

S U M M E R
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE



Tick Tock...

Medical Advances to Help Older Moms

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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.

Dimpled Cheeks

As summer beaches beckon, do you run for cover? Can anything be done about your jiggling cottage-cheese thighs? With age, more than 80 percent of adult women notice cellulite's telltale rippling and dimpling on their thighs, buttocks and abdomen. Exercise, diets, expensive creams—nothing seems to banish lumpy, bumpy cellulite.

As collagen breaks down, fat cells enlarge and become trapped in sagging bands of fibrous tissue. Salons and spas offer relaxing, but largely ineffective, loofahing, vacuum massage, heating pads, body wraps and ultrasonic treatments designed to break down fatty deposits. While liposuction does shape and contour the body, it is futile for treating skin that has lost its elasticity.

Popular in France for decades, "mesotherapy" consists of multiple subcutaneous (under the skin) injections of acids, phospholipids and enzymes rumored to dissipate cellulite. New techniques that use lasers and pulses of electrical energy have largely replaced needles that cause painful bruising. Although various "fat-breaking" chemical cocktails have been tried, none have been proven to erase cellulite.

Beware of high-priced creams that promise to "melt away" cellulite. Aerobic exercise involving running long hills or up and down stadium stairs is probably the only way to tone muscles and tighten sagging flesh.

HEALTH TIPS

Salty Story

Sodium is a highly reactive metal that explodes in water and burns in air. When mixed with chlorine, it creates sodium chloride, otherwise known as common table salt. In Ancient Rome, workers were paid in salt (the origin of the word salary.) Salt is widely added to processed snacks and fast food, but is it really bad for you?

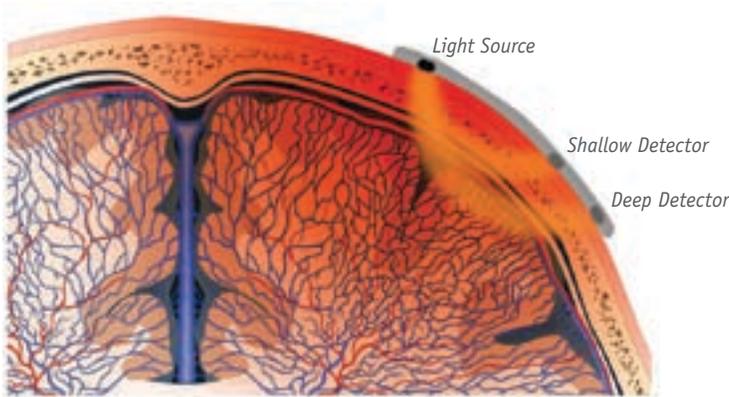
The American Heart Association warns individuals to restrict daily salt intake to 2,300 milligrams of sodium, about a teaspoonful of salt. Sodium is necessary for regulation of the blood, transmission of nerve impulses, heart activity, and certain metabolic functions. In the body, sodium and potassium ions help to regulate and balance fluids.

On average, a Western diet provides more than five times the recommended daily allowance of sodium. When buying groceries, check food labels, which are required to list sodium content in milligrams (mg). To earn a low-sodium label, an item must contain less than 140 mg per serving. High levels of sodium may be lurking in soups, salad dressing, canned vegetables, cereal, deli meats and soy sauce.

Over the years, scientific research has linked excess dietary sodium intake to cardiovascular disease and high blood pressure, also called hypertension. In 2001, a landmark study funded by the National Institutes of Health found that a condition called "salt sensitivity"—which can only be measured in a research lab—increases the risk of death even in someone with no hypertension. In those who are salt-sensitive, the seasoning can cause an exaggerated, and risky, spike in blood pressure. New research is examining the role of genetics in salt sensitivity, as well as the interplay of stress, inflammation and hypertension on kidney function and sodium metabolism.



When Brain Oxygen Levels Fall



The INVOS System uses two depths of light penetration to subtract out surface data, resulting in a regional oxygenation value for deeper tissues.

While cardiac surgery survival rates have soared in the past decade, patients have occasionally been left with serious brain injury after long, difficult operations. Today, thanks to a non-invasive brain-oxygen monitoring device—the In Vivo Spectroscopy (INVOS) Cerebral Oximeter—the surgical team can quickly respond to any sudden or sharp drop in blood oxygen.

