



HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



CLUB 50

Welcome *Club 50* readers! See page 6 for Club 50 events and news.

Hall-Brooke Opens
Women's Unit

The Food Pyramid
for Kids

Surf Safely for
Health Information

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, or fill out the coupon on the back page.

Heart Program Honored

St. Vincent's recently received the following honors by HealthGrades:

- five-star rating for coronary interventional procedures, the treatment of heart attack and the treatment of atrial fibrillation for 2006.

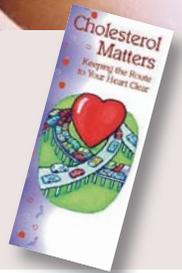
■ one of the best hospitals in Connecticut for overall cardiac care



Super-Pill to the Rescue



Learn more about cholesterol with our brochure "Cholesterol Matters." It gives helpful tips about healthy food substitutions and how you can control your cholesterol levels. To receive your free copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847) or return the coupon on the back page.



Cholesterol-lowering drugs called statins have been hailed as wonder drugs in the fight against heart disease. In fact, new research on statins led experts to lower the recommended levels of cholesterol for some people.

With heart disease as the number one health risk for U.S. adults, it's good to know that a statin can work for you.

WHAT STATINS DO

Your liver makes cholesterol by combining the fat you eat with an enzyme. All statins block this enzyme, so cholesterol production drops way down. This means far less cholesterol is flowing in—or clogging up—your arteries, says Jose Missri, M.D., Vice Chairman, Department of Cardiovascular Medicine. He says statins currently on the market include atorvastatin, fluvastatin, lovastatin, rosuvastatin and simvastatin. More are possibly coming. But if they all do the same thing, why are there so many? Four reasons:

- ❶ Each statin works a slightly different way, though the result is the same.
- ❷ Each statin is available in different strengths and dosages.
- ❸ Your body may react differently to one statin over another.
- ❹ Competing drug companies make statins.

GET YOUR CHOLESTEROL LEVELS TESTED

St. Vincent's cardiologist Jeffrey Berman, M.D., says that your doctor can decide if your cholesterol level is too high by testing your blood. Everyone age 20 or older should have this done at least once every five years. But it's not just a numbers game. Your doctor will carefully consider not only your cholesterol, but also your risk for heart disease. *



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

When Guilt Is Healthy... and Unhealthy for Women

Not all guilt is the same, experts say. When we hurt others, healthy feelings of guilt can motivate us to make amends and improve our relationships. But many women suffer from “dysfunctional guilt,” which is often shame masquerading as guilt. “This brand can mentally disable a woman, leaving her feeling flawed and inferior,” says Thomas Smith, M.D., Hall-Brooke Medical Director.

GUILT: AN EMPOWERING EMOTION

People typically feel healthy guilt when they violate their own standards or sense of right and wrong. This usually happens in response to a specific action, such as cheating on a test.

The best way to respond? Experts recommend that people:

- take responsibility for their actions
- examine why they did what they did
- make amends, if possible
- reflect on how they can prevent a similar act in the future
- let go of guilty feelings.

This process can actually deepen a woman’s sense of self-respect, experts say. It lets her see the mistake as an opportunity to learn and grow.

IDENTIFYING TOXIC FEELINGS

Women who suffer from dysfunctional guilt or shame often experience some or all of the following:

- The feeling that they are not good enough
- A sense that they’ve done something wrong accompanied by the inability to precisely define what it is
- The need to constantly please others
- An excessive concern about what others think of them
- The tendency to blame themselves unnecessarily and constantly apologize
- Expectations that they should be perfect
- An inclination for over-committing themselves and difficulty asking for assistance.

Women can often get over unhealthy guilt or shame by examining the reasons for their feelings. Seeking help from a mental health professional may also prove helpful. *

If you or someone in your family needs help, St. Vincent’s Hall-Brooke Behavioral Health Services provides a wide range of inpatient and outpatient programs. Through its new Women’s Unit (see adjoining story), Hall-Brooke also provides a unique approach to serving women with mood and anxiety disorders. Call 1-800-543-3669.



