



# HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S

**Health Talk Is Growing!** Welcome to our new, expanded newsletter with the latest healthcare information for you and your family. Read more about our planned Cancer Center on page 3.



What Can Parents  
Do About **ADHD**?

**Mammograms:**  
What to Expect

**Club 50** Events  
and News

Wellness Guide/  
**Calendar**

Straight Talk from  
Our **Physicians**



REGINA L. COZZA CENTER

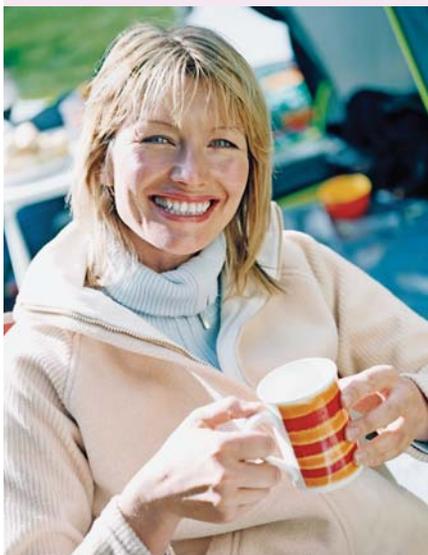


## Women at Heart Offers Benefits and Education

Join Women at Heart at **The Regina L. Cozza Center, St. Vincent's** FREE cardiac club for women, and enjoy such benefits as:

- 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 the toll-free Care Line at **1-877-255-SVHS (7847)**, visit [www.stvincents.org](http://www.stvincents.org), or fill out the coupon on the back page.



# Abdominal Obesity: How Does Your Shape Measure Up?

**W**hen you consider your heart disease risk, you usually don't think that where you carry your extra weight matters. However, if your body shape mirrors that of an apple rather than a pear, you are at greater risk, says Alon Ronen, M.D., Co-Medical Director, Women at Heart.

Carrying more fat around the abdomen—apple-shaped body—rather than the hips—pear-shaped body—is associated with an increased risk for heart disease, high blood pressure and diabetes in men and women.

A waist measurement greater than 40 inches for men and greater than 35 inches for women increases the chances for developing heart disease risk factors.

### WHAT'S YOUR NUMBER?

It's easy to determine your waist-to-hip ratio. Simply use a tape measure to determine your waist circumference, which is measured between the top of the hip bone and the lower edge of the rib cage without clothing. Next, measure your hips at the widest part of the buttocks. Finally, calculate your waist-to-hip ratio by dividing your waist measurement by your hip measurement.

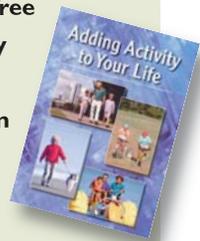
Your risk for cardiovascular disease increases if your waist-to-hip ratio is greater than 0.85.

### SHAPE UP TO LOWER RISK

To decrease your heart disease risk, you must commit to a lifestyle that promotes a healthy weight:



**Need some help starting your fitness program? Our free brochure "Adding Activity to Your Life" shows you how to develop a program and add more activity to your day. For your copy, please fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847).**



- Stick with a diet that is low in saturated fat and cholesterol. Incorporate fish, poultry and lean meats into your eating program. Also, eat at least five servings of fruits and vegetables a day and reach for whole grains such as rye or wheat bread.
- Participate in at least 30 minutes of exercise on most days. Be sure to check with your doctor before starting an exercise program. \*



**For information on the many Women at Heart programs that help you lose weight, eat right and stay in shape, call St. Vincent's toll-free Care Line at 1-877-255-SVHS.**



Alon Ronen, M.D.

# Stuart Marcus, M.D., to Lead Development of Cancer Center

Stuart G. Marcus, M.D., a specialist in gastrointestinal cancer surgery, has been appointed to the new position of Chairman of Oncology and Vice President for Cancer Services at St. Vincent's, according to President/CEO Susan L. Davis, R.N., Ed.D.

"We were very fortunate to have Dr. Marcus accept this new position at the Medical Center," says Dr. Davis. "In addition to his surgical work, he will be responsible for coordinating our cancer program and expanding our role in clinical research."

Besides possessing a high level of clinical expertise, Dr. Davis describes Dr. Marcus as "a very approachable physician, one who is interested in doing the best for the patient."

"St. Vincent's already has all the components of a first-class cancer center," says Dr. Marcus. "We will now erect a site where all the components of cancer care can come together under one roof, including access to clinical research trials. This will allow convenient, immediately accessible, coordinated care of the highest quality for our patients. Through screening, education, diagnosis, treatment and psychosocial support, we will offer a safe, healing environment for patients and their families afflicted with cancer."

After receiving a B.A. degree from Rutgers

University, Dr. Marcus earned his medical degree from Duke University School of Medicine in 1987. He completed his internship and surgical residency at NYU, School of Medicine, where he also served as Chief Resident. He also completed a three-year surgical oncology research fellowship at the National Cancer Institute in Bethesda, Maryland.



Stuart G. Marcus, M.D.

Following his training, he joined the surgical faculty at NYU, where he has served as Chief of Surgery at Bellevue Hospital Center, and most recently as Program Director of the General Surgery Training Program at NYU. Throughout this time, he coordinated the integration of cancer services at Bellevue Hospital Center, creating a multi-disciplinary cancer center there.

Dr. Marcus is a Diplomate of the American Board of Surgery and is a Clinical Associate Professor of Surgery at the NYU School of Medicine. He is involved with multiple basic science and clinical research studies, has published extensively in his field, and is a speaker and presenter at conferences across the country. Patients with gastrointestinal cancers can be referred to Dr. Marcus at St. Vincent's Medical Center by calling the Care Line at **1-877-255-SVHS (7847)**. \*



## Recipe

### Vegetarian Stir-Fry with Edamame

- ½ white onion (5 oz), diced small
- 1 lb eggplant, peeled and diced into ¾-inch cubes
- 1 red bell pepper (1/2 lb), seeded and diced into medium pieces
- 2 t vegetable oil
- 1 small clove garlic, peeled and chopped
- ½ t fresh ginger, peeled and chopped
- 1 pkg (14 ½ oz) extra-firm tofu, diced medium
- ½ C sesame garlic sauce
- 1 C edamame (soybeans), pods removed
- 2 T chopped cilantro
- 3 T (about 2) scallions, washed and cut on bias

1. Blanch onion, eggplant and red pepper in boiling water, until crisp-tender about 2-3 minutes, drain and set aside. Heat nonstick wok or large nonstick skillet on high, about 2 minutes. Add vegetable oil; swirl to coat pan (oil should smoke lightly).

2. Add garlic, ginger and tofu (tofu breaks up slightly); stir-fry 1 minute. Add in vegetables and stir-fry 2 minutes. Add garlic sauce; stir-fry 3 minutes. Add edamame; stir-fry 2 minutes.

3. Add chopped cilantro, remove from pan, garnish with scallions.

**Yield:** Four servings

Each serving provides: **Calories: 300; total fat: 11 g; saturated fat: 2 g; cholesterol: 0 mg; sodium: 390 mg; total carbohydrate 39 g; dietary fiber: 8 g; sugars: 7 g; protein: 19 g**

**Source:** National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention.



### 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.



Dear Friends,

I hope you've had a great summer and that you're looking forward to all of the renewed activity that autumn brings into our lives.

This issue is filled with so many helpful stories. In particular, I would

ask you to read the mammogram story on this page, and be sure to schedule your appointment at the Swim Across the Sound Women's Imaging Center.



**Carol Kuhta,**  
Director, Club 50

If you can make some time in your busy schedule, please join us for our upcoming trips (see below) or at one of the many health activities offered in the coming months.

Love, Carol

## Mammograms: What to Expect

**S**kipping regular mammograms after age 50 could double the risk of being diagnosed with late-stage breast cancer, says the *Journal of the National Cancer Institute*.

Kelly Harkins, M.D., the new Medical Director of Women's Imaging at St. Vincent's, says that The American Cancer Society recommends yearly mammograms for women age 40 and older. The National Cancer Institute's guidelines call for screening every one to two years for this age group. Some women may need more frequent screening. Talk to your doctor to see what's right for you.

During the procedure, a special X-ray machine will gently compress each breast between two panels before taking a picture. You will feel some pressure and maybe discomfort. However, this X-ray lasts for only a few seconds.

You also can expect to find the new *MammoPad* breast cushion designed by a female breast surgeon to make mammography more comfortable. Digital mammograms



**Kelly Harkins, M.D.**

are available at the Swim Women's Imaging Center of St. Vincent's. You will find easy access and a one-stop approach to care along with a highly qualified staff and board-certified radiologist. The Center is located just off the Main Lobby. Evening appointments are available. For information, call **203-576-5500**. \*

**Early detection is the key to surviving breast cancer. Our "Breast Health" brochure tells you what you need to know for detecting conditions early. To get your free copy, please fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847).**



## Trips with Club 50

### Fireplace Feast at Salem Cross Inn West Brookfield, Mass.

**Thursday, Nov. 9**

\$89 member (\$91 nonmembers)

Payment in full with reservation.

Depart: 8:15 a.m., Return: 6:30 p.m.

Depart and return from the Bridgeport Machines lot on Lindley Street.

Join us for a celebration of New England heritage. Our host is the historic Salem Cross Inn. Shake off the chill with warm mulled wine or cider in front of the great fieldstone fireplace and get ready for a colonial-style feast. After lunch, enjoy a great sing-along with all the old-time favorites, a stop at Yankee Candle and the Bavarian Christmas Village.

### The Golden Treasures King Tut & the Crown Jewels of Philadelphia

**Sunday, June 10 to**

**Monday, June 11, 2007**

Holiday Inn Select of Wilmington

\$265 p/p double, \$305 single

\*Add \$10 for non-members

Depart: Bridgeport 7:15 a.m.

(from Bridgeport Machine Co)

Return: Bridgeport at 7 p.m.

■ **Sunday, June 10**—We travel to the city of Brotherly Love and stop for lunch at the popular Mastoris Restaurant. Then it's an afternoon of sight seeing (from Ben Franklin to Betsy Ross) including the new Constitution Center. We'll cap off the day with dinner

and a special music and comedy show at the hotel, located in the Brandywine Valley of Delaware, 20 minutes from the city.

■ **Monday, June 11**—Wake up to a full breakfast buffet and a quick ride back to Philadelphia for a visit to the world famous Franklin Institute and King Tut's Golden Exhibition. Our introduction to the priceless treasures will be an exciting IMAX movie about ancient Egypt. Club 50 travelers will also receive a special audio tour.

**Tour Deposit: \$75 with each reservation (due at sign-up). Full payment by May 1.**

Trips are first-come, first-serve basis.  
Call **203-576-5111**.

# St. Vincent's Launches "Greening the Cleaning" Program

St. Vincent's introduced its "Greening the Cleaning" program to statewide fanfare at a press conference held recently at the Medical Center.

Environmental and child health activist Deirdre Imus of Westport lent some of her own star power with an impassioned talk about the danger of household cleaning chemicals and the need to protect children from the health hazards they create.

## GAINING STATEWIDE ATTENTION

"St. Vincent's is the first hospital in the state to go green," says Deirdre Imus, President of the Deirdre Imus Environmental Center for Pediatric Oncology. "What they've done today will have an immediate impact on the quality of indoor air on the health of patients, visitors and staff."

St. Vincent's announced that it has begun to phase in "green" chemicals for commercial cleaning agents. The many state leaders in attendance at the press conference praised



Susan L. Davis, R.N., Ed.D., President/CEO welcomes Deirdre Imus to St. Vincent's for the launching of its "Greening the Cleaning" campaign.

St. Vincent's for its leadership. They said that the Medical Center's commitment to using natural cleaning products supports their efforts to encourage government institutions and private companies throughout the state to adopt higher environmental standards.

The wife of radio legend Don Imus was introduced by St. Vincent's President/CEO Susan L. Davis, R.N., Ed.D., who praised her

for "inspiring us to change." Dr. Davis said that the Medical Center will also incorporate "green" building and energy efficiency standards in its expansion plans.

## GO GREEN AT HOME

Imus, founder and president of the Deirdre Imus Environmental Center for Pediatric Oncology and of the Imus Ranch for Children with Cancer, says, "According to the World Health Organization, 80 percent of all childhood cancer is the result of environmental toxins."

"Why would we unnecessarily expose our children to these agents? It all comes down to the health of children. If we take care of the children, we take care of all of us," she says. \*

**Greening the Cleaning home cleaning products are now on sale in the Seton Gift Shop at St. Vincent's. All proceeds will benefit the Imus Ranch for Children. To learn more, visit [www.stvincents.org](http://www.stvincents.org).**

## COULD YOU HAVE PRE-DIABETES?

Diabetes can hit without warning, and a lot of people don't even know they're at risk for this serious disease. That's why it's important to detect it in its earliest stages, says Joseph Rosa, M.D., Chief of the Division of Endocrinology at St. Vincent's Medical Center.

In the journal *Diabetes Care*, an expert committee with the American Diabetes Association (ADA) recently reported that about 40 percent of adults ages 40 to 74 suffer from a condition called pre-diabetes. In other words, 41 million people are at risk for developing

type 2 diabetes—the most common type of diabetes. This number is twice as large as previously thought.

The ADA says many people with pre-diabetes develop diabetes within 10 years. But people with pre-diabetes have the power to delay—or even prevent—diabetes by taking steps to lower their glucose levels.

Ask your doctor about screening tests that can detect pre-diabetes and diabetes.

For referral to a St. Vincent's physician, call St. Vincent's toll-free Care Line.

Join us for the last installment of the **Bridgeport Mayor's Diabetes Awareness Initiative**

**on Oct. 16 at 6 p.m. in the Hawley Conference Room. Call the Care Line at 1-877-255-SVHS (7847) to learn more. \***

### Diabetes Symposium

**Program for healthcare professionals and diabetics. Hear experts speak on topics including weight loss, nutrition, and skin and foot care. Breakfast, refreshments. Nov. 16: 7:45 a.m. to 12:30 p.m. at Sacred Heart's Pitt Center. For info call the Care Line at 1-877-255-SVHS (7847).**

# Wellness Guide/Calendar

For complete information on all listings, visit St. Vincent's website at [www.stvincents.org](http://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. 3, Oct. 17, Nov. 7, Nov. 21, Dec. 5, Dec. 19.

**Time:** 5:30 to 7 p.m.

**Location:** St. Vincent's Level 3 ETC Conference Room

### 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. 7.

**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:** Oct. 10, Oct. 24, Nov. 14, Nov. 28, Dec. 12.

**Time:** 6 to 7:30 p.m.

**Location:** St. Vincent's Level 3 North

### Family Support Group

For adult patients, family members, and friends who are coping with a diagno-

sis of leukemia, lymphoma, myeloma, and Hodgkin's disease. Cosponsored by The Leukemia & Lymphoma Society.

**Dates:** Oct. 3, Nov. 7, Dec. 5.

**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.

**Date:** Nov. 6.

**Time:** 1 to 3 p.m.

**Location:** St. Vincent's Level 3 North

### Prostate Screening 203-576-5521

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.

**Date:** Oct. 18.

**Time:** 5:30 to 7 p.m.

**Location:** Bridgeport Health Dept., 752 East Main St.

### Prostate Cancer Support Group

Open to men with prostate cancer in current or post-treatment. Guest speakers, Q & A, group discussion. Facilitated by oncology nurse and therapist.

**Third Tuesday from 4:30 to 6:30 p.m.**

**Location:** St. Vincent's Level 3 South.

**Dates:** Oct. 17, Nov. 21, Dec. 19

### Cancer Chat

Discussion series for those in active treatment or within 6 months of active treatment. Topics include emotions, family interactions, spirituality, financial and sexual concerns. Facilitated by psychotherapist and oncology nurse specialist. Tuesdays from noon to 1 p.m. at



St. Vincent's Ringel Resource Library in Infusion Center. Light lunch served. Call for dates.

### Cancer Boutique

Products for women experiencing lymphedema or hairloss include compression garments and wigs. Assistance available for those who qualify. No appt. necessary. Tuesdays, 2 to 4 p.m. in Ringel Library in Infusion Center.

## 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.

### Wellness Booth, a project of the Mario & Irma D'Addario Hypertension Fund

**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 the former Macy's.

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

### Women at Heart

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

**Nov. 15: "Why Make Yourself Crazy—Strategies for a Stress-Free Life" with nationally known author Jerry McTigue.**

**6 to 7 p.m. in Trumbull's Westfield Shopping Mall's Community Room.**

**Light supper, call to reserve a space.**

• **Cardiovascular Screening**

**Just for Women: \$99**

• **Stress Reduction Classes**

## ST. VINCENT'S COLLEGE

### St. Vincent's College Open House

Learn about health career degree and certificate programs. Call 1-800-873-1013 to register. Oct. 28, 9 a.m.

## LIFESTYLE CHANGES

### Nutrition Counseling Service

203-576-5930

Includes one-to-one dietary counseling for weight loss and management, heart disease, cancer, and diabetes.

## DIABETES

See p. 5 for upcoming diabetes events.

## SUPPORT GROUPS

### 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](mailto:mschustek@sbcglobal.net)

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

## MATERNITY/NEWBORN CLASSES

Call Family Birthing Center at 203-576-5310 or e-mail [greid@stvincents.org](mailto:greid@stvincents.org).

### Baby Care Class

Baby care basics including bathing, diapering, feeding, sleeping, and safety. *One Wednesday, monthly, 7 to 9 p.m.*  
Dates: Oct. 11, Nov. 8, Dec. 15.

### 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.

### Caeserean Birth Class

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

### Childbirth Preparation Classes

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

*One-day class on Saturday.*

*noon to 6:30 p.m.*

*Dates: Oct. 14, Nov. 11.*

*Two-class series: Two consecutive Mondays. 6 to 9 p.m.*

*Dates: Oct. 2, Oct. 9, Nov. 6, Nov. 13.*

### 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. Saturdays, 9 a.m. to noon.

*Dates: Oct. 14, Nov. 11, Dec. 9.*

### 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

203-576-5608

Third Wednesday of the month.

6:30 p.m. in Level "C" Seton Rm.

Call Helen Polewoj.

### 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. Family members welcome. Call Orthopedic Physician Assistant Gail Fulco at 203-576-6429.

*Date: Oct 2, Dec 11.*

*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. To reserve a seat, please call toll-free at 1-877-255-SVHS (7847).

*Oct. 10, St. Vincent's, 6 p.m.*

*Oct. 17, Waterbury Courtyard Marriott, 5:30 p.m.*

*Oct. 24, Newtown Library, 5:30 p.m.*

*Nov. 8, Trumbull Library, 5:30 p.m.*

*Nov. 14, St. Vincent's, 6 p.m.*

*Nov. 28, Milford Library, 5:30 p.m.*

*Dec. 12, St. Vincent's, 6 p.m.*

*Dec. 19, Orange-Case Memorial Library, 5:30 p.m.*

## LISTEN & LEARN

St. Vincent's physicians present the latest developments at these free talks. 4 to 5 p.m. at St. Catherine of Siena Church.

*Oct. 19: "Stroke Risk, Symptoms & Treatment" with Neurologist Srinath Kadimi, M.D.*

*Nov. 16: "Hearing Loss" with ENT Michael Waltzman, M.D.*

# “Down in the Dumps” vs. Depression: Do You Know the Difference?

**M**any older adults suffer from clinical depression without knowing it—and they’re unlikely to get better without help. So what is the difference between depression and feeling “blue?”

## WARNING SIGNS

Symptoms of depression vary. But they can include:

- constantly feeling sad, “empty” or anxious
- sleep problems
- thinking about suicide or death
- difficulty remembering or concentrating
- loss of pleasure in activities previously enjoyed
- a change in appetite or weight
- irritability or restlessness
- persistent aches and pains.

If you or a loved one have experienced four or more of these symptoms for longer than two weeks, talk to your doctor.

## DEPRESSION OR DEMENTIA?

According to Abdel Affany, M.D., Staff

Psychiatrist with the Geriatric Psychiatry Service at Hall-Brooke Behavioral Health Services and St. Vincent’s Medical Center, “It can be hard to tell the difference between depression and dementia.” However, there are a couple of key differences:

- Dementia symptoms develop over time, while depression may be sudden in its onset.
- Those with dementia have trouble remembering recent events.

If you suspect depression, encourage your loved one to talk to a doctor.

“Depression usually can be treated successfully with medicine, therapy or a combination of these,” says Dr. Affany. ✨

**Geriatric Psychiatry Services are now available at Hall-Brooke Behavioral Health Services and St. Vincent’s Medical Center for older men and women experiencing mental health problems, including depression, anxiety and mood disturbances. For more information, please call 203-227-1251 or 1-800-LIFE-NOW.**

## CAREGIVERS: DON’T FORGET TO CARE FOR YOURSELF

Are you a caregiver for a loved one? It can be a very fulfilling but challenging experience. According to Thomas E. Smith, M.D., Medical Director at Hall-Brooke Behavioral Health Services and Chair of the Department of Psychiatry at St. Vincent’s Medical Center, “It is important to not let the stress get you down and remember to be a caregiver to yourself too.”

- Talk about your feelings. Seek support from family, friends, your doctor, counselors or clergypersons.
- Take care of your health. Get plenty of sleep, eat a healthy diet and exercise on most days of the week.
- Encourage your loved one to perform tasks he/she can do independently.
- Ask for help. Don’t hesitate to ask friends and family members for help.



Thomas E. Smith, M.D.

## HALL-BROOKE UPCOMING EVENTS

You are invited to attend the following FREE community lectures presented by Hall-Brooke Behavioral Health Services.:

### “Coping with Medical Illness”

Victoria Morrow, M.D.

Sept. 20

7 to 8 p.m.

Hall-Brooke Community Room

47 Long Lots Road, Westport

### “Fixing Broken Homes:

### How Families Living with Domestic Violence Can Overcome”

Patricia Stern, LCSW, MPH

Oct. 4

7 to 8 p.m.

Westport Women’s Club

44 Imperial Avenue, Westport

### “Depression and Aging: Is It Sadness or Something More?”

Abdel Affany, M.D.

Nov. 15

7 to 8 p.m.

Hall-Brooke Community Room

47 Long Lots Road, Westport

### “What to Do When You Think Someone You Care For Has a Substance Abuse Issue”

Stephen Kinsella, MSW, LCSW, CASAC

Jan. 17

7 to 8 p.m.