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 surgery team continuously monitors brain oxygen levels during every open-heart surgery as part of the standard of care.

"INVOS gives cardiac surgeons more information on which to base an intervention," explains David J. Underhill, M.D., a surgeon with Connecticut Cardiothoracic Surgical Associates, who was instrumental in bringing the technology to Hartford Hospital. "We have real-time ability to measure oxygen saturation in both the right and left frontal lobes of the cerebral cortex. During complex cardiac surgery, brain oxygenation can fall to potentially damaging levels before any outward sign of trouble appears."

INVOS gives the surgical team a "window to the brain" through a pair of sensors

affixed to the forehead, easily tolerated by even the most fragile cardiac patient. A beam of invisible, near infrared light passes through skin and bone to determine the oxygen saturation level in the region of the brain just below. The sensor measures the color of the hemoglobin, the oxygen-carrying portion of the red blood cell, which varies in pigmentation depending on its oxygen content. The FDA has approved the device for adult and pediatric use whenever patients may be at risk for low oxygenation.

"Because of Hartford Hospital's commitment to patient safety, we want to use any technology that can prevent a potential stroke or other adverse event," says Dr. Underhill.

In the operating suite, a highly coordinated team of anesthesiologists, perfusionists, surgeons and critical care nurses keeps a close eye on oxygen levels as the heart-lung machine takes over breathing functions for an unconscious patient.

"If the individual's blood count starts to go too low during surgery, we can ventilate more vigorously or administer a blood transfusion to ensure that the brain is not deprived of oxygen," says Dr. Underhill. Patients also spend less time in the intensive care unit on a respirator post-operatively, which means they go home sooner.

A woman with short reddish-brown hair, wearing a white lab coat over a dark top and a pearl necklace, is smiling warmly. She is leaning over a newborn baby who is lying in a hospital bed, wrapped in a white blanket. Her hands are gently touching the baby. The background shows a window with white blinds. The text 'Making Babies' is overlaid on the left side of the image in a pink, cursive font.

Making Babies

Infertility specialist Linda Chaffkin, M.D., visits a newborn baby in the nursery.

American women may look and feel younger than their mothers did at 35 or 40, but they still haven't figured out how to turn back the hands of time on the biological clock.

When everything goes right, the egg pops, the sperm swim, the embryo implants and the baby arrives. But for childless couples, it all seems impossibly arduous and exhausting. Infertile couples endure shots, sex at the whim of a basal thermometer, semen analysis and surgery in the hope of having a baby. As age 40 looms, panic strikes. The idea of never having a child brings unimaginable grief and despair.

While infertility is defined as failure to conceive after a year of trying, most specialists urge women over 35 to seek treatment after six months. The odds of conception plummet as women age. "Although some super-fertile women appear to conceive easily after 40, it's usually not their first pregnancy," says reproductive endocrinologist Linda Chaffkin, M.D., an infertility specialist with Hartford Hospital's Center for Fertility and Women's Health. "Women who delay childbirth may have more difficulty becoming pregnant, but it's a delicate balance. People must be ready to bring a child into their lives."

Up to 12 percent of women of reproductive age are being treated for infertility nationwide, according to the latest statistics from the Centers for Disease Control and Prevention. With private and foreign adoption costing upwards of \$25,000, infertile couples are increasingly turning to "assisted reproductive technologies" in the hope of having a child. An estimated 2.5 million married couples in the United States are infertile because of pelvic inflammatory disease, poor sperm quality, endometriosis or ectopic (outside the womb) pregnancies. Dr. Chaffkin also works with single women and lesbian couples who are having difficulty having a baby through artificial insemination with donor sperm.

Thighs taut, botoxed and tummy tucked, American women may look and feel younger than their mothers did at 35 or 40, but they still haven't figured out how to turn back the hands of time on the biological clock. "You're born with a finite number of eggs in your ovaries," says Dr. Chaffkin. "Although new reproductive techniques increase the chance of pregnancy, some women enter menopause in their thirties. With increasing maternal age, eggs don't fertilize as well and there's a much higher probability of a genetic abnormality."