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.

HALL-BROOKE OPENS WOMEN’S UNIT

A new 16-bed inpatient unit specifically dedicated to women’s treatment has opened at Hall-Brooke Behavioral Health Services, 47 Long Lots Road, Westport, according to Thomas E. Smith, M.D., Medical Director.

“The Women’s Unit will provide exceptional care for women with mental health problems, especially those with mood and anxiety disorders and issues related to abuse,” says Dr. Smith.

The 10,000-square-foot unit joins existing women’s mental health services at the newly opened center for outpatient services, 1 Lois Street in Norwalk.

“There are very few such comprehensive programs tailored to women available in the entire country,” Dr. Smith reports. The unit’s integrated program is tailored to meet the unique needs of women and includes psychiatric and medical assessment, diagnosis and treatment. The unit’s specially trained staff recognizes the influence of hormones and premenstrual symptoms, reactions to infertility or pregnancy loss and emotional distress related to life changes, menopause and illness.

Rehabilitation therapies also complement Hall-Brooke’s Mind, Body and Spirit theme, with emphasis on art, music and physical exercise programs.

Dr. Smith says the Women’s Unit is prepared to deal with psychiatric reactions to rape, sexual abuse or other traumas, stresses from social roles and problems in relationships or parenting. For information, call **1-800-543-3669**.

THE FOOD PYRAMID FOR KIDS: FUEL FOR THOUGHT

We try to teach our children to eat healthy food, but it's hard to compete with candy machines, says St. Vincent's Dietitian and Nutrition Educator Janell Graunstadt, R.D.

To combat the growing trend of child obesity, the U.S. government has launched the MyPyramid Blast Off Game for children ages 6 to 11. Found at www.mypyramid.gov, the game challenges kids to fuel a rocket ship with enough healthy foods in order to reach Planet Power.

Players have a smorgasbord of choices, including breakfast burritos, carrot sticks, cookies and raisins. Each food's calorie count and food group appear onscreen. If the food doesn't fall into one of five healthy food groups, the computer says so. Since the rocket must receive a certain number of servings from each food group, all adding up to exactly 1,800 calories, children must experiment with different food choices.

To "charge" the rocket's battery, players also select an hour of activity, such as soccer or baseball.

To schedule a Nutrition Counseling session for your child or other family members, call **203-576-5930**.

Make learning about a healthy lifestyle fun!

Our free brochure, "Watch Out for TV **Zombies and Soda Monsters: Helping Your Child Maintain a Healthy Weight!**" provides facts and tips for parents, and puzzles and interactive stories for kids.

To receive your copy, please call **St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847)** or return the coupon on the back page.



Nine Strategies to Lower Your Stroke Risk

Stroke can strike at anytime, becoming more common as people grow older. Fortunately, you can reduce your risk of stroke—at any age—with the following strategies:

1. If you smoke, talk to your doctor about nicotine replacement and other stop-smoking aids. Smoking almost doubles your risk of stroke. But your risk will start decreasing as soon as you give up cigarettes.
2. Limit your salt intake to help control your blood pressure. Processed foods, such as snack foods and frozen entrees, are the source of most salt in the American diet.
3. Drink alcohol in moderation, if at all. Heavy drinking, as well as binge drinking, increases stroke risk.
4. Look for ways to eat more fruits and vegetables. For instance, serve fruit for dessert.

5. Choose whole-grain cereals and breads. In one study, the more whole-grain foods women ate, the lower their stroke risk.

6. Get moving...for at least 30 minutes every day. Go for a brisk walk or a bike ride.

7. Ask your doctor whether you should take aspirin. A daily aspirin may help prevent stroke in certain people.

8. Practice good dental habits to prevent gum disease. People with gum disease have a higher stroke risk.

9. Seek treatment for depression. Depressed adults are more likely to suffer strokes. *

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

Considering a Career in Health Care?

If you have an interest in a healthcare career, you can take advantage of a world of opportunity close to home by looking into the course offerings of St. Vincent's College.

Through its many degree and certificate programs, the College can lead you to a healthcare career.

