

A U T U M N  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Surgery without Pain

Medical advances are making  
anesthesia safer than ever

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ROUNDS is a quarterly publication of Hartford Hospital. It is not intended to provide medical advice on individual health matters. Please consult your physician for any health concerns.

## Digital Mammography...and More

The power and precision of digital imaging can detect cancers earlier than ever before. With the acquisition of the most advanced digital mammography system on the market, the Imaging Center of Hartford Hospital continues to expand its health and wellness services for women. Digital mammography is the fastest, most accurate way to obtain high-quality diagnostic images and is quickly becoming the standard for breast imaging. Hartford Hospital's new breast imaging system provides a "full" field of view that often requires fewer exposures, limiting radiation.

"This new equipment allows us to offer state-of-the-art imaging in mammography," says Jennifer Logan, M.D., a Hartford Hospital radiologist and a member of Jefferson Radiology. "Studies have shown that digital mammography can improve detection of breast cancer in some women."

In conjunction with digital mammography, computer-aided detection (CAD) provides a "second read" of the mammogram by a computer. The combination of CAD and specially trained radiologists provides the best environment for an accurate diagnosis. In addition to mammography, other breast imaging services are available, including breast MRI, ultrasound, stereotactic biopsy, fine needle and breast wire localizations, galactography and lymphoscintigraphy. All diagnostic images and reports are stored electronically in one location, and hard copies can be produced immediately if needed.

As part of its health and wellness program, Hartford Hospital offers a comprehensive range of services to address women's physical, emotional and educational needs. Services include screening programs, diagnosis, intervention, treatment and management of many different diseases of the breast. Complementary therapies are used in concert with medical treatment to help alleviate stress and manage symptoms. The full-service program helps women coordinate follow-up care or referral to a surgeon through the hospital's Partnership for Breast Care.

Please call the Imaging Center of Hartford Hospital at (860) 545-2813 or visit [www.harthosp.org](http://www.harthosp.org).

## HEALTH TIPS

### *Nuking Notes*

Microwave ovens cook relatively quickly using high-frequency electromagnetic radiation. Although we all know better than to put metal in the microwave, what kinds of plastic wraps and containers are safest? Here are some helpful tips:



- Wrap food in wax paper, cooking bags or parchment rather than plastic to prevent chemicals from leaching.
- Pull plastic wrap taut over the container; don't let it touch food. Plastic wrap can dissolve in oily or high-fat foods at high temperatures.
- Choose glass containers made for the microwave. Imported dishware may contain metallic glazes that aren't microwave-compatible.
- Use only rigid plastic containers approved by the U.S. Food and Drug Administration and labeled "microwave-safe." Avoid re-using deli item containers.
- Never microwave Styrofoam, empty yogurt containers or soft, flexible margarine tubs that easily warp or melt.
- Microwaves must meet safety requirements limiting radiation leakage. Still, we don't recommend standing in front of the door staring into the microwave as food cooks.

# Congenital Cardiac Surgery: From Repair to Replacement



Each year, an estimated 20,000 babies are born with heart defects that are *congenital*, or present at birth. Congenital cardiac surgeons often operate immediately. Until recently, children with severe defects didn't survive to adulthood, but today most go on to live normal lives.

"In the past, such lesions were fatal," explains Dennis Mello, M.D., a congenital heart surgeon at Hartford Hospital's Henry Low Heart Center. "Today, adults with congenital defects can take advantage of surgeons who are familiar with structural malformations, such as being born with only a single ventricle."

Surgeons perform intricate surgery to correct such defects as malformed valves, holes between chambers, missing or obstructed blood vessels or incompletely developed hearts. Many patients with congenital heart disease undergo palliative operations in childhood. As they grow into adulthood, subsequent operations may be required.

Some individuals with previously undetected congenital heart abnormalities may find themselves needing surgery in their 50s, 60s or 70s. "Adults with congenital defects may need coronary artery bypass or valve replacement surgery for age-related acquired heart disease," explains Dr. Mello, who frequently collaborates with Hartford Hospital cardiac surgeon Paul Preissler, M.D. "For example, defects corrected by excising or patching a pulmonary valve may require complex follow-up surgery in adulthood."

Surgical transplantation is an option for patients with end-stage heart failure caused by a congenital defect. "A heart transplant may be necessary in someone with a single-ventricle heart," explains Dr. Mello, who has assisted at transplant surgery in such patients because of his unique knowledge and experience. "Connections need to be modified and created when operating on someone with a congenital defect because the anatomy is different."

Innovative combinations of immunosuppressant medications allow the transplant team to blunt organ rejection while minimizing side effects. Hartford Hospital, along with medical centers around the country, is evaluating a non-invasive blood test designed to reduce post-transplant heart biopsies. "A heart transplant adds significantly to quality of life," says cardiologist James E. Dougherty, M.D., medical director of Hartford Hospital's heart transplant program. "It's amazing how a new heart can truly be the gift of life for a heart transplant recipient."

# Advances in Anesthesia



Anesthesiologist Paul F. Altonji, M.D., monitors Hartford Hospital's new, state-of-the-art anesthesiology equipment in an operating suite. Using transesophageal echocardiography (TEE) while the patient is under anesthesia, cardiac anesthesiologists provide detailed images (shown on page 7) to help surgeons repair a damaged heart.

## “...state-of-the-art technologies ensure the highest level of safety and outcome during anesthesia and surgery.”

When contemplating surgery, what most people dread is a terrible plunge, or even a gentle drift, into unconsciousness. “Today, for most people, surgery is frightening,” says retired Hartford Hospital anesthesiologist James C. Rouman, M.D. “Before anesthesiology, it was terrifying, literally torture.”

It was a Hartford dentist, Horace Wells, who thought up the idea of anesthesia and had one of his own teeth pulled while inhaling “laughing gas” to numb the pain in 1842. By 1849, writer Charles Dickens was demanding that his wife be given anesthesia for the birth of the couple’s eighth child. “Biting the bullet” gave way to anesthetics like chloroform and ether as doctors sawed off the shattered limbs of Civil War soldiers. By the time anesthesiology came into its own on the battlefields of World War II, Hartford Hospital had already established one of the first anesthesiology departments in the nation.

### Safety First

Anesthesia is much safer today than in the past. Each year, an estimated 40 million anesthetics are administered in the United States, yet the risk of dying as a direct result of an anesthetic is extremely low. Since the early 1980s, mortality rates have dropped to approximately one death for every 250,000 anesthetics administered, thanks to better-trained anesthesiologists, better anesthetic drugs, and improvements in technology. Anesthesiologists have learned to fine-tune dosages so that day-old preemies routinely undergo lifesaving operations and 100-year-olds survive cardiac procedures.

Anesthesia usually is tolerable, with swift onset, rapid awakening and few adverse effects. Anesthetic drugs that quickly vanish from the bloodstream allow many patients to go home within hours of outpatient surgery. Beyond comfort, the anesthesiologist attentively monitors vital signs like breathing, heart rhythm, blood pressure, body temperature, and brain and kidney function. The anesthesiologist’s role in the operating room is to safeguard and regulate the unconscious patient’s critical life functions, as well as to immediately diagnose and treat any medical problems that may arise during surgery or the recovery period.

Nowadays, many minor surgeries are performed under *conscious sedation*, a drowsy state in which patients feel no pain. Patients often experience less nausea from intravenous sedation and generally wake up faster afterward. During *deep sedation*,

patients sleep through surgery and retain little or no memory of the procedure. *General anesthesia* is a state of total unconsciousness that demands extraordinary vigilance in the operating room.

General anesthesia keeps patients pain-free, but also leaves them unconscious, immobile and unable to remember what happened during surgery. The drugs strongly affect neurotransmitters in the brain, but their mechanism of action at the cellular level is poorly understood. Despite anesthesia’s desirable features, its potent effects on the nervous system can trigger a dangerous drop in blood pressure or lingering post-surgical memory loss and cognitive problems.