Older women are already at risk for potentially dangerous pregnancy-related conditions like toxemia or preeclampsia (high blood pressure) that affect both the mother and her unborn child. After 40, the ovaries don't always respond to fertility drugs and the uterus supports early pregnancy less well. Miscarriage rates are high, and the embryos often don't survive because of genetic defects.

Assisted Reproductive Technologies

Well over a million "test-tube" babies have been born worldwide since IVF began in England with the birth of Louise Joy Brown in 1978. Each year, more than 150 of Dr. Chaffkin's patients undergo the procedure. Most experience a dizzying roller coaster of hope and despair during treatment, which often requires multiple cycles. "The pregnancy rate declines with maternal age," says Dr. Chaffkin. "People have to be realistic. But thanks to advances in laboratory culture and embryology techniques, success rates for IVF approach 50 percent in women under 35."

For a woman with irreparably damaged or blocked fallopian tubes, assisted reproduction offers her only chance to have a baby. Drug "cocktails" stimulate the ovaries and trick the body into releasing eggs. In *in vitro fertilization*, or IVF, the woman takes fertility drugs to make her ovulate multiple eggs, the eggs are retrieved transvaginally under ultrasound visualization, sperm fertilize the eggs in a petri dish in a laboratory, and the embryos are transferred through a thin flexible plastic catheter into her uterus. Transferring only one or two embryos minimizes potentially risky multiple births. Although improved cell culture techniques mean that four out of five eggs fertilize, transferred embryos don't always implant properly in the uterus. Up to a third of those embryos spontaneously abort.

For a woman who has conceived a baby through IVF, losing it to a miscarriage or an ectopic pregnancy seems a cruel irony. An ectopic pregnancy destroyed one of Michelle's* ovaries and left the fallopian tube leading to the other one permanently blocked. "I don't try to get pregnant apart from IVF," says Michelle, who is 36. "There's a very good chance of having another ectopic pregnancy and I can't afford to lose my other ovary. I know

PHYSICIAN PROFILE

Amy Kirkpatrick Brown, MD

Amy Kirkpatrick Brown, M.D., M.P.H., recently joined Hartford Hospital as a gynecologic oncologist. A graduate of Brown University and Tufts University School of Medicine, she also holds a master's degree in public health. She did her residency at the University of Rochester Medical Center and her fellowship in women's oncology at Women and Infants' Hospital in Providence.

A Board-certified obstetrician-gynecologist with a specialty in gynecologic oncology, her areas of interest include cervical, endometrial, ovarian and gynecologic cancer. She performs minimally invasive surgery using the da Vinci Surgical System from Intuitive Surgical, Inc. Robotic surgery's precision allows her to perform robotic gynecologic oncology surgery with less trauma, blood loss and hospital time.

In 2006, Dr. Brown won the Brown Medical School Dean's Teaching Excellence Award. Dr. Brown grew up in Wethersfield, and her husband, also a physician, grew up in West Hartford. They recently bought a house, which they are enjoying along with their two cats.



how much wishful thinking takes over, how much hope, and it's all enhanced by hormones."

"I couldn't allow myself to hope," says Allie*, whose son was conceived through IVF. "I just couldn't believe it until I saw that little head emerging from me. I thought for sure some tragedy was going to snatch it away at the last minute."

Many Causes of Infertility

Nancy* has endometriosis, a mysterious disease in which the tissue that normally lines the uterus grows outside the womb, in places as remote from the reproductive organs as the lungs, or in rare cases, the brain. The painful condition is usually treated with laparoscopic surgery and drugs. No one knows why endometriosis causes infertility, or even if it does, since some women still manage to conceive. Endometriosis, which afflicts five million women in the United States, is endemic among women who have delayed childbearing until their 30s, when fertility tends to diminish naturally.

IVF also can help when the male has a low sperm count or a large percentage of abnormal sperm because it weeds out all but the strongest swimmers. While Dr. Chaffkin used to counsel couples with male factor infertility to use a sperm donor, today's technologies often allow couples to conceive a biological child. To fertilize the egg, sperm are injected directly into the cytoplasm in a breakthrough technique for male factor infertility called intracytoplasmic sperm injection (ICSI). Recently, researchers at New York-Presbyterian/Weill Cornell found more DNA damage in the sperm cells of men with diabetes. In both men and women, obesity disrupts hormone function and reduces fertility.

