins as young girls deal with the influences of surging hormones. Next, the monthly cycle of ovulation and periods wreak hormonal havoc on your body. Hormonal fluctuations finally culminate with menopause, when hormone levels decrease.

CHEMICAL MESSENGERS ORCHESTRATE CHANGES

Hormones are secreted into your bloodstream and stimulate, regulate, and control various tissue and organ functions including body temperature, blood pressure, blood sugar levels, and reproductive cycle.

As you age, some tissues become less sensitive to their controlling hormones, or the amount of hormones produced also can

manage potential symptoms:

- Avoid triggers such as spicy foods.
- Dress in light layers that can be easily removed.
- Turn to relaxation techniques including yoga.
- Ask your doctor if medication is right for you.
- Get at least 30 minutes of physical activity on most days of the week.



If you’re suffering from depression, anxiety, stress, and other disorders that are overwhelming your life, ask your doctor about Outpatient

Programs for Women provided by Hall-Brooke Behavioral Health Services in Westport and Bridgeport. The Intensive outpatient program provides evaluation and treatment alternatives tailored to meet the individual needs of women. If you’re interested in learning more, call 203-221-8878 or fill out the coupon on the back page.

Uncover the Truth About Male Menopause

Menopause is usually a term associated only with women. However, recent reports on the occurrence of low testosterone and resulting symptoms in aging men have initiated discussion among the medical community regarding the validity of a condition called male menopause.

Male menopause, which also is referred to as hypogonadism, andropause, aging male syndrome, or viropause, affects an estimated 2 to 4 million American men.

WATCH OUT FOR THESE SYMPTOMS

As men advance in years, testosterone production in the testes often slows down, says St. Vincent's endocrinologist Michael

Dubenko, M.D. This results in a gradual decline that usually occurs between the ages of 40 and 55. Resulting symptoms can include:

- weight gain
- sleeping problems
- mood swings
- decreased muscle mass
- increased urination
- lack of motivation
- problems with memory or concentration

- bone loss
- hair loss
- sexual dysfunction.

EXPLORING A HORMONAL CONNECTION

Some medical experts argue that while men usually experience some decline in testosterone as

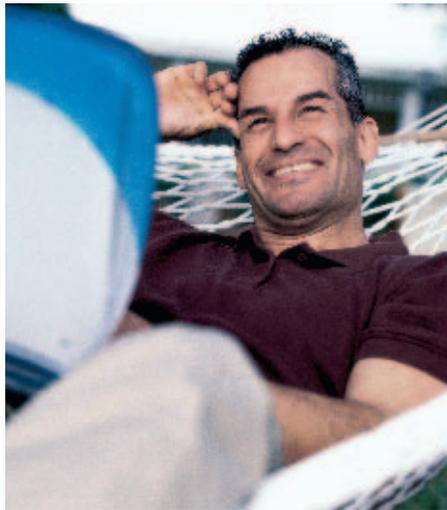
they age, the normal range of testosterone is so large—generally 300 to 1,200 ng/dL—that most older men stay within the normal limits. Therefore, a complete halt of hormone production and resulting symptoms—similar to what a woman experiences during menopause—seems unlikely.

Changes in urinary and sexual health, which often

are attributed to low testosterone in aging men, also can be caused by underlying health conditions such as diabetes.

If you think you have low testosterone, see your doctor. In addition to a physical exam, you'll have a blood test to determine your testosterone level. *

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



PERSONAL TRAINERS CAN REV UP FITNESS PROGRAM

If you don't have a regular fitness routine—or if you're not getting the results you want—you may want to consider working with a personal trainer. A trainer can help evaluate your fitness goals, set up a safe program, and motivate you. Here are some tips from Patrick Carolan, M.D., Chairman of the St. Vincent's Department of Orthopedics.

Choose a trainer with a four-year degree in a health and fitness field, such as exercise science or physical education. A trainer also should be certified by the American College of Sports Medicine, the American Council on Exercise, or the National Strength and Conditioning Association.