General anesthetics are powerful drugs with a relatively narrow margin of safety. The anesthesiologist paralyzes the body, continuously monitors temperature, blood pressure and oxygen levels, maintains circulation (even when the heart or lungs are stopped), and chills the brain or spinal cord to prevent nerve damage. Throughout the operation, the patient remains hooked up to a network of tubes, intravenous lines, probes and monitors. The anesthesiologist scrutinizes the body’s signals, adjusting airflow and calibrating drug delivery to ensure that the patient doesn’t feel pain or awaken in the middle of surgery.

Awareness under general anesthesia is rare, but alarming. Imagine the horror of coming to in the middle of an operation unable to blink or even wiggle a finger. *Awake*, a Hollywood thriller planned for release later this year, tells the terrifying tale of young man who awakens during open-heart surgery.

Under lighter-than-usual anesthesia, brief episodes of awareness sometimes do occur. Deep sedation may be dangerous for a badly injured trauma case requiring lifesaving emergency surgery, a pregnant woman delivering a baby by cesarean section or a heart attack victim undergoing a cardiac procedure. “The idea of unexpected awareness under general anesthesia is a significant source of anxiety for patients prior to surgery,” says Witold Waberski, M.D., director of Hartford Hospital’s Department of Anesthesiology. “The hospital has just purchased a completely new fleet of anesthesia machines and monitors that provide state-of-the-art technologies to ensure the highest level of safety and outcome during anesthesia and surgery.”

Patients can take comfort in knowing that the anesthesia care team at Hartford Hospital has

## PHYSICIAN PROFILE

### Jamie M. Roche, MD, MMM, CPE

Jamie M. Roche, M.D., M.M.M., C.P.E., recently returned to Hartford Hospital as Vice President for Patient Safety and Quality. A Phi Beta Kappa graduate of Holy Cross College, he earned his medical degree at the University of Rome, Italy. After a transitional internship at Tufts-New England Medical Center, he did his internal medicine residency at Hartford Hospital from 1985 to 1988. In 1999 he added a masters degree in medical management from Tulane University to his résumé.

After a year in private practice in New York state, Dr. Roche returned to Hartford Hospital in 1989, where he served in a variety of roles, ranging from associate director of the Department of Medicine through 1994 to director of quality management. He was the first full-time medical director of the Physician-Hospital Organization (PHO) from 1996 to 2000 and chief medical officer of MedSpan before joining Parkview Hospital in Fort Wayne, Indiana, in 2002 as senior vice president of medical affairs and chief quality officer.

In his new role at Hartford Hospital, Dr. Roche will serve as a physician leader in the development and implementation of quality and patient safety initiatives. He will be responsible for setting a clear, consensus-driven agenda for improving clinical care outcomes and patient safety and for establishing and sustaining a culture of quality throughout the organization. Dr. Roche, who has been married 26 years, has two daughters.



## “Today, we have a BIS monitor in every operating room to assess level of consciousness and depth of anesthesia.”

the technology to monitor awareness during surgery with Bispectral Indexing (BIS). “We were the first hospital in the state to monitor brain waves for a precise reading of a patient’s level of consciousness,” says anesthesiologist and biomedical engineer Joseph H. McIsaac, III, M.D., M.S., chief of trauma anesthesiology at Hartford Hospital, and inventor of a cooling suit worn by surgeons in the operating room. “Today, we have a BIS monitor in every operating room to assess level of consciousness and depth of anesthesia.”

### The Human Factor

Hartford Hospital makes every effort to ensure patient safety and optimal outcomes with state-of-the-art technology and intensive training. In keeping with the hospital’s commitment to excellence, the cardiac anesthesia team routinely monitors brain oxygen levels during all open-heart surgeries. Sensors allow the surgical team to respond immediately to any drop in blood oxygen. In the operating suite, a highly coordinated team of anesthesiologists, perfusionists, surgeons and critical care nurses keeps a close eye on oxygen levels as breathing and circulation are performed mechanically for an unconscious patient.

“Sedation is a slippery slope,” explains Dr. Waberski. “Patients often think that sedation *sounds* safer than general anesthesia, but patients receiving deep sedation need to have their level of consciousness and airway reflexes continuously monitored. The airway must be supported so that deep sedation never crosses the line into cardiac arrest. An endoscopy performed under sedation in a doctor’s office may be less safe than general anesthesia in the hospital under the watchful eye of an anesthesiologist. Deep or unconscious sedation should only be used in a hospital or surgical center with the proper support for resuscitation.”

Despite occasional highly publicized accidents, the American Society of Anesthesiologists is vigilant in promoting standards of care and patient safety. “The human factor is critical to patient safety,” says Vice President for Patient Safety and Quality Jamie M. Roche, M.D. “Using root cause analysis, hospitals have shown that errors usually result from poor communication in the operating room. The hierarchy needs to be flattened so that everyone from a scrub nurse to a cardiovascular surgeon is part of a team made ‘error-proof’ by extensive training and redundant systems. Efforts include taking a ‘timeout’ before procedures to brief the team and encouraging an environment where it feels safe for anyone on the team to speak up if something just doesn’t feel right.”

Under the leadership of Thomas Mort, M.D., Hartford Hospital’s Department of Anesthesiology uses a computer-

driven Sim-Man™ mannequin to train staff by simulating emergencies in operating rooms. With funding support from donors, Hartford Hospital has established a simulation center with a mock emergency room, operating room and critical care unit. The hospital is one of only a few institutions in the country to offer an introductory course using the Sim-Man for incoming anesthesia residents before they come into contact with “real” patients.

“As a medical specialty, anesthesiology has been proactive in ensuring patient safety nationwide,” adds Dr. Roche. “Hartford Hospital is committed to evidence-based practice, accountability and ongoing training to prevent errors in the operating room.”

The national Surgical Care Improvement Project is focused on reducing surgical complications across the country by 25 percent by the year 2010. Hartford Hospital’s anesthesiology department is making every effort to avert surgical complications by administering prophylactic antibiotics to patients in a timely fashion to prevent infections, maintaining normal patient body temperatures during surgery to lower the incidence of infections and administering beta-blockers pre-operatively to patients undergoing bypass surgery to lower the incidence of heart attacks.

### Counting Backward...Going Forward

An innovative cardiac monitoring technique called *intraoperative transesophageal echocardiography* (TEE) enhances outcomes by providing real-time analysis of cardiac function during complex surgical procedures. Board-certified cardiac anes-

thesiologists at Hartford Hospital create detailed echocardiograms to speed decision-making during heart surgery.

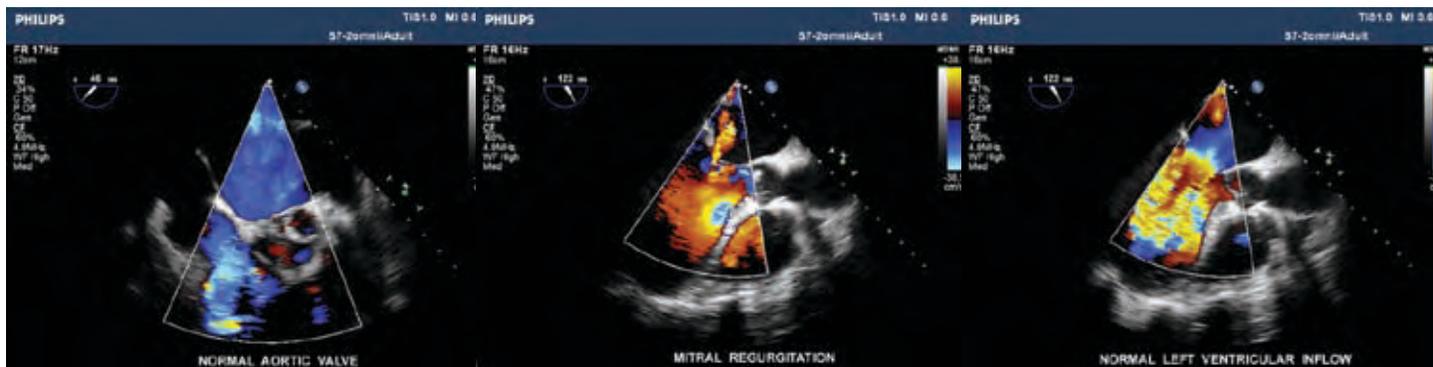
“Real-time echo images reveal the anatomy of the heart,” says Dr. McIsaac. “Color flow Doppler TEE shows blood speed and direction, as well as the structure of the heart, in three dimensions. During surgery, we can evaluate the success of a repair or even perform a different operation than we had originally planned.”

While a patient is under anesthesia, the TEE probe, or *transducer*, is passed down the esophagus and positioned directly behind the heart. Cardiac anesthesiologists bounce soundwaves off the heart wall to illuminate its structure. “Cardiac anesthesiologists provide exquisitely detailed diagnostic images,” says Dr. McIsaac. “We can precisely measure blood flow through arteries and valves.”

Before undergoing surgery, people always worry, says Dr. Waberski. “Patients often ask ‘Will I have pain?’ and ‘Will I wake up during surgery?’ Today, we can reassure patients that anesthesia has never been safer—and postoperative pain management has never been better. We know that brain-wave monitoring helps us prevent episodes of awareness under general anesthesia, and that advances in pain management have significantly improved recovery from anesthesia and surgery.”

Only a few generations ago, pain was managed in a primitive way. Despite its dangers, anesthesia paved the way for today’s high-tech medical breakthroughs. Without a way to deaden pain, extraordinary advances like open-heart surgery and organ transplantation would be unimaginable.

Real time echocardiography reveals the anatomy of the heart during cardiac surgery.



# Have You Heard?

BAHA Comes to Connecticut



*Otologist Mark Eisen, M.D., Ph.D., holds a BAHA device.*

Adults who develop single-sided deafness later in life can now take advantage of an innovative bone-anchored hearing aid (BAHA) that conducts sound vibrations through the skull. The BAHA can help restore hearing in individuals with congenital ear defects—such as being born without an external opening to the ear—or in someone with chronic ear infections who can't benefit from conventional hearing aids. The surgically implanted BAHA device allows sound to travel through the bone rather than through the ear canal, a process called “direct bone conduction.”

“In someone with nerve deafness on only one side, the BAHA routes sound to the other ear,” explains otologist Marc Eisen, M.D., Ph.D., an ear, nose and throat specialist who did his fellowship training at Johns Hopkins University in neurotology (surgery related to the ear, temporal bone, and skull base). “The BAHA bypasses the external auditory canal and middle ear and vibrates the skull to conduct sound to the inner ear and the auditory nerve on the hearing side.”

Approved by the Food and Drug Administration for the treatment of single-sided deafness, the BAHA enhances these patients' understanding of sound, especially speech, in noisy environments. Bone-anchored hearing aids transmit sound vibrations directly through the bone, which has been shown to be superior to hearing aids that reroute sound through the air. The inner ear therefore receives sound more efficiently. The BAHA recipient's inner ear on the good side works normally, in contrast to someone with severe hearing loss affecting both ears, who may be a candidate for a “cochlear implant” that bypasses the inner ear.

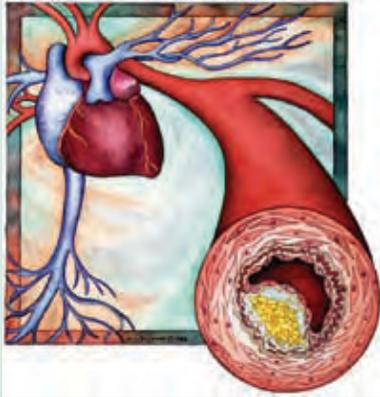
The implanted part of the BAHA is very similar to a dental implant. A titanium fixture is placed into the skull behind the ear, and after healing is complete the tiny hearing aid, or “processor,” is worn on the titanium post. The operation is performed as an outpatient procedure typically lasting about 45 minutes.

“The implant is placed beneath a flap of skin about the size of a dollar coin, and then allowed over the course of weeks to become integrated into the bone,” says Dr. Eisen. “Once the healing is done, the hearing aid fits onto the part that sticks out through the skin, called the *abutment*,” he adds. “Although the titanium screw becomes integrated into the underlying bone, the hearing aid itself is removable so it can be switched for an upgraded version as advances in digital technology and battery miniaturization occur in the future.”

In the past, people with one-sided deafness were offered an old-fashioned bone-conducting hearing aid that could be held to the head or worn on an uncomfortable steel headband. Besides being cumbersome and inefficient, it was conspicuous. Development of the BAHA technology has brought an unobtrusive alternative that is far more cosmetically appealing. The abutment sticks out through a hole in the skin about three to four millimeters (a millimeter is only about as thin as a dime).

“Worn on the outside, behind the ear, it doesn't show under long hair,” Dr. Eisen says. “Every night, the hearing aid must be removed and the site cleaned—just like brushing your teeth.”





## Clearing Cholesterol with LDL-Apheresis

Cholesterol-lowering drugs, diet and exercise often fail to help individuals with a genetic defect that causes the body to produce lethal amounts of artery-clogging “bad” cholesterol, or low-density lipoprotein (LDL). Dangerously high LDL levels trigger the buildup of fatty plaque, causing arterial blockages that can lead to chest pain and heart attacks or require bypass surgery.

“Certain ethnicities are at particular risk for high LDL cholesterol levels and early heart disease,” says Paul Thompson, M.D., director of Preventive Cardiology at Hartford Hospital. “While the genetic disorder afflicts about 1 in 500 Americans overall, it is especially prevalent in French Canadians — 1 in 50 Québécois have the defect. Other groups at risk include Ashkenazi Jews, Syrians, Lebanese and South African Afrikaners.”

Hartford Hospital is the only regional hospital—and among only approximately 40 medical centers in the United States—to offer a relatively painless, innovative treatment for lowering elevated LDL. Called LDL-apheresis, the technique involves first separating out the red blood cells and then filtering the plasma to remove the bad cholesterol, while retaining the good cholesterol.

“The process is very similar to dialysis for kidney disease,” explains cardiologist James E. Dougherty, M.D., medical director of Hartford Hospital’s heart transplant program. “Blood is taken out, lipids are removed, and the blood is then returned to the body.”

Approved by the Food and Drug Administration, the treatment can help those with the genetic disorder or high-risk patients who can’t tolerate cholesterol-lowering drugs. “Patients with ‘familial hypercholesterolemia’ can have enormously high LDL levels,” says Dr. Thompson. “Someone with the genetic defect might come in with a cholesterol level over 400, spend several hours hooked up to a machine, and go home with an LDL level of 100 after LDL-apheresis. Most undergo the procedure every two weeks.”

For someone with ominously high LDL levels, a heart attack at an early age is a virtual certainty. “Without the treatment, patients may have so many heart attacks that a heart transplant becomes necessary,” says Dr. Thompson. “Most insurance companies cover LDL-apheresis for anyone with LDL levels over 300, or patients with heart disease whose LDL levels are over 200.”

“Heart transplant patients with the genetic defect must continue to undergo LDL-apheresis for life,” adds Dr. Dougherty. “The heart is just a pump. When the body makes too much cholesterol, even a transplant can’t cure the problem.”

## WHAT'S GOING AROUND...News & Breakthroughs

### Subtle Signs

Ovarian cancer, long considered a “silent” killer with few symptoms, is now believed to send early, identifiable signals. See your gynecologist if you experience persistent bloating, pelvic or abdominal pain, trouble eating, feeling full quickly or urinary urgency. In 2007, the American Cancer Society (ACS) estimates that more than 22,000 new cases will be diagnosed and more than 15,000 women will die of the disease.

### Smokers Age Faster

Women who smoke are more likely to begin menopause before age 45, putting them at increased risk for osteoporosis and heart disease, say University of Oslo researchers. The heaviest smokers had nearly double the risk of early menopause. Women who had quit smoking at least 10 years before menopause were nearly 90 percent less likely to stop menstruating before age 45.

### No Hair Loss During Chemo?

For some women, a shaved head or bandana represents a badge of honor in their fight against cancer, while others consider chemotherapy-induced hair loss the ultimate indignity in their battle to survive. Although clinical tests have yet to begin in humans, Japanese researchers found that an antibiotic called alopestatin reduced hair loss by 70 percent in rats given anti-cancer drugs.

### To Long Life!

Venture capitalists are banking on developing a drug based on a Harvard Medical School professor’s discovery that the molecular compound resveratrol—found in red wine and other plant products—significantly extends the lifespan of fish and mice. Resveratrol activates a gene called SIRT-1, which slows the aging process in mice. A human would have to drink 10,000 bottles of wine daily to achieve the same results.

# Schwartz Center Rounds



*I had spent a considerable part of my career as a health-care lawyer.... But I knew little about the delivery of care. All that changed on November 7, 1994, when, at age 40 I was diagnosed with advanced lung cancer. In the months that followed, I was subjected to chemotherapy, radiation, surgery, and news of all kinds, most of it bad. It has been a harrowing experience for me and for my family. And yet, the ordeal has been punctuated by moments of exquisite compassion. I have been the recipient of an extraordinary array of human and humane responses to my plight. These acts of kindness — the simple human touch from my caregivers — have made the unbearable bearable.*

— Kenneth B. Schwartz

Healing means caring for the whole patient — body, mind and spirit. Moments of interaction between patients and caregivers offer opportunities for compassion, calming fears and offering hope. Nowhere more than at the end of life is the desire for connection more rewarding for caregivers.

But when the physical battle has finally been lost and patients die, health-care workers need an emotional outlet for the stress and grief they face on a daily basis. Hartford Hospital, drawing upon a model created by the staff at Massachusetts General Hospital Cancer Center and the Kenneth B. Schwartz Center, is pioneering programs to educate, train and support caregivers in the art of dealing with their feelings.

Although Kenneth Schwartz ultimately died of lung cancer, his legacy still lives on. “Kenneth Schwartz left an endowment to provide funding for hospitals to launch a program called ‘Schwartz Center Rounds’ to improve patients’ quality of care and help caregivers understand what their colleagues may be going through,” says Evan Fox, M.D., a psychiatrist at the Institute of Living and a member of the task force that brought Schwartz Center Rounds to Hartford Hospital. Spearheaded by retired surgeon David Crombie, M.D., the task force included physicians from surgery, anesthesiology and psychiatry, as well as staff nurses and managers, dietitians and chaplains.

“The first Schwartz Center Rounds at Hartford Hospital was an emotional and moving event,” says Dr. Fox. “The hospital administration has been very supportive in fostering a culture that allows people to trust the process. The Schwartz Center Rounds provided a multidisciplinary forum for people to express the emotions they felt taking care of hospital employees who had died. They were able to cry in front of their colleagues with integrity and openness.”

Participants gather in an auditorium, a comfortable setting for sharing their emotions. The bimonthly meetings at Hartford Hospital include everyone from doctors, nurses and chaplains to cafeteria and maintenance workers. Virtually no subject is off-limits — coping with violent family members, staff conflict, treating sick colleagues, the role of spirituality and how to connect with patients without succumbing to burnout. Many difficult emotional and social issues arise in caring for patients. When doctors take off their white coats, how do they express how they feel?

“Kenneth Schwartz understood the need for caregivers to communicate with families and patients and vice versa,” says Dr. Fox. The goal of Schwartz Center Rounds is to create a safe place for hospital workers to express their frustrations, fears, and feelings of loss.

Caregivers who have participated report feeling greater appreciation for the roles and contributions of colleagues from other disciplines, as well as the importance of understanding the emotional status of patients and their families. “There is more heart in what we do with patients,” says one caregiver who attended Schwartz Center Rounds. “The connections are deeper because we are less afraid of difficult topics.”



# CALENDAR

## HARTFORD HOSPITAL PROGRAMS & EVENTS FROM SEPTEMBER 15 THROUGH DECEMBER 15, 2007

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Call the Health/Physician Referral Service at (860) 545-1888 or (800) 545-7664 for information about any program.

## CANCER PROGRAM

### Brain Tumor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** 1st Thursday of each month from 5:30 to 7:00 p.m. on 10/4, 11/1, 12/6—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. FREE.

### Support Groups for Women with Cancer

Registration is required for each support group which meets at the Helen & Harry Gray Cancer Center from 5:30 to 7:00 p.m. as indicated:

- **Breast Cancer Support Group**

3rd Thursday of each month on 9/20, 10/18, 11/15. Call Diane Ward, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

4th Tuesday of each month on 9/25, 10/23, 11/27. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

### Are you at Risk for Breast Cancer?

Dr. Patricia A. DeFusco, Board-certified medical oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP), will host this free presentation. Dr. DeFusco will cover established risk factors for breast cancer and treatment options, including the STAR trial, which is an NCI/NSABP sponsored trial for postmenopausal women at high risk of developing breast cancer. While particularly informative for women with a family history of breast cancer or a personal history of an abnormal breast biopsy, all women who want to learn more are welcome to join us. For schedule or to inquire about registration, call the Partnership for Breast Care at (860) 545-1018.

### New Beginnings

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call (860) 545-1888. FREE.

### CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Diane Ward, RN at (860) 545-3781. FREE.

### Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** 1st Tuesday of each month (except as noted) from 7:00 to 9:30 p.m. on 10/2, 11/13, 12/4. Registration is not required. Call (860) 545-4594 with any questions. FREE.

### Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call (860) 524-2715 for schedule. FREE.

### Look Good, Feel Better

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment. **Schedule:** From 11:00 a.m. to 12:30 p.m. on 10/1, 11/5, 12/3. Registration is required. Call Charmain Ali, LCSW at (860) 545-2954. FREE.

## HEALTHY HEARTS

### Stop Smoking for Life Programs

Call (860) 545-3127 for registration and information.

- **Smoke Free/Why Weight?**

This is a 6-week program for those who wish to quit smoking while maintaining their weight. Meets at Hartford Hospital, 85 Jefferson Street #704. Registration is required. **Schedule:** Tuesdays from 9/25 to 10/30, 5:00 to 6:00 p.m. FEE: \$150.

- **Breathe Easy Support Group**

A community education and relapse prevention group for smokers and ex-smokers. Facilitated by a smoking cessation specialist. Registration is required. **Schedule:** 1st Tuesday of the month at Hartford Hospital, 85 Jefferson Street. From 5:00 to 6:00 p.m. on 10/2, 11/6, 12/4. FREE.

- **Individual Smoking Cessation Counseling**

One-to-one smoking cessation counseling is available to smokers of all ages, including pregnant women and teens. By appointment only. FEE: \$150 for 3 sessions.

- **Work-Site Smoking Cessation Group**

A six-week quit smoking support group brought directly to your employees. Prices vary depending on location and number of participants.

### Counseling and Stress Management

One-to-one counseling with a health psychologist for people struggling with psychological issues related to a medical illness. By appointment only. Call (860) 545-3127. FEE: Sliding scale.

### Cardiac Maintenance/Wellness Exercise Program

Provides exercise and education programs ranging from medically supervised to a more self-directed program depending on your specific needs. Activities include aerobic training with a variety of fitness equipment as well as flexibility and weight training. FEE: 2 times per week—\$48/month; 3 times per week—\$65/month at Hartford Hospital's Conklin Building. To become a member, a referral is required from your doctor. Call (860) 545-2133.

### Pilates Classes

Conditioning program that combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. FEE: \$150 for 10 mat sessions.

*The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center, 100 Simsbury Road, Avon. Call (860) 284-1190 for information or to register.*

### Hot Yoga

A challenging sequence of deeply held postures in an 80+ degree room. This practice increases your strength and flexibility while creating an opportunity for profound purification of the body. FEE: \$15/class.

### Tai Chi

Tai Chi is the most famous Chinese martial art style consisting of fluid, gentle and graceful circular movements designed especially for self-defense and meditation. FEE: \$15 per class.

### Adult Swim Lessons

Learn to swim or improve your stroke. Swimming is a great cardiovascular exercise. Taught by Red Cross certified instructors.

## DIABETES LIFE CARE PROGRAMS

### Diabetes Education Classes

Self-care education and support for adults with diabetes. Learn about diabetes and develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. Day and evening classes in English or Spanish. For more information call (860) 545-1888.

### Diabetes Support/Education Group

Continue your self-care education in diabetes and receive on-going support from other adults with diabetes. Free monthly support and education is offered at Hartford Hospital's Windsor Health Care Center. These meetings are held quarterly. For schedule and topics, call (860) 545-1888.



## MENTAL HEALTH

### Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health-Care Hospice, this program is open to families and caregivers who have lost a loved one.

**Schedule:** From 1:00 to 2:15 p.m. on 9/24, 10/7, 10/22, 11/12, 11/26, 12/10 at 85 Jefferson Street in Room 116. Call (860) 545-2290. FREE.

### Bereavement Support Group for Spouses (Age 50+)

For people 50 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month on 9/25, 10/23, 11/27 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700. FREE.

### Bereavement Support Group for Spouses (Age 35–50)

For people age 35–50 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 9/18, 10/16, 11/20, 12/18 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700. FREE.

### Healing Hearts

#### A Pregnancy and Infant Loss Support Group

On-going support for anyone who has experienced the loss of a pregnancy or an infant, facilitated by Hartford Hospital chaplains. Parking validated—bring your ticket. **Schedule:** Meets the 2nd & 4th Monday of each month on 9/10, 9/24, 10/8, 10/22, 11/12, 11/26, 12/10, 12/24 at 85 Jefferson Street, Room 117 from 12:00 noon to 1:00 p.m. For more information or questions, contact Hartford Hospital Bereavement Program at (860) 545-2290.

### Family/Friend Education on Eating Disorders (F.E.E.D.)

This support group is for family and friends of individuals with eating disorders. F.E.E.D. is designed to provide information about eating disorders and to create a forum where concerns of family and friends can be shared. **Schedule:** First Thursday of the month 6:00 to 7:00 p.m. on 10/4, 11/1, 12/6 at The Institute of Living's Braceland Building Activity Room (1st floor #51). Registration is **not** required. For more information, call (860) 545-7203. FREE.

### Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support. **Schedule:** The last Monday of each month (except December) on 9/24, 10/29, 11/26, 12/17 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information call (860) 658-3700. FREE.

### Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call (860) 545-1888. FREE.

### Postpartum Depression Support

Women's Health Services is conducting a 6-week Postpartum Depression Support Group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Call (860) 545-4341 for more information.

### Schizophrenia Program

The following *free* support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place on the first floor of the Center Building at 200 Retreat Avenue. **Registration is not required.** For more information or for directions, call (860) 545-7731. FREE.

#### • Understanding Bipolar Disorder

Does someone you know or love have bipolar disorder? Dr. Lawrence Haber, Clinical Psychologist and Director of the Family Resource Center, will discuss this disease, its causes and treatments in both adults and children and how to live with and support someone with this illness. **Schedule:** 3rd Tuesday of each month on 9/18, 10/16, 11/20 in Hartford from 5:15 to 6:30 p.m.

#### • Schizophrenia Anonymous

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday evening from 5:30 to 6:30 p.m.

#### • Schizophrenia—Introduction to the Disorder

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month on 10/2, 11/6, 12/5 from 5:15 to 6:30 p.m.

#### • Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** Tuesday, 10/30 from 5:15 to 6:30 p.m.

#### • Support Group for Families Dealing with Major Mental Illness

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 1st and 3rd Thursday of each month on 9/20, 10/4, 10/18, 11/1, 11/15, 12/7 from 5:15 to 6:30 p.m.

#### • Functional Implications of Schizophrenia

Learn the impact symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 11/13 from 5:15 to 6:30 p.m.

#### • Medication Compliance Strategies

Perhaps the biggest family concern in dealing with schizophrenia is helping the patient follow the recommended treatment plan, particularly taking medication. Learn specific ways to enhance cooperation with treatment. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 12/11 from 5:15 to 6:30 p.m.

#### • Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 9/11 from 5:15 to 6:30 p.m.

#### • The World of Work for a Person With a Severe Mental Illness

Learn what families need to know about helping a person with schizophrenia obtain and keep a meaningful job. Conducted by Sherry Marconi, Director of Rehab Services. Information on vocational counseling, support counseling, support services and other helpful resources. **Schedule:** 10/9 from 5:15 to 6:30 p.m.

## VOLUNTEERS

### Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital (Education & Resource Center location) on 9/18 from 7:00 a.m. to 12:30 p.m. To schedule your appointment, call (860) 545-1888. For other locations, call The American Red Cross at (800) GIVE LIFE.

### Volunteer Opportunities

If you are interested in giving of your time to help others, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens between the ages of 14 and 18. Training and free parking are provided. For more information, call Volunteer Services at (860) 545-2198 or visit us on-line at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc).



## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### Acupuncture, Reiki and Massage Therapy

Need to increase your energy, reduce stress, control pain and many other health conditions? Acupuncture, Reiki and massage therapy provide these and many other benefits. For a referral to hospital-affiliated practitioners in your area, call Health Referral Services at (860) 545-1888 or toll-free (800) 545-7664. For information on complementary therapies, visit the Integrative Medicine website at [www.harthosp.org/IntMed](http://www.harthosp.org/IntMed).

### Sound Healing using Tibetan Singing Bowls

Discover the healing powers of Tibetan Singing Bowls. Learn to differentiate between the sounds made by the bowls as you use them on yourself and others to help achieve relaxation and decrease pain. **Schedule:** Mondays at the Newington campus from 9/10 to 10/1. Choose sessions from 9:00 a.m. to 12:00 noon or 6:00 to 9:00 p.m. FEE: \$120 for 4-class series. Registration is required. Call (860) 545-1888.

### Reiki Healing Touch—Level I

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 9/20, 10/18, 10/25 or 11/8 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160 (HH employees \$130; Reiki Volunteers \$75). Nursing CEUs and Medical CMEs available.

### Mindfulness-Based Stress Reduction

Stressed by life events, illness, pain, worry? This course, modeled after the original acclaimed program at the UMass Stress Reduction Clinic, has helped over 15,000 patients to better cope with the medical, psychological and social stresses of modern life. This 8-week program, hosted by Dr. Valerie Rossetti, Board-certified anesthesiologist, is held at Hartford Hospital's Education and Resource Center. **Schedule:** 9/20 to 11/8 from 4:30 to 6:30 p.m. FEE: \$220 plus \$65 for materials.

### Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn 5 steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25 through the Integrative Medicine Department. Call (860) 545-4444.