Younger women turn to IVF for problems caused by pelvic inflammatory disease, endometriosis, damaged fallopian tubes or "unexplained" infertility. IVF is the biological last stop for infertile women.

Early Screening

Although most infants are born healthy, any pregnant woman can have a fetus with a chromosomal (genetic) disorder. This is particularly true if she has risk factors such as advanced maternal age or a previous child with abnormalities. "About 30 to 40 percent of infants with Down syndrome are born to mothers older than 35 years," explains Charles J. Ingardia, M.D., director of Maternal/Fetal Medicine at Hartford Hospital. "Often, however, after finally achieving pregnancy these mothers don't want to chance the small risk of definitive, but invasive, testing procedures like amniocentesis."

Traditionally, testing for such chromosome abnormalities often had to be delayed to 16-20 weeks of pregnancy. Now, screening for these abnormalities is possible as early as 11-12 weeks of pregnancy. This first-trimester screen involves a specific ultrasound measurement of the clear space in the tissue at the back of the developing baby's neck

**Not their real names*

“Every baby is a miracle.”



High-resolution sonograms, together with a simple blood test, can reveal chromosomal defects as early as 11 weeks.

(nuchal translucency) and a finger stick or blood test. “It has been shown that this screening will detect 90 percent of all fetuses with chromosome abnormalities,” says Dr. Ingardia. “Early testing can provide reassurance to couples that they are at low risk for these abnormalities.”

Surviving Cancer, Giving Birth

In women with cancer, the challenge for physicians is to treat the disease aggressively while still preserving fertility. “Traditionally, the tendency was to remove all the reproductive organs when someone had cancer,” says Amy Brown, M.D., a gynecologic oncologist at Hartford Hospital. “Today, less radical surgeries allow preservation of fertility in women with early ovarian or cervical cancer. New chemotherapy regimens and biologically targeted drugs may allow young women with early cancer to keep their ovaries or uterus.”

Breast cancer survivors at increased risk for ovarian cancer because of genetic factors can take medications to lower their risk of disease until they are ready to have a family. For cancer patients who have been treated with strong chemotherapy to turn off the body’s hormones, restarting the biological clock takes skillful timing. After taking tamoxifen, breast cancer survivors may need help from a reproductive endocrinologist to begin ovulating normally again. While women are born with a million eggs in their ovaries, only about 300,000 are left by puberty, and just 300 are ovulated during the reproductive years. Women whose ovaries have been removed or whose “ovarian reserve” is low may still be able to give birth to a child by using donor eggs.

IVF success rates approach 50 percent per cycle when an older woman uses donor eggs instead of her own. “The eggs make all the difference because the uterus of an older patient can be effectively prepared for implantation,” says Dr. Chaffkin. “It raises all kinds of ethical issues. Currently, 52 is the maximum age for consideration for IVF using donor eggs.”

Fast Forward

For infertile women, nothing compares to the pain of sitting in the gynecologist’s office surrounded by pregnant women. Caring and compassionate nurses at the Center for Fertility in Women’s Health try to be sensitive to patients’ emotional needs. Yoga and relaxation techniques can help women cope. “Infertility treatment is a high-stress situation,” says Dr. Chaffkin. “We ask patients how they’re feeling and, if necessary, refer them to psychologists trained in working with infertile couples, as well as to the support group RESOLVE.”

Donor eggs, surrogacy, better fertility drugs, smaller needles and less painful injection techniques are helping more women than ever have babies. Lengthy treatments are forgotten as heartbreak turns to joy in the delivery room. “My work is incredibly rewarding,” says Dr. Chaffkin. “Every baby is a miracle.”

Cool Therapy

Saving Brain Function
after Cardiac Arrest



Jeffrey Kluger, M.D., (left) and Justin Lundbye, M.D., introduced "cool therapy" to Hartford Hospital, the first medical center in the region to use hypothermia for patients who have been resuscitated.

Alberto, a 57-year-old Latino, had a history of diabetes and high blood pressure. While driving, Alberto told his wife he felt dizzy and then lost consciousness. State police performed CPR by the side of the road until paramedics arrived and twice shocked his heart with a defibrillator to resuscitate him. We've all seen it on TV—the jumpy heart rhythm, paddles on the chest, people yelling “clear!”—but in real life sudden cardiac arrest is nearly always fatal. Nearly 95 percent of victims die before reaching the hospital.*

Within minutes of Alberto's arrival at Hartford Hospital—the first medical center in Connecticut to employ a new therapeutic hypothermia technique after cardiac arrest—physicians began dropping his core body temperature in a desperate effort to save his brain function. Because the heart stops pumping when a clot blocks a coronary artery, it must be restarted within minutes to prevent lasting neurological damage. After five minutes, the brain starts to die. After 30 minutes, the chances of survival are virtually nil.



Nurses Asamoah Anane (left) and Paul Kamuzora.

Alberto, who was clinically dead for 25 minutes, just made it under the wire. For the next 36 hours, nurses Paul Kamuzora and Asamoah Anane cared for Alberto as he lay unconscious in the cardiac intensive care unit. Within days, he walked out of the hospital. For Alberto, whose transient blood clot left no lasting damage, hypothermia therapy was a lifesaver.

Every day in the United States, about 900 people collapse and die from sudden cardiac arrest. According to the American Heart Association, cardiac arrest is a leading cause of premature, permanent disability. Immediate cardiopulmonary resuscitation (CPR) doubles the victim's chances of survival, but even when CPR and chest compressions start the blood flowing again, oxygen starvation may have already jeopardized the brain.

Hartford Hospital is among the first medical centers nationwide to adopt an innovative hypothermia therapy that reduces the brain's need for oxygen, which helps unconscious patients avoid disabling neurological damage. New research shows that cool-

ing the body for 24 hours after sudden cardiac arrest can lessen or prevent brain injury caused by oxygen deprivation.

An estimated 450,000 Americans suffer cardiac arrest each year, costing the health care system about \$133 billion annually. Unlike a heart attack, with its crushing chest pain but no loss of consciousness, cardiac arrest causes the heart to quiver uselessly as it stops pumping blood. Beyond the risk of dying from ventricular fibrillation initially, the brain remains vulnerable to a disastrous chemical chain reaction that takes place when the heart is restarted. For days afterward, toxins circulate through the body, damaging DNA, causing inflammation and destroying nerve cells.

For patients who remain comatose after cardiac arrest, controlled hypothermia has been shown to save not only lives, but brain function. Over a four-hour period, icy fluids circulate through a cooling catheter inserted into the femoral vein, rapidly dropping the internal temperature. Cooling the body's temperature to about 93 degrees Fahrenheit reduces the brain's demands for oxygen and helps heal wounded tissues.

Even before someone arrives at the hospital after cardiac arrest caused by ventricular fibrillation, the hypothermia team goes into action to provide advanced life support. “Our first goal is to preserve neurological function,” says cardiologist Jeffrey Kluger, M.D., director of Heart Rhythm Management at Hartford Hospital. “From the emergency department to the critical care unit, we bring together the expertise of different disciplines to work as a team to care for these critically ill patients. During 24 hours of hypothermia therapy, one nurse in the intensive care unit constantly monitors the patient's heart rate, blood flow and other indicators.”

Sudden cardiac death occurs equally in both men and women, at an average age of about 60. The risk of death from cardiac arrest is especially high for those who have a family history of cardiac arrest or arrhythmias, as well as for young African Americans, who are more likely than whites to have high blood pressure and high cholesterol.

“The longer someone is ‘down’—unconscious, no breathing, no pulse—the worse the prognosis,” says Justin Lundbye, M.D., medical director of the Cardiac Intensive Care Unit and director of the Cardiology Hospitalist Program at Hartford Hospital. “Research studies have shown that therapeutic hypothermia improves survival and neurological outcome after cardiac arrest and resuscitation.”

**not his real name*

Medicare Screening for AAA Repair



The abdominal aorta, the body's main artery, carries oxygen-rich blood from the heart to the lower half of the body. