

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Flu Facts: How to
Beat the Bug

Stay Fit
This Winter

Is Organic Food
Better for You?

**Wellness Guide/
Calendar**

**Straight Talk from
Our Physicians**

Recipe

Chicken Stew

- 8 pieces chicken (breasts or legs)
- 1 C water
- 2 garlic cloves, minced
- 1 onion, chopped
- 1½ t salt
- ½ t pepper
- 3 medium tomatoes, chopped
- 1 t parsley, chopped
- ¼ C celery, chopped
- 2 medium potatoes, peeled, chopped
- 2 small carrots, chopped
- 2 bay leaves

1. Remove skin from chicken, along with any extra fat.

2. In large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.

3. Add celery, potatoes, carrots, and bay leaves, and continue to cook for 15 more minutes, or until chicken and vegetables are tender.

4. Remove bay leaves and serve.

Yield: 8 servings. **Serving:** 1 piece of chicken

Could You Be Overeating?

More than 60 percent of Americans are overweight or obese. One reason, experts say, is that people are eating more calories than they're burning. Our brochure, "Could You Be Overeating—and Not Even Know It? How Excess Calories Sneak Onto Your Waistline" offers helpful strategies to overcome common reasons people tend to eat more than they need. 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.



MRI Shows Promise for High-Risk Women

Magnetic resonance imaging (MRI) is typically used to assess suspicious areas observed with mammography and to view breast tissue changes that can be felt, but not seen with conventional mammography or ultrasound.

However, recent medical investigations are exploring a new use for this technology: breast cancer screening in high-risk women.

St. Vincent's Chief of Mammography Peter Steenbergen, M.D., says that women are at increased risk for developing breast cancer if they have:

- a family history of the disease
- specific gene mutations—called BRCA mutations—which increase the risk by more than 50 percent.

SCREENING CHALLENGES IN HIGH-RISK WOMEN

Supplemental MRI screening helps improve detection for the following reasons:

- First, it is difficult to detect tumors with mammography in younger women because they have denser breast tissue than postmenopausal



women. MRI is not influenced by breast density.

- Second, mammography also is not as proficient as MRI in detecting breast cancer in women who have genetic mutations.

THE FUTURE ROLE OF MRI IN BREAST CANCER SCREENING

Specifically, MRI has been shown to demonstrate greater sensitivity in detecting breast cancer at an earlier stage than mammog-

raphy in high-risk women.

Dr. Steenbergen says that MRI also was shown to better differentiate between cancerous and noncancerous, or benign, tumors than mammography. However, MRI screening resulted in twice as many unneeded additional medical examinations compared with mammography and three times as many unneeded biopsies.

These limitations preclude the use of MRI screening in average-risk women. If you are at high risk for developing breast cancer, ask your doctor if supplemental MRI is right for you. If you would like to schedule a mammogram, call the new Swim Across the Sound Women's Imaging Center at 203-576-5500. *

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.





What SYNDROME X Means for You

syndrome. And medical experts are, in fact, working hard to identify who is at risk and how to manage it—because syndrome X may triple a person's risk for heart disease and stroke, says Joseph Missri, M.D., Chairman of the Department of Cardiovascular Medicine at St. Vincent's.

THE SYNDROME X CRITERIA

According to the National Institutes of Health, you have syndrome X if you

answer “yes” to three or more of the following questions:

- ❶ Does your waist measure more than 40 inches if you're a man, or 35 inches if you're a woman?
- ❷ Is your triglyceride level 150 or higher?
- ❸ Do you have a blood pressure reading of 130/85 or higher?
- ❹ Is your HDL, or “good,” cholesterol level lower than 40 if you're a man, or lower than

50 if you're a woman?

❺ Is your blood sugar level 110 or higher?

Women and men have about an equal chance of developing syndrome X. The risk increases with age: More than 40 percent of people age 60 and older have it. Among ethnic groups, Hispanics are at the highest risk, followed by Caucasians, then African-Americans.

SIMPLE STEPS CAN HELP BEAT THE SYNDROME

Dr. Missri and other St. Vincent's cardiologists say the good news is that syndrome X is both preventable and treatable. If you're concerned that you may have syndrome X, ask your doctor about tests that can check your cholesterol, triglyceride, blood sugar, and blood pressure levels. Experts recommend lifestyle strategies as the first line of treatment for syndrome X. These include eating healthfully, exercising regularly, and controlling your weight. *



Women concerned about syndrome X are encouraged to join Women at Heart, the

new St. Vincent's cardiovascular club designed exclusively for women. It offers discounts on comprehensive cardiovascular screenings, an exercise and fitness assessment, and other services. For information, 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.

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!



Control Your Blood Pressure

If you have high blood pressure, lowering it can help prevent syndrome X. Our pamphlet, “Healthy Choices that Help Lower Your High Blood Pressure,” lists foods to avoid and includes a shopping guide with recommended food choices for lowering or maintaining blood pressure. 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**.



HOW TO ORGANIZE YOUR MEDICAL RECORDS

When was your last flu shot? Does cancer run in your family? You may not know the answers to these questions off the top of your head. But could you find out easily? If not, it's time to organize your medical records. Here are some helpful hints from Ellen Berquist, Director of Medical Records at St. Vincent's:

First, start a file. Here's what to include:

- All medical and dental records
- A short summary of significant medical information—for example, list names and telephone numbers of health care providers, current medicines, and adverse reactions you've ever had to certain medications
- Immunizations and dates received
- Health insurance information
- A family medical history
- A copy of your advance directive

For information on advance directives/living wills and other helpful hints on organizing your personal medical record, call the St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Menopause and Mood: Identifying Contributing Factors



Many menopausal women experience irritability, depression, and anxiety. But how do you know if these are symptoms of menopause or something more serious? Debra Iversen, Director of Outpatient Services for Adults & Adolescents at Hall-Brooke Behavioral Health Services, says the reason for mood variations may not always be due to hormonal changes.

WHAT THE RESEARCH SAYS

Recent studies have identified that other influences are more predictive of mood changes than of menopause. These factors can include:

- increased stress
- relationship dissatisfaction
- negative attitude regarding menopause and aging
- significant life events: for example, children leaving or returning home.

Although studies confirm that menopause is not associated with an increased risk of depression, it appears that women are more vulnerable to depression during this time of life if they have a past history of:

- depressive episodes
- postpartum depression
- premenstrual syndrome.

A direct link with hormone levels and anxiety

symptoms in menopausal women has not been established. However, women report feeling more anxious and are more aware of anxiety symptoms such as sweaty palms, racing heart rate, and rapid breathing during the period right before and just after menopause.

TAKING CONTROL

See your doctor immediately if your mood swings are intolerable or are accompanied by any of the following symptoms:

- Weight changes
- Fatigue and lethargy
- Increased negative thoughts
- Avoidance behavior, such as not going out with friends

Your doctor can determine if your mood changes are a symptom of menopause or related to a mental health condition, such as depression or anxiety. *



The award-winning **St. Vincent's Hall-Brooke Behavioral Health Services** in Westport is forming a new

group for women suffering from depression as part of its **Outpatient Behavioral Health-care for Women**. For information, call **Debra Iversen at 203-221-8827**.



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.

JOINT PAIN: What Could Be Wrong?

Maybe you notice a sharp pain in your left knee when you walk down the stairs. Or maybe it's your shoulder or elbow that aches after carrying the groceries home. While the occasional twinge is probably not a worry, joint pain that lingers or is severe could be a sign of a serious problem, says Henry Backe, M.D.

DETERMINING THE CAUSE

Pain is the body's alarm system. It is a signal that something is wrong. But with joint pain, it is often difficult to determine the cause. Sometimes it's obvious—like when you strain your ankle playing basketball. Other times, joint pain develops for no obvious reason.

Common causes include the following:

- Sprains or tears to surrounding ligaments, dislocated joints, and other injuries.
- Fluid that accumulates around the joint.
- Bursitis, an inflammation of the fluid-filled sacs that ease friction between tendons and bones. Often caused by overuse or injury, bursitis typically affects the shoulders, elbows, or knees.
- Arthritis, a group of more than 100 different

diseases. Osteoarthritis and rheumatoid arthritis are two of the most common forms. Both are more likely to strike women.

- A variety of other illnesses, including fibromyalgia, lupus, congenital bone disease, hepatitis, Lyme disease, thyroid disorders, and diabetes.
- Certain medications, such as steroids.

WHEN TO SEEK HELP

Pain from minor injuries and bursitis may be relieved with the following steps—often referred to by the acronym RICE:

- Rest.
- Ice the affected joint.
- Compress the area with elastic dressings.
- Elevate the affected limb above the heart.

If these self-care strategies don't help, call your doctor. Also, always seek medical attention for joint pain that is severe, persistent, or accompanied by swelling, fever, or other serious symptoms. For more information about St. Vincent's Joint Camp, which prepares you for surgery and speeds recovery, or for a referral to a St. Vincent's orthopedic surgeon, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**. *



KEEPING FIT IN BAD WEATHER

Do your exercise plans get put on hold during cold or dreary months? Follow these helpful tips:

- Think of your home as a gym. Consider investing in a treadmill or stationary bike. But you don't need expensive equipment. Try climbing stairs, jogging in place, or jumping rope.
- Join an indoor volleyball or basketball team.
- Swim laps in an indoor pool.
- Walk briskly around a mall.
- Be a "domestic athlete." Cleaning closets and washing windows or floors count as exercise.
- Rent or buy workout videos.

If you've been inactive for a while, start slowly. Eventually, try to get 30 minutes of moderate aerobic exercise on at least five days a week.

COME TO ST. VINCENT'S JOINT CAMP!



St. Vincent's Joint Camp is a new concept that's producing great results for people who need hip and knee surgery. The classes prepare you for surgery and speedy recovery.

During the class, you will learn what to expect in the post anesthesia care unit, in the orthopedic unit, and after discharge from the hospital. Pre- and post-operative exercises are demonstrated. You will be given a booklet containing much of the information covered in the class to use as a reference.

Dates: Hip Class, first Thursday of the month
Knee Class, third Thursday of the month
Time: Noon to 1 p.m.

The classes include a complimentary lunch and free parking. Family members are welcome to attend. To learn more, call Gail Fulco, orthopedic physician assistant, at **203-576-6429**.

Free Diabetes Guide!
About 17 million Americans have diabetes. Managing this chronic condition is crucial and can prevent long-term complications, such as heart disease. Our free "Living with Diabetes" guide offers helpful tips. 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**.

SHOULD YOUR CHILD TAKE A SICK DAY?

It's almost time to leave for the bus, and your child is complaining of a headache and sore throat. What should you do? Knowing when to send your student off to school and when to keep her home can be a tough judgment call—especially in the rush of a weekday morning. When you're wondering how sick is too sick for school, a few general guidelines can help. St. Vincent's pediatrician Marilyn Smith, M.D., says you may want to keep your child home if she has any of the following symptoms:

- Diarrhea
- Repeated vomiting
- Fever
- Severe sore throat
- Thick discharge from the eye
- Mouth sores
- Wheezing
- Uncontrolled or severe coughing
- Unusual fatigue
- Difficulty breathing
- Skin problems, including discolored skin, rashes, or itchiness

If you would like to ask a nurse health care questions about your child or make an appointment with a St. Vincent's pediatrician, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



Organic Food **SPROUTS** Benefits



It wasn't long ago that organic foods were only found at local farmer's markets. But now, you can't cruise the aisles of grocery stores, supermarkets, or club stores without coming across these items.

THE ORGANIC DIFFERENCE

The health benefits of organic foods stem from the farming methods used, which limit your exposure to chemicals and additives.

Organic meat, poultry, eggs, and dairy products come from animals that are not fed antibiotics or growth hormones, while organic fruits and vegetables are grown without the use of

most conventional pesticides, synthetic fertilizers or sewage sludge, genetic manipulation, or radiation. Processed foods, including frozen vegetables, pasta, jarred sauces, and shelf-stable items such as cookies that are labeled "organic" must contain organically produced ingredients.

CERTIFIED ORGANIC

In 2002, the U.S. Department of Food and Agriculture established national standards for organic food claims. But how do you know if what you're buying is organic?

- Read package labels carefully. The terms "free-range," "hormone-free," and "natural" can appear on foods that aren't organic.
- Foods labeled with the "USDA Organic" seal are certified 95 percent organic. However, not all organic foods will have this seal.
- Products with less than 70 percent organic ingredients may list organic ingredients on the side panel, but can't make an organic claim on the front of the package.
- Buy produce at local farmer's markets. *



Eating right is an important factor in maintaining a healthy weight. If you need a

little help taking that first step toward weight loss, St. Vincent's provides one-to-one dietary counseling 203-576-5930, exercise and fitness options through St. Vincent's College 203-575-5651, and weight loss surgery through its comprehensive Bariatric Surgery Center 1-877-255-SVHS.

St. Vincent's College Celebrates 100th Anniversary!

Take part in the 100th anniversary celebration of St. Vincent's College! The yearlong series of events will get underway with a Centennial Mass celebrated by the Most Rev. William E. Lori, Bishop of Bridgeport on January 25 at 3 p.m. in the Hawley Conference Center of St. Vincent's. New St. Vincent's College President John K. Fisher, Ed.D., will be inaugurated on April 9. The centennial celebration also will include events and social opportunities for alumni, students, and the public. St. Vincent's College offers degree, certificate, and continuing education programs leading to health care careers. If you would like to attend an activity or sponsor an event, call St. Vincent's College at **203-576-6355** or e-mail **100th@stvincentscollege.edu**.

Question & Answer

straight talk from our physicians



Tamara Swett
Registered Dietitian

QUESTION: Do you have any tips for quick, but healthy, breakfasts?

ANSWER: Breakfast may be the most important meal of the day. Children who eat breakfast score higher on

school exams, are more creative and energetic, and are less likely to be overweight. With minimal preparation, you can work breakfast into your household's hectic mornings. The old standby, a bowl of cereal, isn't your only option.

- Make a breakfast shake with banana slices, frozen strawberries, and low-fat milk.
- If your kids dislike traditional breakfast foods, try leftover meatless pizza, sandwiches, or macaroni and cheese.
- Pack it to go! Bagels, breakfast bars, and yogurt all travel well. Or bring along crackers, cheese, and grapes.



Strick Woods, M.D.
Gastroenterologist

QUESTION: Is it necessary to be screened for colon cancer?

ANSWER: Colorectal cancer ranks second only to lung cancer as the leading cause of cancer death in the United

States. But with early diagnosis and treatment, colorectal cancer has a five-year survival rate of about 90 percent.

Symptoms of colorectal cancer include a change in the frequency, shape, or size of stools; blood in the stool or rectum; unexplained anemia; unexplained weight loss; persistent stomach pain; or a feeling of rectal fullness.

However, colorectal cancer can be present without any symptoms. So getting screened for colon cancer is very important.

Most medical experts recommend regular screening for all adults beginning at age 50. However, some people may need to be screened earlier. Ask your doctor when and how often you should have screening procedures done.



Kevin McGrath, M.D.
Allergist

QUESTION: How can I manage my allergies this spring?

ANSWER: In people with seasonal allergies, the body perceives certain pollens and molds as enemies. Many

medications often can control the symptoms. Your doctor may also suggest allergy shots.

In addition to medications, there are many ways you can minimize the effects that pollen and mold have on your body:

- Pollen counts are highest between 5 and 10 a.m. So, try to avoid spending time outdoors during this time.
- Use air conditioning, which can help keep molds and pollen out of the house or car. Also, an air filter can offer added protection in the house.
- Since molds thrive on dampness, use a dehumidifier in the basement, bathroom, and other damp areas.



Grace Kim, M.D.
Chief, Infectious Diseases

QUESTION: Should I still be worried about toxic shock syndrome?

ANSWER: In the late '70s and early '80s, there was a sharp rise in the incidence of toxic shock syndrome

(TSS), a disease linked to tampon use. Since then, cases of this serious—and potentially fatal—bacterial infection have steadily declined, due in part to government regulation of tampon manufacturing.

Today, TSS is rare. However, it still occurs, and tampons are still linked to a higher risk for this disease.

The more absorbent a tampon is, the more likely it is to cause TSS—probably because as more fluid accumulates, so can bacteria. If a tampon is hard to remove, shreds, or doesn't need to be changed for several hours, or if your vagina feels excessively dry while the tampon is in place, your tampon is probably too absorbent.

Looking for a physician? We can help.

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

FLU FACTS: How to Beat the Bug

Because of the flu vaccine shortage this year, prevention is more important than ever, says Grace Kim, M.D., Chief of St. Vincent's Division of Infectious Diseases.

Here are a few ways you can steer clear of the flu:

- Frequently wash your hands with warm, soapy water for at least 15 seconds.
 - Disinfect telephones, doorknobs, keyboards, and other items touched by people who have the flu.
 - Make sure that people with the flu blow their noses in disposable tissue and discard it right away.
- If you do get the flu, pampering yourself is key:
- Eat well and drink lots of fluids, such as water, soup, and caffeine-free beverages.
 - Get plenty of rest.
 - Consider over-the-counter medications.

County, Dr. Kim and St. Vincent's physicians are urging people to follow basic public health precautions (above) in order to safeguard themselves and their families. For more detailed information about preventing or treating the flu, call St. Vincent's toll-free Care Line for a free e-mail or print brochure, **1-877-255-SVHS**. *

If you or the kids need a flu shot or immediate attention for minor injuries such as cuts, bruises, bee stings, and other needs, please stop at one of the St. Vincent's Immediate Health Care Centers: Bridgeport (203-371-4445), Fairfield (203-259-3440), and Shelton (203-929-1109). Open daily, no appointment necessary.



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

ON THE YOUNG SIDE OF 50?

If you're age 50 or older, please accept our invitation to join Club 50. You will benefit from free health screenings, ScriptSave prescription discounts, and our 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**.

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- | | |
|---|---|
| <input type="checkbox"/> Free "Could You Be Overeating—and Not Even Know It?" brochure | <input type="checkbox"/> To join Women at Heart |
| <input type="checkbox"/> Free "Healthy Choices that Help Lower Your High Blood Pressure" pamphlet | <input type="checkbox"/> Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound |
| <input type="checkbox"/> Free "Living with Diabetes" Guide | |
| <input type="checkbox"/> Free application and membership in St. Vincent's Club 50 | |

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 WINTER 2005



Just Ask Alice!

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

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

Postmaster: Please deliver between December 27 and 31.

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President / CEO

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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**.

ASCENSION
HEALTH

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



Printed on Recycled Paper

910M

Wellness Guide/Calendar

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

CANCER SUPPORT PROGRAMS

Call Oncology Case Manager Teresa Money McLaughlin, R.N., M.S.N., A.O.C.N., 203-576-6158, unless otherwise indicated. Made possible through St. Vincent's Swim Across the Sound.

Cancer Lecture Series

Hear medical experts speak on cancer topics.

Location: St. Vincent's

Dates: TBA

Breast Cancer Support Group

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

Dates: Jan. 4, Jan. 18, Feb. 1, Feb. 15, March 1, and March 15.

Time: 5:30 to 7 p.m.

Breast Cancer "We Share" Support Program

Links women who have been diagnosed with breast cancer to breast cancer survivors for support and information.

Cancer Support Group/Cancer Lecture Series

Dates: Jan. 11, Jan. 25, Feb. 8, Feb. 22, March 8, and March 22.

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: Jan. 4, Feb. 1, and March 1.

Time: 4 to 5:30 p.m.

"Look Good, Feel Better" for Female Cancer Patients

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

Dates: Jan. 24 and March 21.

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.



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. Refreshments. Open to public. Educational Series:

Time: 7 p.m.

Dates: Jan. 19: "Alzheimer's: In the Beginning."

Speaker: Ray Gabrielle, M.D.

Feb. 16: "Diabetes & Heart Disease."

Speaker: Joseph Rosa, M.D.

March 23: "Women and Heart Disease."

Speaker: Kathleen Harper, D.O.

April 20: "Stroke: New Treatments and Innovation."

Speaker: Srinath Kadimi, M.D.

• 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

Tuesdays and Wednesdays

LIFESTYLE CHANGES

Teen "Smoke Stoppers" Smoking Cessation Program 203-576-5451

Dynamic instructor brings free program to area middle/high schools and colleges to help teens quit smoking. Call to request program at your school.

Nutrition Counseling Service

203-576-5930

Includes one-to-one dietary counseling for weight loss and management, heart disease, cancer, diabetes, gastrointestinal problems, childhood/adolescent nutrition, pregnancy, kidney disease, poor eating habits, disease prevention, and risk reduction.

SUPPORT GROUPS

Better Breathing Club

203-576-5091

For those with breathing problems.

First Wednesday of every month at 1:30 p.m. at St. Vincent's. Cosponsored by the American Lung Association.

Grief and Healing Seminar and Support Group Series

203-576-5110

For people experiencing grief following the death of a loved one. Eight weeks.

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 marbill9@aol.com

Third Sunday of the month. 2 to 4 p.m.

MATERNITY/NEWBORN CLASSES

Call Family Birthing Center

at **203-576-5643** or e-mail

Kbrady@svhs-ct.org unless otherwise indicated

Baby Care Class

Baby care basics including bathing, diapering, feeding, sleeping, and safety.

Two Wednesdays, monthly, 7 to 9 p.m.

Breast-Feeding Preparation Class

First Saturday, 9:30 to 11:30 a.m.

Second Tuesday, 6:30 to 8:30 p.m.

Breast-Feeding Support Groups

Free. Share solutions to problems after the birth of your baby.

Breast Pump Rental and Breast-Feeding Supplies Store

Get the supplies and help you need.

Cesarean Birth Class

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

Childbirth Preparation Classes

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

One-day class on Saturday.

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

Two-class series: First two Mondays.

6 to 9 p.m.

Expectant Parent (Prenatal) Tours

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

Infant/Child CPR

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

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 Preoperative Classes

For patients scheduled for a total hip or knee replacement. Learn from multi-specialty team about surgery, anesthesia, and follow up therapy. Pre- and post-operative exercises demonstrated. Family members welcome. Free lunch and parking. Call Orthopedic Physician Assistant Gail Fulco at **203-576-6429**.

Dates: Hip: First Thursday

Knee: Third Thursday

Time: noon to 1 p.m.

CHILDREN

Feroleto Children's Development Center

203-375-6400

Provides education and therapy for developmentally disabled infants and children.

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.

St. Vincent's College Open House:

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

Date: April 2

Time: 9 to 11:30 a.m.

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

Call **1-800-873-1013** to register.