### Therapeutic Touch—Full Basic Class

If you would like to learn a technique that can help you and others decrease stress, ease pain, accelerate healing and enhance general well being, learn Therapeutic Touch. **Schedule:** 10/6 from 9:30 a.m. to 8:30 p.m. in Newington. FEE: \$160 (\$130 for HH employees); Nursing CEUs available.

### Baby Massage Instructor Certification

Training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. This class consists of two parts; an independent home study kit, and the certification session held at Hartford Hospital. **Schedule:** 11/8 from 9:00 a.m. to 5:00 p.m. at Hartford Hospital's Education & Resource Center. Call 545-4444 for more information or to register FEE: \$275.

## Lunch and Learn Presentations

Bring your lunch and join us. Reservations required. Call (860) 545-1888.

**Hartford—LIVE presentation from 12:00 noon to 1:00 p.m. at Hartford Hospital. FREE.**

### 9/27 Pathway to Wellness—Eating for Energy

Would you like to rival the energizer bunny—going...going...going...! This workshop can help you do just that. Bring maximum energy into your life through the right choices of primary and secondary food. Learn what nutritional and lifestyle choices can keep your mind and body functioning at their peak. Presented by Sandra Cloutier, Health and Wellness coach. Special Dining Room.

## REHABILITATION

### Pulmonary Rehabilitation Classes

Comprehensive multidisciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other disorders. Primary goal is to restore patient to the highest possible level of independent function as well as to help alleviate shortness of breath. **Schedule:** Tuesday and Thursday (twice a week for 10 weeks) from 12:00 to 2:00 p.m. or 1:00 to 3:00 p.m. at Hartford Hospital's Conklin Building. Valet parking is available. Covered by most insurance plans. Call Pulmonary Rehabilitation at (860) 545-3637 for more information.



## SAFETY EDUCATION

### Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with [CT Safe Kids](#) and the West Hartford Police Department to offer a free class for expectant parents. This class is free, but space is limited. Registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 9/24 in Wethersfield and 11/19 at Blue Back Square, West Hartford. Call (860) 545-1888 to register. FREE.

### CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children. Call (860) 545-1888 for schedule. FEE: \$35.

## NUTRITION COUNSELING

### Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition related diseases and conditions. By appointment only. Call (860) 545-2604. May be covered by insurance.

### NEW! Weight Loss and Lifestyle Management Center

Comprehensive nutrition, exercise and lifestyle management skills offered on a personalized basis at Blue Back Square by Christine M. Greene, Ph.D. Informational seminars on nutrition and health topics will also be provided for all those interested. Please call Health Referral Services at (860) 545-1888.



### Surgical Weight Loss Informational Session

Join Dr. Darren Tishler, director of Bariatric Surgery, as he discusses Hartford Hospital's Surgical Weight Loss Program. Topics include Laparoscopic Gastric Bypass and the LAP-BAND procedure. Learn who qualifies, what's involved and about lifestyle changes after these procedures. **Schedule:** From 7:00 to 8:00 p.m. on 10/22 in Glastonbury. Call (860) 545-2071 to register and for more information. FREE.

### Bariatric Surgery Support Group

Required for people who are considering weight loss surgery. **Schedule:** From 6:00 to 8:00 p.m. in Hartford, 560 Hudson Street. Registration is **not** required.

9/18 *Being Admitted to Discharge*

10/16 *Increasing Your Activity Level*

11/20 *Diabetes and Obesity: What's the Connection?*

## DOMESTIC VIOLENCE

### *Domestic Violence—Lifesaver Project*

The Domestic Violence Prevention Program sponsors two support groups through the Lifesaver Project. The groups are for women and children who have experienced domestic violence. **Schedule:** Every Thursday from 6:30–8:30 p.m. Children may attend with their mothers. Call (860) 545-2796 to register or for more information.

### *My Avenging Angel Workshop*

Living well is the best revenge; yet moving beyond abuse is often difficult for victims of domestic violence and sexual assault. Explore ways to get your life back through writing, creativity, and focusing exercises. **Schedule:** Two-week session from 10:30 a.m. to 4:30 p.m. on 9/22 & 9/29 in Wethersfield and on 11/10 & 11/17 in Avon. Call (860)-545-1888 to register. FREE.

## WOMEN'S HEALTH ISSUES

### *El Grupo de Mujeres*

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For more information call (860) 545-5398 or (860) 545-1001. FREE.

### *The Strong Women Stay Young Program*

According to Dr. Miriam Nelson, Ph.D., at Tufts University, no group in our society can benefit more from regular exercise than middle aged and older adults. Research shows working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 “no-impact” workouts. Call (860) 545-1888 for the schedule and to register. FEE: \$160.

### *Menopause Support Group*

The Menopause Clinic at Hartford Hospital's Women's Health Services is conducting a 6-week support group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Participants will learn ways to cope with some of the physical and emotional symptoms of menopause. Call (860) 545-4341 for an appointment or for more information.

### *Postpartum Depression Support*

See full description under “Mental Health” on page 14.

## Parent Education Classes

Registration is required for all classes. Call (860) 545-1888.

### • *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$20 (\$15 if taken as package).

**Avon:** 9/27, 10/25, 11/15, 12/6

**Glastonbury:** 10/15, 11/12, 12/10

**Hartford:** 9/18, 9/24, 10/9, 10/22, 10/30, 11/6, 12/3, 12/11

**Wethersfield:** 11/14

### • *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** 6:30–8:30 p.m. FEE: \$20 (\$15 if taken as package).

**Avon:** 10/11, 11/8, 12/13

**Glastonbury:** 9/17, 11/9

**Hartford:** 9/25, 10/1, 10/16, 10/29, 11/5, 11/13, 12/4

**Wethersfield:** 10/10, 12/12

### • *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** 10/18 or 11/29 at Hartford Hospital from 6:30 to 8:30 p.m. FEE: \$20 (\$15 if taken as package).

### • *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 9/15 in Avon or 11/10 in Wethersfield. FEE: \$50.

### • *Cesarean Birth*

If you are anticipating a Cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** Hartford Hospital from 9:00 a.m. to 12:00 noon on 10/6 or 12/1. FEE: \$50.

### • *Expectant Grandparents Class*

Gives grandparents the opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety concerns. **Schedule:** From 6:30 to 8:30 p.m. on 9/24 or 12/3 in Glastonbury. FREE.

### • *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield on 10/15 from 10:30 a.m. to 12:00 noon or on 11/19 from 6:30 to 8:00 p.m. FEE: \$25 per baby.

### • *Pups and Babies*

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 11/28. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. Located at Chai—the Center for Jewish Life in Avon. **Schedule:** 10/15 from 7:00 to 9:00 p.m. FREE.

### • *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for children under 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 9/18, 11/28 in Wethersfield. FEE: \$25.

### • *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00–7:00 p.m. or 7:00–8:00 p.m.; also on Saturday from 11:30 a.m. to 12:30 p.m. Tours available in English and Spanish. FREE.

### • *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. Please call (860) 545-8987. FREE.

### • *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This class does not replace a Childbirth class. **Schedule:** Glastonbury on 10/22 from 6:30 to 8:00 p.m. FEE: \$35.

### • *Preparation for Childbirth Class*

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills. Learn to be an active participant in the birth of your baby. We offer a four week series (maternity tour included) or a one-day or two-week option with maternity tours scheduled separately. Classes meet in Avon, Hartford, Wethersfield, Glastonbury or Windsor. Call for schedule. FEE: \$100.



### • **The Happiest Baby**

New babies are such a blessing, but they can also bring on sleepless nights and sometimes quite a bit of extra stress. Learn an extraordinary approach to keeping your baby happy. New parents will learn, step-by-step, how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Based on the highly effective new approach pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. in Glastonbury on 11/5. FEE: \$65.00/couple includes class, Parent Kit, with your choice of *The Happiest Baby on the Block* VHS or DVD and *Soothing Sounds* CD—a \$40 retail value.

### • **New Moms Group**

Join an informal gathering where health professionals help you explore the challenges of your new baby. Designed for parents of infants, birth to three months. Topics range from infant care and feeding to parent survival skills. **Schedule:** 10/3, 11/7, 12/5. FEE: \$10 per session.

### • **Epidural Anesthesia for Labor**

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. at Hartford Hospital on 10/4 or 12/6. FREE.

### • **Sibling Preparation**

A class designed to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Thursday or Saturday in Hartford. FEE: \$15 per child or \$25/family.

**Pre-school**—Saturday 10:00–11:00 a.m. on 10/6, 12/1; Thursday 4:00–5:00 p.m. on 9/20, 10/18, 11/8, 12/13

**School-age**—Saturday 10:00–11:00 a.m. on 9/15, 10/20, 11/10, 12/8; Thursday 4:00–5:00 p.m. on 9/27, 10/25, 11/15

### **Exercise for Expectant and New Moms**

#### • **Prenatal Yoga**

This program will improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** 6-week session runs from 5:30 to 6:45 p.m. 10/24 through 12/5 in Avon. FEE: \$78 for the 6-week series.

#### • **Mama Yoga**

Yoga is a wonderful tool for moms to work their bodies and focus their minds. Learn how to incorporate your little one into traditional yoga postures. No previous yoga experience necessary. Please bring a yoga mat, baby blanket, and toys for your little one. **Schedule:** Meets 10:00 to 11:00 a.m. in Avon from 10/17 through 11/28. FEE: \$78 for the 6-week series.

### • **Stroller Fitness**

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital's Avon Wellness Center. Strength training and endurance will be incorporated into this fun stroller workout. Alternate activities will be planned in the event of inclement weather. Meets at the Avon Wellness Center. Call (860) 985-7957 for schedule.

### **Parent–Baby Series**

#### • **Enjoying Infants Together**

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions on various parenting issues and make new friends! **Schedule:** 9/19 to 10/24 or 10/31 to 12/19 from 10:00 to 11:00 a.m. in Wethersfield. FEE: \$50 for series (cannot be pro-rated).

#### **Evening Classes**

This once per month class is designed to meet the needs of working parents. **Schedule:** Wethersfield from 6:00 to 7:30 p.m. on 9/26, 10/24, 12/5. FEE: \$15 per class.

#### • **Time for Toddlers**

Led by a Pediatric Nurse Practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on various parenting issues. **Schedule:** Wethersfield from 11:15 a.m. to 12:15 p.m. on 9/19 to 10/24 or 10/31 to 12/19. FEE: \$50 for series (cannot be pro-rated).



### **SCREENINGS/SUPPORT GROUPS\***

\* Look under specific topics for additional support group listings.

#### **Blood Pressure/Sugar/Cholesterol**

Conducted by VNA Health Care. Scheduled throughout the Greater Hartford area. For more information call (860) 246-1919.

#### **Patient Support Groups**

##### • **Mended Hearts Support Group**

For people who have had open heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. on 9/19, 10/17, 11/21 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

##### • **Heart Transplant Support Group**

Provides education, networking and social interaction for pre and post transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 10/9, 11/13, 12/11 at Hartford Hospital's Special Dining Room. FREE.

##### • **Transplant Patient Support Group**

Open to all transplant recipients, their significant others, and those waiting for organ transplants. Registration is **not** necessary. First Church of Christ Congregational, 2183 Main Street, Glastonbury. **Schedule:** 4th Thursday of the month at 7:00 to 8:30 p.m. on 9/27, 10/25, 11/15. Call (860) 545-2142 to verify schedule and location. FREE.

##### • **IBS Inflammatory Bowel Disease Support Group**

Meets the last Thursday of each month at Maple View Manor, 856 Maple Street, Rocky Hill from 6:30 to 8:00 p.m. Registration is required. Call (860) 545-1888. FREE.

##### • **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. Contact Mary at (860) 568-8173 for more information and schedule. FREE.

##### • **Kidney Transplant Orientation Class**

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call (860) 545-4368 for schedule or to register. FREE.

##### • **ACE—Asthma Group Support**

Education and support for patients with asthma. Learn about asthma, what triggers attacks, which medications you should take and how to control and prevent asthma attacks. **Schedule:** 4th Friday of each month from 2:00 to 3:00 p.m. on 9/28, 10/26, 11/23 in the Brownstone Building's 1st Floor Conference Room. Call (860) 545-1021 to register. FREE.

##### • **Farmington Valley Fibromyalgia/Chronic Fatigue and Immune Dysfunction Syndrome Support Group**

Find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 9/18, 10/16, 11/20. Registration is not necessary. Call Betty at (860) 658-2453 for more information. FREE.



## PROFESSIONAL DEVELOPMENT

### **HealthCare Toastmaster #2300**

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking. Develop communication and leadership skills, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 9/27, 10/11, 10/25, 11/8, 12/14. FEE: \$39 for 6-month membership.



**HealthStar**, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-3901 or toll-free at (800) 545-7664 for a listing of our scheduled programs and locations.

### **Speaker's Bureau**

If you are a member of a civic organization, club, school, etc. and are looking for a speaker for your next meeting, call Hartford Hospital's Speaker's Bureau. Physicians, nurses and other healthcare professionals are available to address such topics as *Healthy Eating for Seniors*, *Diabetes Care*, *Lyme Disease*, *Stress Management*, *Smoking Cessation* as well as topics that may be of specific interest to your members. For more information, please call (860) 545-1888 or toll-free at (800) 545-7664.

### **Mobile Mammography**

New state-of-the-art mammography equipment can now be transported to community organizations to provide screening mammograms for women who would not have access otherwise. For information or to schedule a screening day at your site, call Mobile Mammography at (860) 545-1018.

## CLINICAL PROFESSIONAL PROGRAMS

### **EMS Education**

#### **Can't come to us? We'll come to you...**

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required, however. Call (860) 545-2564 for more information or to make arrangements.

For more information on the following classes or to register on-line, visit our website at [www.harthosp.org/ems](http://www.harthosp.org/ems).

#### **Basic Life Support for Healthcare Providers**

Course fee includes textbook pocket mask and course completion cards. **Schedule:** Evening program from 6:00 to 10:00 p.m. Saturday day program from 9:00 a.m. to 5:00 p.m. Registration is required. Call (860) 545-4158. FEE: \$85.

#### **Basic Life Support for Healthcare Providers—Refresher Class**

Call (860) 545-4158 for schedule and registration information.

#### **CPR/Heartsaver Instructor Course**

Call (860) 545-4158 for schedule and registration information.

#### **EMT—Basic Course**

For all pre-hospital emergency medical care providers who will ride on ambulance crews, serve on fire department rescue squads, or work in security or police departments. It covers assessment, stabilization, and transport of medical and trauma emergencies. Course fee covers texts, equipment and supplies. Call (860) 545-2564 for more information or for registration form.

#### **EMT—Intermediate Course**

Must present current copy of State of CT EMT-B certification and a current copy of CPR training in adult, infant and child. Registration is required. Call (860) 545-2564 for schedule and registration form.

#### **EMT—Recertification Course**

For currently certified EMT-Basics. Includes the recertification practical and written examinations at no additional charge. Results for both exams are available at the end of the last class. Registration required. Call (860) 545-2564 for schedule.

#### **Advanced Cardiac Life Support (ACLS)—Provider Course**

AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

#### **Advanced Cardiac Life Support (ACLS)—Refresher Course**

For those who have a current card or one which has recently expired. AHA program designed for healthcare providers whose daily occupations demand proficiency in ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

#### **Advanced Cardiac Life Support (ACLS)—Instructor Course**

Course includes textbooks. For schedule call (860) 545-2564. Registration is required.