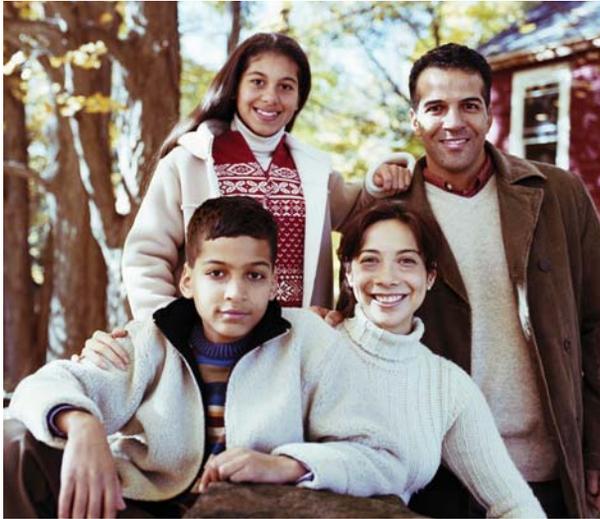
Hall-Brooke Community Room

47 Long Lots Road, Westport

To register or for more information, please call **203-221-8885** or visit us at [www.hallbrooke.org](http://www.hallbrooke.org).

# Bridging the Gap with Mental Health Services for Latinos

**F**or some time now you've not been yourself. You're worried something is terribly wrong, but you're afraid to ask for help. You don't know any doctors who speak your language or



understand your culture.

These are the kinds of emotional challenges that many Latinos face every day. All too often, the stigma of mental illness, Latinos' mistrust and fear of treatment, their different cultural ideas about illness and health, and the limited availability of culturally sensitive services keep many people of Hispanic descent from receiving appropriate mental health services.

"All people with mental health issues face the barriers that stigmatizing labels create," says Beatrice Chodosh, L.P.C., Coordinator of Latino Services at

Hall-Brooke Behavioral Health Services outpatient program in Bridgeport. "For Latinos with mental health and/or addiction problems, the barriers can seem insurmountable."

Fortunately, there is help in Fairfield County. Hall-Brooke offers culturally competent programs for Latinos. Our comprehensive services are provided by bilingual professionals specially trained to address the needs of Latinos. \*

**Latino Services at Hall-Brooke Behavioral Health Services include psychiatric evaluations with medication management as well as group, individual and family therapy. To learn more, call I-800-LIFE-NOW or visit [www.hallbrooke.org](http://www.hallbrooke.org).**

## ADHD: What Is It, and What Can Parents Do?

**R**esearch suggests that ADHD may affect up to 6 percent of American children. This is an average of at least one child in every classroom.

According to Karl Kessler, M.D., Unit Chief of Child and Adolescent Inpatient Services at Hall-Brooke Behavioral Health Services, "Though its cause is unknown, research has shown that ADHD is not a result of too much sugar or TV, food allergies or poor parenting."

Studies indicate the disorder may be largely genetic in origin and can be inherited. Researchers believe a mother's use of alcohol or cocaine during pregnancy also may be a factor.

Of course, impulsiveness, hyperactivity and a short attention span are normal at certain stages of development, especially among preschool children. A child is not considered to have ADHD unless the problem behaviors also:

- appeared before age 7
- have lasted for at least six months
- are more frequent or severe than in other children of the same age
- significantly affect at least two areas of life, such as school and home.

There is no test to identify ADHD. Instead, the diagnosis is usually made after all other possible causes for behavioral problems have been ruled out.

"If you think your child may have

ADHD, talk with your child's doctor," suggests Dr. Kessler.

ADHD is usually treated through a combination of medication and counseling. \*

**Hall-Brooke Behavioral Health Services provides inpatient and outpatient services for children and teens with emotional and behavioral issues. For more information, please call 203-227-1251 or I-800-LIFE-NOW. You can also visit us on the web at [www.hallbrooke.org](http://www.hallbrooke.org).**

## HALL-BROOKE BEHAVIORAL HEALTH SERVICES

*Exceptional Care for Mind, Body, and Spirit.*

Member: **St. Vincent's** Health Services  Affiliate: **Columbia University** College of Physicians and Surgeons Department of Psychiatry

 ASCENSION HEALTH

# School Success: Healthy Strategies That Make the Grade

**A**s a busy parent, you want your children to get the most out of their school years. And they will, with healthy habits you can help build now.

## FUEL EFFICIENCY

Breakfast is the meal of champions. It's the fuel that provides your child with the energy to listen and learn during the day. "Studies show that children who eat breakfast are more likely to meet their daily vitamin and mineral needs," says MaryEllen Conway, M.S., R.D., St. Vincent's Nutrition Educator. And a proper nutritional intake is linked to a strong school performance. Studies show that students with poor nutrition habits are more likely to become sick and miss school.