Benefits of attending St. Vincent's College include:

- St. Vincent's College offers flexible hours with day, evening and weekend classes. Full or part-time studies are available.
- Most certificates can be completed in 18 months or less.

■ With a low student-to-teacher ratio of 23 to 1 in the classroom and 10 to 1 in the clinical areas.

■ Early hands-on clinical experience at St. Vincent's Medical Center.

Be sure to ask about our new online and general studies program. For a catalog of degree, certificate and continuing education programs, call St. Vincent's College **1-800-873-1013**. *

Come check us out at our open house! St. Vincent's College Open House: Sat. April 1: 9 a.m. Call 1-800-873-1013 to register.

Wellness Guide/Calendar

For complete information on all listings, visit St. Vincent's website at www.stvincents.org and for information, registration, or referral, call St. Vincent's toll-free **Care Line at 1-877-255-SVHS (7847)**.

CANCER SUPPORT PROGRAMS

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

Cancer Lecture Series

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

Breast Cancer Support Group

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

Dates: April 4, April 18, May 2, May 16, June 6, June 20.

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: June 6, Sept. 5.

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: April 11, April 25, May 9, May 23, June 13, June 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. Co-sponsored by The Leukemia & Lymphoma Society.

Dates: April 4, May 2, June 6.

Time: 4 to 5:30 p.m.

"Look Good, Feel Better" for Female Cancer Patients

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

Dates: May 8, June 12.

Time: 1 to 3 p.m.

Location: St. Vincent's Level 3 North

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.

Prostate Cancer Support Group

Guest speakers, Q & A, and group discussion. Facilitator: psychologist Mark Edinberg, Ph.D. 6 month series. *Third Tuesday, 4:30 to 6 p.m.*

Location: St. Vincent's Level 3 South

April 18: "Nutrition & Prostate Cancer"

May 16: "Sexuality & Impotence"

June 20: TBA

Cancer Chat

6-session discussion series for those in active treatment or within 6 months of active treatment. Topics include emotions, family interactions, communication, faith and spirituality, financial and sexual concerns. Facilitated by psychotherapist and oncology nurse specialist. Tuesdays from 10 to 11a.m. at St. Vincent's Ringel Resource Library in Infusion Center. 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.

April 5: "Diabetes & Heart Disease" with Joseph Rosa, M.D.

May 3: "Sample Heart Healthy Foods"

June 7: "Pacemakers" with Alon Ronen, M.D.

St. Vincent's Wellness Booth/ Screenings

1-877-255-SVHS (7847)

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

Tuesdays: FREE blood pressure check, 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).

7 p.m. in St. Vincent's Hawley Conference Center.

April 19: "Why A Physical Is Important" with Hana Clements, M.D.

May 17: "The Value of a Stress Test" with Alon Ronen, M.D.

June 14: "Menopause & HRT" with Hugh Taylor, M.D., Yale Medical School.

- **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. April 1, 9 a.m., St. Vincent's College

LIFESTYLE CHANGES

Nutrition Counseling Service
203-576-5930

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

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
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 (7847)

Free individual information session about Medicare and related insurance;

assistance with appeals. No appointment necessary.

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

Stroke Survivors and Caregivers Support Group
203-576-5361

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

April 19: "Medicare Part D" with Gerd Weindling

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: April 10, June 12, Aug. 14

Time: 6 to 7:30 p.m.

Location: St. Vincent's Level 3 ETC Room

BARIATRICS SEMINARS

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

April 11, St. Vincent's Medical Center

April 18, Derby Library

April 25, Trumbull Library

May 9, St. Vincent's Medical Center

May 16, Fairfield Library

May 23, Foxwoods

June 13, St. Vincent's Medical Center

June 20, Waterbury Courtyard Marriott

June 27, Milford Library

LISTEN & LEARN

See page 6 for more information on free community seminar series.

Get Moving to Control Your Blood Sugar

Whether you want to prevent diabetes or manage it better, it's best to keep active. In fact, physical inactivity has greatly contributed to the rise in the prevalence of type 2 diabetes in recent years, says Joseph Rosa, M.D., Chief of the Division of Endocrinology at St. Vincent's Medical Center.

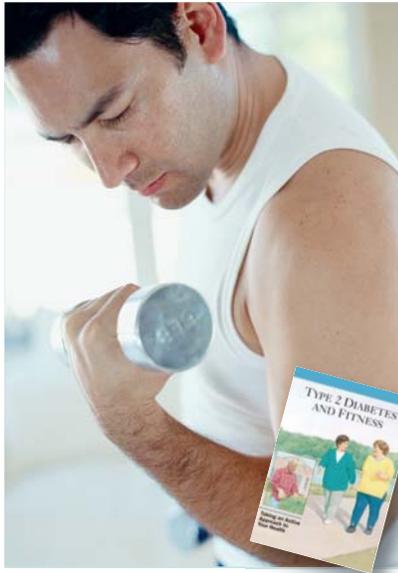
Fortunately, an inactive lifestyle can be reversed. As little as 30 minutes of brisk walking, biking or other moderate exercise several times a week can lower your blood sugar levels. Regular exercise also improves the way your body breaks down carbohydrates and uses insulin.

HOW MUCH EXERCISE IS ENOUGH?

When combined with modest diet changes and weight loss, brisk walking and other moderate exercise, for a total of 150 minutes a week, can cut the risk of type 2 diabetes by 58 percent in adults with prediabetes. People with prediabetes have

higher-than-normal, but not quite diabetic, blood sugar levels.

Be sure to pace yourself. If you're new to exercise, a 10-minute walk may be enough to start. Then, gradually add on minutes and increase the intensity. You should be able to hold a conversation while you are exercising.



Thinking about starting an exercise program? Our free brochure "Type 2 Diabetes and Fitness" can help you get started. It offers a fitness level self-assessment quiz and a sample fitness log to track progress. To receive your copy, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847) or return the coupon on the back page.

If you want to learn more about getting in shape, you're invited to come out for "Exercise 101: Physical Activity to Control Your Diabetes," a free program set for July 18, 6 p.m., at St. Vincent's. For more events, see sidebar.

SAFE WORKOUT STRATEGIES

People with either type 1 or type 2 diabetes need to be especially diligent about blood sugar monitoring before and after exercise. Low blood sugar is common during or after exercise—even hours after a workout, says St. Vincent's Endocrinologist Michael Dubenko, M.D.

If your blood sugar is too low before exercise, eat a high-carbohydrate snack, such as crackers or fruit juice.

Before you start an exercise program, consult your doctor. *

BRIDGEPORT MAYOR KICKS OFF DIABETES AWARENESS INITIATIVE

Take advantage of Bridgeport Mayor John Fabrizio's city-wide initiative to reach out to Bridgeport residents and people who work in Bridgeport living with diabetes! The program is committed to heightening awareness, improving the quality of life and offering support to better manage the symptoms, while reducing the medical and personal costs associated with the disease.

Those who enroll in the project will benefit from these services:

- Invitation to education sessions on nutrition, exercise and monitoring
- Blood tests to monitor your diabetes
- City-wide coaching sessions to offer support and information
- Monthly newsletters.

Upcoming seminars include: Nutrition 101: Healthy Food Choices for Diabetics

■ April 17, 6 p.m. at St. Vincent's Medical Center

Exercise 101: Physical Activity to Control Your Diabetes

■ July 18, 6 p.m. at St. Vincent's Medical Center

To register for the Mayor's Diabetes Awareness Initiative, call St. Vincent's toll-free Care Line at 1-877-255-SVHS (7847) and your enrollment packet will be mailed to you.

Women's Imaging Center Offers Bone Density Screenings

Digital mammograms and bone density screenings 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 screenings.
- secondary testing and referrals.
- 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.





Dear Friends,

I'm very pleased to greet you in this inaugural issue of our new Club 50 page in *Health Talk*. Our members will now benefit by receiving the popular *Health Talk* newsletter with the latest news and developments from St. Vincent's along with stories that provide health and lifestyle information for everyone in the family.

Of course, you will continue to receive stories about our trips, spe-



Carol Kuhta,
Director, Club 50

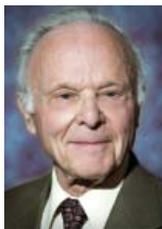
cial healthcare screenings and other activities related to Club 50. Most importantly, we'll continue to focus on seniors and give

you the information to stay active and healthy.

Love, Carol

Need Help Understanding Medicare Part D?

Confused by Medicare Part D? Come see Gerd Weindling, St. Vincent's Medicare Counselor, for free assistance every Wednesday from 10 a.m. to noon on the first Wednesday



Gerd Weindling,
St. Vincent's Medicare Counselor

of the month at St. Vincent's Wellness Booth in Westfield Shopping Mall in Trumbull, and all other Wednesdays at the Medical Center. No appointment is necessary. Call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

Free Health Education Series Brings St. Vincent's Doctors to You

St. Vincent's offers a new seminar series, called "Listen & Learn," which brings St. Vincent's physicians to your community to discuss health and wellness topics.

St. Vincent's physicians, representing many major specialties, including cardiology, cancer and orthopedics, will present the latest developments in their field.

The free talks will be held from 4 to 5 p.m. at the Shelton Community Center. Upcoming

dates and topics include:

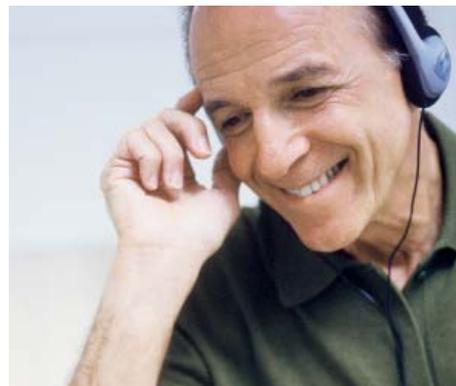
■ **April 20:** "Total Joint Replacement" with orthopedic surgeons Peter Boone, M.D. (Knee Replacement) and Ignatius Komni-nakas, M.D. (Hip Replacement)

■ **May 18:** "Sleep Apnea" with pulmonologist Philip Greenspan, M.D. ✱

To learn more about these events or future talks, call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

GET A FREE HEARING TEST

For a free hearing test, contact Rhoda Naylor, MA, CCCA at St. Vincent's Special Needs Services in Trumbull at **203-386-2736**. Mrs. Naylor can also give you more information about Assistive Listening Devices (ALDs), for use alone or with hearing aids. Extended hours are now available for hearing testing and consultations.



DAY TRIPS WITH CLUB 50

The Inn at Hunt's Landing

Thursday, April 27

\$75 members/\$77 non-members

Depart: 9 a.m. Return: 5:15 p.m.

Discover the charms of the Delaware River while enjoying a sumptuous lunch and swinging cabaret in this 30-acre enclave.

Four-hour open bar, with family-style lunch.

A Day in the Big Apple

Tuesday, May 23

\$99 members/\$101 non-members

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

After touring the "Big Apple," we'll cross the river to feast on the Manhattan skyline and a great lunch at the Weehawken Chart House with a choice of herb-crusted

Chatham cod with Pommery mustard sauce or a grilled ribeye steak with Cabernet Savignon sauce and a glass of wine.

Cruise Newport Harbor!

Thursday, June 15

\$72 members/ \$74 non-members

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

Join us for a motor coach tour, lunch buffet, and cruise of the historic waterfront featuring the legendary mansion and gorgeous coast.

Note: Trips are filled on a first-come, first-served basis. Payment in full with reservation. All trips depart and return from the Bridgeport Machines lot on Lindley Street. Call **203-576-5111**. Happy traveling!

Question & Answer

straight talk from our physicians



Daniel Rose, M.D.
Chief of Cardiothoracic Surgery

QUESTION: What can I expect from bypass surgery?

ANSWER: Bypass surgery is the most frequently performed major operation in the U.S. It remains one of the

best ways to stop angina pain and improve the quality of life for people with heart disease. And today's surgical techniques often mean an easier recovery than in the past.

Many bypass patients worry about pain, anesthesia complications, or possible sexual problems after surgery. Be sure to discuss any concerns you have with your doctor.

Most bypass patients don't experience severe pain, just soreness, after surgery. But don't hesitate to ask for pain medication if you need it.

Patients typically go home after about a week in the hospital. At first, you may not eat much. You may feel moody or depressed. And you may have trouble sleeping. All of these are normal symptoms, and all will improve within four to six weeks.



Joao Nascimento, M.D.
Rheumatologist

QUESTION: I have arthritis. Are NSAIDs a good option for pain?

ANSWER: Nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen and naproxen,

help ease the pain and inflammation of arthritis. For many with moderate to severe arthritis pain, they are a good alternative to steroid-based pain relievers.

NSAIDs aren't without risks, though. Some can damage the stomach. Also, there have been concerns about the long-term use of NSAIDs. For example, some NSAIDs have been linked to higher risks of heart disease and stroke.

If you have questions about your pain relief options, talk to your doctor.



Hana Clements, M.D.
Internal Medicine/Primary Care

QUESTION: Is green or black tea better for me?

ANSWER: Recent studies show that green and black tea may provide a number of health benefits—from low-

ering cholesterol and blood pressure to fighting off stomach and prostate cancers. But which one's the best?

Both green and black teas come from leaves of the same plant. And both contain powerful, disease-fighting antioxidants called catechins. But green tea leaves are less processed than black. As a result, green tea contains more of these healthful antioxidants.

What if you prefer black tea? Drink up. It still has healthful properties. Darjeeling and Ceylon are among the black teas with the most antioxidants. Just be sure to steep whatever tea you choose for about five minutes.



Gary Kaml, M.D.
Trauma Surgeon

QUESTION: What items should I keep in a first aid kit?

ANSWER: Choosing what belongs in a first aid kit can depend on a family's needs. Where appropriate, use

products with child safety caps. The following items are suitable for most kits:

- Scissors for cutting gauze pads and tweezers for removing splinters or insect stingers
- Flashlight and extra batteries
- Disposable gloves and hand cleaner
- Adhesive sterile bandages in assorted sizes
- Disposable instant cold packs for burns, strains and sprains
- Adhesive tape
- Sterile gauze pads
- Antiseptic ointment
- Emergency phone numbers

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

Surf Safely for Health Information

An increasing number of people turn to the Internet to find health information. But how do you know that you're reading reliable info?

Here are some questions to consider:

- What is the purpose of the website? The purpose of the site should be clearly stated—often under the “About This Site” link.
- How is information reviewed before it is posted? Health-related websites should list the medical credentials of the people who write or review the material.
- How current is the information? Websites should be reviewed and updated on a regular basis.
- Who runs the website? For trustworthy sites,



start with those run by government agencies, well-known medical associations and hospitals.

- Remember, for health information and to answer all your questions about St. Vincent's, you can visit our website at www.stvincents.org. *

SPRING AHEAD?

If you find yourself on the weekend disabled list this spring, it's time to head for the St. Vincent's Immediate Health Care Center nearest you.

No appointment needed.

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.

Bridgeport: 4600 Main Street,
203-371-4445

Fairfield: 1055 Post Road,
203-259-3440

Shelton: 15 Armstong Drive,
203-929-1109

Monroe: 401 Monroe Turnpike,
203-268-2501

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- | | |
|---|--|
| <input type="checkbox"/> To join Women at Heart | <input type="checkbox"/> Free brochure listing 34 Swim Across the Sound cancer prevention programs |
| <input type="checkbox"/> Free “Watch Out for TV Zombies and Soda Monsters” brochure | <input type="checkbox"/> Free application and membership in St. Vincent's Club 50 |
| <input type="checkbox"/> Free “Type 2 Diabetes and Fitness?” brochure | |
| <input type="checkbox"/> Free “Cholesterol Matters ” 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

HEALTH TALK SPRING 2006

Just Ask Alice!

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 March 31 and April 5.

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

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)**.

ASCENSION
HEALTH



Printed on Recyclable Paper

910M