Hiring a trainer may be helpful, but it isn't necessary. You can create your own exercise program with a little work. Begin by talking with your doctor for ideas.

If you would like to get back in shape, but are restricted by knee and hip problems due to arthritis or injury, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS for a referral to a St. Vincent's orthopedic surgeon.

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**.



HOW TO PREPARE AN ADVANCE DIRECTIVE

It's human nature to put off thinking about serious illness and death. An unintended result of this reluctance is that family members may find themselves making stressful decisions about treatments for an unconscious or extremely sick relative, says Dennis McCann, Ph.D., Director of Pastoral Care of St. Vincent's Medical Center.

An advance directive is a way for you to specify what kind of medical care you would like to have—or not have—should you be unable to speak for yourself.

One type of advance directive is called a living will. In this document, you specify whether you wish to undergo any number of procedures or treatments in the case of terminal illness.

Experts recommend discussing your advance directive with your doctor, who can fully explain the implications of accepting or rejecting various forms of medical care. While it's not required, you also may want to talk to a lawyer. If possible, have your advance directive notarized, too.

Be sure to keep your advance directive up to date. Make plenty of copies, and give them to your family, friends, doctor, and lawyer. Take a copy with you whenever you go to the hospital, too.

If you don't have a living will, a representative from St. Vincent's Pastoral Care office can walk you through the process and have you on your way with multiple copies (free of charge) within 20 minutes. It is not a complicated document but it can go a long way toward avoiding confusion and conflict with regard to care decisions. Call 203-576-5110.

Is Your Health Threatened by the Air You Breathe?

According to the American Lung Association, 55 percent of Americans live in areas with unhealthy levels of ozone or particle pollution. Connecticut, in particular, has some of the poorest air quality in the United States.

St. Vincent's pulmonary disease specialist Philip Simkovitz, M.D., says that symptoms associated with poor air quality include eye, throat, and lung irritation. Exposure to high levels of air pollution can result in burning eyes, coughing, and chest tightness.

Recent research has linked air pollution to these health complications:

- Feeling worse when you have a cold.
- Increased heart defects in babies born to women who lived next to busy freeways and were exposed to carbon monoxide or ozone—two common pollutants produced in high traffic areas.
- Slowed lung development in children. According to one study, lung function growth rate for children in the most polluted community was approximately 10 percent lower than that of children living in less polluted communities.

AT-RISK POPULATIONS

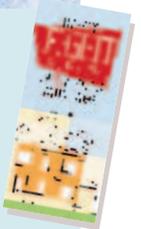
Pulmonary specialist David Bushell, M.D., says that everyone reacts to air pollution differently. Those at greater risk for experiencing symptoms associated with poor air quality include children and older adults as well as those with:

- cardiovascular disease
- chronic lung disease such as asthma, emphysema, and chronic obstructive pulmonary disease.

Outdoor exercise also makes you more vulnerable to air pollution effects since you



Learn how to breathe easy inside your home with our "How to Fight Allergens In and Around Your Home" brochure. To get a free copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS or fill out the coupon on the back page.



breathe in more air. Ask your doctor if you're at risk for suffering symptoms associated with air pollution.

TAKING ACTION

The following tips can help you protect yourself from health hazards attributed to dirty air:

- Check your daily air-quality levels and air pollution forecasts, which usually are part of local weather reports or printed in the newspaper. This information also is available at www.epa.gov/airnow/. You can alter your plans accordingly on high pollution days.
- Exercise during early morning hours before ozone levels are high. Consider exercising indoors when pollution levels are high.
- Avoid congested streets and rush hour traffic since vehicles are a primary source of air pollution.
- Carpool and combine car trips when possible. *

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

Question & Answer

straight talk from our physicians



Tess Kryspin, M.D.
Chief Hospitalist/Internist

QUESTION: Can you shed some light on the health benefits of yogurt?

ANSWER: For nearly a century, yogurt has been considered a “healthy” food. Besides providing calcium and protein, yogurt is often loaded with “good” bacteria, known as probiotics. In clinical studies, probiotics have been shown to improve digestive problems, such as irritable bowel disease and food allergy, including lactose intolerance.

Research also shows that good bacteria in yogurt may thwart the growth of *Helicobacter pylori*. These “bad” bacteria can cause ulcers, stomach inflammation, and some digestive cancers.

Experts think that you need to eat yogurt every day to benefit from these helpful bacteria. When shopping, look for yogurt that has “Live Active Cultures” on the label.



Geoffrey S. Gladstein, M.D.
Rheumatology

QUESTION: Can gout attacks be avoided?

ANSWER: No one wants to re-experience the pain of gout. A form of arthritis, gout often strikes a single joint. It most commonly affects the base of the big toe. This condition causes the joint to become red, swollen, and extremely tender for a few days. Untreated, repeated episodes can lead to chronic inflammation and joint pain.

There is no cure for gout. Managing some of the risk factors may reduce the frequency of flare-ups, and relieve symptoms when episodes do occur. For some, losing weight, avoiding foods high in purine, and cutting back on alcohol may help. A number of prescription medications are also effective in bringing relief from the pain of an acute episode.



Delia M. Manjoney, M.D.
Chairperson, St. Vincent's
Department of Ophthalmology

QUESTION: What is allergic conjunctivitis?

ANSWER: Are red, itchy eyes driving you crazy? If so, you may have allergic conjunctivitis—a common eye reaction. It occurs when you come into contact with something you're allergic to. While it doesn't hurt your sight, it can be uncomfortable.

Other possible symptoms of this condition include watery eyes, sensitivity to light, and swelling of the eyelids or whites of the eye.

If you suspect conjunctivitis, what should you do? First, try to identify and avoid what you're allergic to. Pay attention to when symptoms occur. It may be during a specific season or after an activity, such as petting a cat.

For relief, apply a cold washcloth to your eyes and use lubricating drops. If symptoms continue, see your doctor.



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

QUESTION: Am I at risk for Lyme disease?

ANSWER: Cases have been reported in almost every state. However, living in a suburban or wooded rural area, or having a pet that romps in these areas, puts you at risk. Here's how you can protect against Lyme disease:

- In the woods, stick to the center of wide trails.
- Before a forest hike, apply insect repellents with DEET.
- When you hike, wear light-colored clothing to make tick identification easier. Choose long sleeves, long pants tucked into light-colored socks, and a hat.
- Inspect yourself and your children, especially hairy regions, such as the head and neck.
- Examine pets for ticks before letting them into the house.

Looking for a physician? We can help.

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

Have a Safe Cookout this Summer

Planning a cookout this summer? Put safety on your "to-do" list. About 76 million people in the U.S. get food poisoning each year, according to the Centers for Disease Control and Prevention. Don't let food poisoning strike your next outdoor event. Here are some tips from Eve Urban, R.D., Director of St. Vincent's Nutrition Services:



- Keep foods on ice until you're ready to eat or prepare them.
- Don't leave food sitting out for more than two hours. Pack it away in one hour if the temperature reaches 90°F.
- Always wash your hands before handling or

eating food. Bring hand-sanitizing lotion if soap and water aren't available.

- Bring a meat thermometer to ensure food is cooked thoroughly. Cook whole poultry to 180°F, ground poultry to 165°F, and hamburgers to 160°F.

- Don't reuse plates or utensils that have touched uncooked meat. *

Think you have a stomach bug? For quick relief,

visit one of the St. Vincent's Immediate Care Centers nearest you: Bridgeport, 203-371-4445; Fairfield, 203-259-3440; and Shelton, 203-929-1109.

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- | | |
|---|--|
| <input type="checkbox"/> To join Women at Heart | <input type="checkbox"/> Free "How to Fight Allergens In and Around Your Home" brochure |
| <input type="checkbox"/> Free "How to Quit Smoking for Good This Time" brochure | <input type="checkbox"/> Free brochure listing 34 Swim Across the Sound cancer prevention programs |
| <input type="checkbox"/> Free "Put Time on Your Side: Time Management Strategies for Busy Women" brochure | |

Send for your FREE health information today!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____ DATE OF BIRTH _____

THERE ARE 4 EASY WAYS TO JOIN!

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

HEALTH TALK SUMMER 2005

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

Postmaster: Please deliver between June 27 and July 1.

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

Learn On-Line Through St. Vincent's College

Flexible educational opportunities and new careers are only a click away through the new distance learning program at St. Vincent's College.

Beginning in the Fall 2005, St. Vincent's College will launch its Distance Education program by offering two on-line certificate programs, Health Promotion and Health Care Management.

To register or to receive more information about whether online education is right for you, contact St. Vincent's College at online@stvincentscollege.edu.



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



Susan L. Davis
President / CEO

Brian Wallace
Editor

Lucinda I. Ames
Assistant Editor

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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**.



New York Presbyterian Healthcare System



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

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**.

Breast Cancer Support Group

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

Dates: July 5, July 19, Aug. 2, Aug. 16, Sept. 6, and Sept. 20.

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 12, July 26, Aug. 9, Aug. 23, Sept. 13, and Sept. 27.

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 5, Aug. 2, and Sept. 6.

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. 19 and Nov. 28.

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.



Tuesdays: FREE blood pressure check, Wednesdays: Cholesterol/HDL/ratio/glucose—\$18; fasting lipid panel—\$25

Women at Heart

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

• Cardiovascular Screening Just for Women: \$99

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

• Stress Reduction Classes

Call for information.

LIFESTYLE CHANGES

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

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.

Dates: Nov. 20 to 21: Trip to Tropicana Resort Casino in Atlantic City with dinner, show. Starting at \$105 per person (double occupancy). Call Andy Gatto at 203-372-5097 for more information.

St. Vincent's Wellness Booth/ Screenings 1-877-255-SVHS

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

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; breathing and relaxation techniques; medication options; and more.
One-day class on Saturday. 10 a.m. to 4:45 p.m.
Two-class series: First two Mondays. 6 to 9 p.m.

Expectant Parent (Prenatal) Tours
Tour of the Family Birthing Center featuring state-of-the-art nursery. Video on labor and delivery; discussion.

Infant/Child CPR
Learn how to protect infants and children in the event of an injury.

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

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

SENIORS

Geriatric Assessment Program
203-576-5710
Comprehensive health assessment of older adults by a physician, social worker, and nurse with recommendations for treatment/care.

Health Insurance/Medicare Info
1-877-255-SVHS
Free individual information session about Medicare and related insurance; assistance with appeals. No appointment necessary.
10 a.m. to noon. First Wednesday at St. Vincent’s Wellness Booth in Westfield Shoppingtown—Trumbull; other Wednesdays at Medical Center.

Stroke Survivors and Caregivers Support Group
203-576-5361
Third Wednesday of the month. 6:30 p.m. in Level “C” Seton Rm. Call speech pathologist Joy Moeller.

Joint Replacement 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: July 11 and Sept. 12
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 1-877-255-7847.
Date: Aug. 9
Location: St. Vincent’s Hawley Conference Room
Date: Aug. 23
Location: Trumbull Library
Date: Sept. 13
Location: St. Vincent’s Hawley Conference Room
Date: Sept. 27
Location: Derby Public Library
Date: Oct. 11
Location: St. Vincent’s Hawley Conference Room
Date: Oct. 25
Location: Hall-Brooke
Date: Nov. 8
Location: St. Vincent’s Hawley Conference Room
Date: Nov. 29
Location: Trumbull Public Library

UPCOMING EVENTS

“A Night At The Copacabana”
Annual Last Bash of Summer to benefit St. Vincent’s Special Need Services. On grounds of FERLETO Center. 6:30 p.m. Call **203-386-2714** for tickets.

Swim Across the Sound
See page 2 for more details or call 203-576-5451.

- **25km Marathon**
August 13: noon to 6 p.m. at Captain’s Cove.
- **Memorial Service**
August 14: 8:30 a.m. at Captain’s Cove.