If your child skips breakfast, wake her 10 minutes earlier. Ease him/her into the habit with some on-the-go solutions, like smoothies made with yogurt, skim milk and fruit.

## IN THE BAG: HEALTHY SCHOOL LUNCHES

Want to pack a healthy bag lunch your kids will eat? Conway offers these tips:

- 1 Try grain. Choose healthy whole-grain bread, tortillas, pitas, bagels or crackers.
- 2 Lower the fat. Try low-fat versions of lunch-meat. Tuna packed in water is another good choice. Use mustard instead of mayonnaise.
- 3 Vary the veggies. Add sliced vegetables to sandwiches or pack a small bag of carrots.
- 4 Don't forget fruit. Pack a banana, or slice it onto a peanut butter sandwich. Send kids off with applesauce or a little bag of raisins.
- 5 Add a treat. Vanilla wafers, low-fat granola bars and graham crackers are good choices.

## ELECTRONIC AMUSEMENTS, UNPLUGGED

Kids have more choices for entertainment than ever before. Most experts believe that too much screen time can harm a child's academic performance. On average, young people spend 4.7 hours of screen time per day.

School-age kids shouldn't get more than one to two hours of screen time a day—that includes television, computer games and video games. To help pull your child away from the screen, offer some options. Crafts, hobbies and books are all worthy distractions. \*

**A great place to get vaccinations for your children, along with camp and school physicals, is the St. Vincent's Immediate Health Care Center nearest you. If you need vaccinations or care for minor injuries, wounds and other non-life-threatening conditions, you can drop into St. Vincent's Immediate Health Care in:**

■ **Bridgeport:** 4600 Main Street, 203-371-4445

■ **Shelton:** 15 Armstrong Drive, 203-929-1109

**Hours: M-F: 8 a.m. to 7:30 p.m., Saturdays: 9 a.m. to 7 p.m., Sundays: 9 a.m. to 5 p.m.**

■ **Fairfield:** 1055 Post Road, 203-259-3440

■ **Monroe:** 401 Monroe Turnpike, 203-268-2501

## ST. VINCENT'S: THE HEALTH CAREERS COLLEGE

St. Vincent's College is a great place to begin a career in health care, whether you enroll in a degree program or one of the many certificate programs. They all lead to exciting new careers in health care—some in as few as 18 months!

With enrollment continuing to grow, many area residents have found out that St. Vincent's College offers a world of opportunity close to home. Its graduates are much sought after by

hospitals, extended care facilities, physicians' offices and other healthcare facilities.

Flexible day, evening and part-time programs put a career in health care well within reach. If you have an interest in becoming a health professional, call St. Vincent's College and ask about the next open-house information session on Oct. 28. Call **1-800-873-1013**. Visit the website at **www.stvincentscollege.edu**.

## WHAT IS A HIGH-RISK PREGNANCY?

A few surprises along the way are normal for every pregnancy, says William Cusick, M.D., Chairperson of Obstetrics and Gynecology and Director of Maternal Fetal Medicine at St. Vincent's.



William Cusick, M.D.

What's not normal is when surprises put the health of the baby and mother at risk.

Several factors can make a pregnancy more complicated for the mom and her baby. It's important for expecting moms to work with their doctors to identify these issues and track them throughout the pregnancy.

One of the first things doctors want to know is if a mother-to-be has a pre-existing medical condition. Some factors that can complicate a pregnancy are lupus, asthma, sickle cell anemia and thyroid disease.

Women who will be age 35 or older at the time of delivery also are considered high risk.

Perinatology services are now available 24 hours a day, seven days a week, and the OB/GYN service now includes on-site maternal fetal medicine enabling staff to provide three-dimensional ultrasound to expectant parents. "The ability to provide expectant parents with perinatology and neonatology services, 24/7 is a major advancement. We can provide the highest level of care in an atmosphere of caring and compassion. These two ingredients will result in better outcomes for both mother and baby," says Dr. Cusick.

To learn more about the Family Birthing Center at St. Vincent's, or for a tour, call **203-576-5310**.

# Question & Answer

straight talk from our physicians



**Syed Z. Hussain, M.D.**  
Medical Director, St. Vincent's  
Immediate Health Centers

**QUESTION: Do I need to get a flu shot?**

**ANSWER:** If you are a member of one of the following groups, you should

get a flu shot:

- People age 50 and older
- Residents of long-term care facilities
- People with chronic diseases, including diabetes and high blood pressure
- Women who will be more than three months pregnant or new mothers during flu season
- People with weakened immune systems
- Healthcare workers or family members who come in contact with the above groups.