#### **Pediatric Advanced Life Support (PALS)—Provider Course**

American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

#### **Pediatric Advanced Life Support (PALS)—Refresher Course**

For those who already have a current card or one which has recently expired. American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

## School of Allied Health

### **Radiation Therapy Program**

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. Radiographers can complete this program in 16 months. For more information, call Carol Blanks-Lawson at (860) 545-2611.

### **Phlebotomy Training Course**

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks. This is a didactic and clinical course to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at [www.harthosp.org](http://www.harthosp.org) or call (860) 545-2611.

### **Radiography Program**

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care for the purpose of diagnosis and treatment of disease. Contact the School of Allied Health at (860) 545-3955.

# SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events unless noted otherwise.

## Acquired Hearing Loss

Deficiencies in hearing have a profound effect on our ability to communicate, recognize danger, and enjoy certain recreational activities. Join Marc D. Eisen, MD, Ph.D., board-certified Otorhinolaryngist and Head and Neck Surgeon, specializing in Otolaryngology with CT Ear, Nose & Throat Associates and Hartford Hospital. Learn about the fascinating function of how our ears work, what happens when they don't and treatment options for common types of hearing loss. These options have recently been broadened and improved upon due to technological advancements in hearing aids and implantable devices. These advancements and who may be appropriate candidates will also be discussed. **Schedule:** From 7:00 to 8:00 p.m. on October 16 in Avon and on December 4 in Wethersfield. FREE.



## Drawing Our Nature

Join us for a weekend at a lovely farmhouse at Cape Cod for an in-depth drawing workshop retreat. The spiritual essence of nature provides us with an energetic source of healing when we enlist its resources in the creative process. Simple drawing/mark making (doodling) can help us express ourselves and feel connected to others and the natural world around us. We will spend time exploring many drawing tools including charcoal, pencil, brush & ink, etc., and what nature gives us. Beginners are welcome. **Schedule:** September 28 through September 30. Fee of \$375 includes room, breakfast, lunch and materials. Held at Sagamore Highlands, Cape Cod. Call 860-545-1888.



## Salud Latina

Weekly free educational information sessions covering a wide range of topics targeted at the Hispanic Community. Presented in Spanish by clinical staff. **Schedule:** Saturday mornings from 10:00 to 11:00 a.m. at 85 Jefferson Street Room #118 as follows:

- September 29 Asthma
- October 6 Diabetes/Nutrition
- October 13 Lead Poisoning
- October 20 Sexually Transmitted Diseases
- October 27 Alzheimer's Disease and Dementia
- November 3 Depression
- November 10 Menopause & Osteoporosis

## Robotic Radical Prostatectomy for Prostate Cancer

Learn what prostate cancer is and about the available treatment options, including robotic radical prostatectomy. You will also learn the pros/cons and side effects of radical prostatectomy and have an opportunity to ask questions. Presented by Board-certified urologists at CT Surgical Group and Hartford Hospital, Stuart Kesler, MD, Vincent Laudone, MD, and Joseph Wagner, MD. **Schedule:** 3rd Tuesday of each month from 7:00 to 8:00 p.m. as follows:

- September 18 Avon
- October 16 Windsor
- November 20 Glastonbury
- December 18 Wethersfield

## Walk for Obesity

Greater CT Walk from Obesity, Sunday, September 30 at Lighthouse Point Park in New Haven. Registration is available on-line at [www.walkfromobesity.org](http://www.walkfromobesity.org).

## Treatment of the Aging Face

Dr. Steven Smith, Plastic Surgeon at CT Surgical Group and Hartford Hospital will discuss facial rejuvenation procedures such as face lift, brow lift, neck lift, eyelid surgery as well as the role of and expectations for more "limited-scar" approaches such as fillers, laser resurfacing, Botox and suture suspension techniques. **Schedule:** 7:00 to 8:00 pm on November 6 in Wethersfield and November 13 in Avon. FREE.



## Art and the Healing Chakras

Create an intimate relationship between the mind, body and spirit through your body's energy system, the 7 major Chakras. Working with one Chakra each week, you will focus on the self-discovery of your own energy patterns through visual art, color, sound and movement. Bring a journal. Facilitated by Diana Boehnert BFA, MFA, Certified Expressive Arts Facilitator and Coordinator of Hartford Hospital's ART for Healing Program. **Schedule:** October 19 through October 21. Held at Sagamore Highlands, Cape Cod. Fee of \$375 includes room, breakfast, lunch and materials. Call 860-545-1888.

## Look Younger for the Holidays

Join Dr. Margaret Bason, a Board-certified dermatologist in Simsbury, to learn about skin tightening without surgery. New breakthrough treatments of sagging skin, droopy eyes, wrinkles, acne and excessive sweating. **Schedule:** October 4, from 6:00 to 7:00 p.m. at Hartford Hospital's Avon Wellness Center. Call Hartford Hospital's Health Referral Services at (860) 545-1888 or toll free at (800) 545-7664. FREE.

Call the Health/Physician Referral Service at (860) 545-1888 or (800) 545-7664 for information about any program.

# Curried Rice

## Ingredients

- 1 cup long-grain rice
- 2 Tbs. olive oil
- 2 tsp. curry powder
- 2 1/8 cups boiling vegetable or chicken stock
- 1/4 tsp. ground white pepper
- 1/4 tsp. minced garlic
- 1/4 tsp. minced onion
- 1/4 cup chopped almonds
- 1/4 cup raisins
- 1 unpeeled apple cut into small pieces

Sauté the rice and curry powder in the olive oil for a few minutes, stirring constantly. Stir in boiling stock along with pepper, garlic and onion. Cover and cook, without stirring, over low heat for 20 minutes. Turn off heat and leave, covered, until rice has absorbed all the moisture and the grains stand apart. Toss with almonds, raisins and chopped apple. Serves 6 as a side dish.

Calories: 152	Cholesterol: 0
Carbohydrates: 19 g	Fiber: 2 g
Protein: 3 g	Sodium: 158 mg
Total fat: 8 g	Vitamin A: 106 ug
Saturated fat: < 1 g	Potassium: 215 mg
Monounsaturated fat: 5.5 g	Magnesium: 26 mg
(70% total fat)	Folate: 30 ug
Trans Fat: 0	

As fad diets fall in and out of favor, scientists continue their quest for disease-fighting foods. Tomatoes, green tea, ginger, garlic and cruciferous vegetables like broccoli and cauliflower have all had their day in the sun. Now, a golden spice from antiquity may offer Westerners benefits long touted by traditional Indian healers.

Turmeric, the yellow-orange spice found in curry powder, contains curcumin and related biologically active compounds with remarkable antioxidant, anti-inflammatory, antiviral, antibacterial and antifungal properties. According to a recent issue of *Scientific American*, ongoing studies at universities around the country suggest that curcumin may not only help prevent the painful joint swelling associated with rheumatoid arthritis, but may even protect against heart disease, colon cancer and Alzheimer's disease.

Derived from an Asian plant, *Curcuma longa*, turmeric has long been used in Chinese medicine, as well as Indian, Southeast Asian and Middle Eastern cuisine. In India—where it's known as the "spice of life"—Ayurvedic healers treat inflammatory diseases with turmeric. Last year, researchers in Singapore found that older men who ate lots of curry-spiced food performed better on memory tests than those who rarely ate the spice.

Americans don't need to wait for proof from research labs to enjoy a diet that includes more of this spice, since golden curried rice makes a vivid, flavorful side dish. Curry powder is a tangy blend of coriander, cumin seed, ginger, fenugreek, cloves, garlic powder, cayenne and other spices, so check labels to be sure turmeric is high on the list.



Recipe analyzed by Brunella Ibarrola, MS, RD, CD-N.

Serving accessories courtesy of the Hartford Hospital Auxiliary Gift Shop.