The best time to get a flu shot is from mid-October through December. However, it can be given anytime throughout the season if supplies are available.



**Delia Manjoney, M.D.**  
Chief of Ophthalmology

**QUESTION: I wear contacts—how can I protect myself from an eye infection?**

**ANSWER:** Bacteria and viruses can cling to contact lenses. This can lead

to an infection, eye ulcers or even vision loss.

Anyone who wears contacts overnight—even extended-wear lenses—may be at the greatest risk of developing a serious eye infection. To keep eyes healthy:

- Don't wear your contacts when you sleep or swim.
- Wash your hands before handling lenses.
- Rinse your case out daily with disinfecting solution (sterile saline solution isn't enough) and use fresh solution daily. Then leave it open to dry or wipe it out with a clean tissue.

If you develop vision problems or have red or painful eyes, remove contacts immediately and see your ophthalmologist.



**MaryEllen Conway, M.S., R.D.**

St. Vincent's Dietitian/Nutrition Educator

**QUESTION: It seems like food allergies are becoming more common. How can I tell if I have one?**

**ANSWER:** Research indicates the number of people with a food allergy is skyrocketing.

Although a food allergy often starts in childhood, it can develop at any age. Symptoms typically occur from within minutes to two hours after the food is eaten.

Common symptoms include skin irritation such as rashes, gastrointestinal symptoms such as diarrhea, nasal congestion and sneezing.

Although many individuals eventually outgrow food hypersensitivity, allergies to peanuts, tree nuts, fish and shellfish usually last a lifetime.



**Andrew Duda, M.D.**  
Oncologist/Hematologist

**QUESTION: What are the latest advances in cancer treatment and prevention?**

**ANSWER:** Among the advances are new treatments for colorectal

cancer that has spread to other parts of the body. This includes new medicines that work by preventing the formation of blood vessels that help tumors grow.

Breast cancer treatment has moved forward, thanks to new medicines such as letrozole. New medicines also have been approved for patients with leukemia and lymphoma.

Treatments to help reduce the side effects of traditional cancer treatments, such as chemotherapy, have been developed. New vaccines to prevent cancer also are making headlines. The U.S. Food and Drug Administration recently approved the first vaccine to prevent some HPV infections that can lead to cervical cancer.

**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**

# Q&A: Hip Replacement and You

**W**hen is it time to consider hip replacement? It's time when other options—such as medication—still leave you with discomfort and severe pain, says Gail Fulco, Orthopaedic Physician Assistant. Here are some other frequently asked questions about the procedure.

**QUESTION:** What are the risks and benefits of hip replacement?

**ANSWER:** Hip replacement carries the same risks as most surgeries. These include blood clots, infection and complications from the anesthesia. The primary benefit often outweighs these risks. Most hip replacements last

at least 20 years—and that means years to enjoy favorite activities free from pain.

**QUESTION:** How can I choose the best surgeon?

**ANSWER:** Research shows that you're less likely to suffer complications if you choose a surgeon who performs at least 10 hip replacements yearly.

**QUESTION:** How long will recovery take?

**ANSWER:** Most people spend three days in the hospital. Some will go to a rehabilitation facility. They're fully recovered in about three months. \*



Gail Fulco, P.A.

## COME TO JOINT CAMP WITH US!

**St. Vincent's Joint Camp** is producing great results for people who need hip and knee surgery. The special Joint Camp classes prepare you for surgery and speed recovery. The hip class is offered the first Thursday of each month and knee class is on the third Thursday, both from noon to 1 p.m. For more information, call the Orthopaedic Physician Assistant at 203-576-6429.

### FREE HEALTH INFORMATION:

*Take Charge of Your Health!*

- |   |  |
|---|--|
| <input type="checkbox"/> To join Women at Heart                       | <input type="checkbox"/> Free brochure listing 38 Swim Across the Sound cancer prevention programs |
| <input type="checkbox"/> Free "Adding Activity to Your Life" brochure | <input type="checkbox"/> Free application and membership in St. Vincent's Club 50                  |
| <input type="checkbox"/> Free "Breast Health" 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 (7847)
- 4 E-MAIL us at: [callcenter@stvincents.org](mailto:callcenter@stvincents.org)

HEALTH TALK FALL 2006



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  
2800 Main Street  
Bridgeport, Connecticut 06606

Postmaster: Please deliver between September 25 and 29.

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



Susan L. Davis, R.N., Ed.D.  
President / CEO

Noreen McNicholas  
Corporate Director, Marketing/Communications

Brian Wallace  
Editor

Lucinda I. Ames  
Assistant Editor

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. © 2006 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).



Printed on Recyclable Paper

910M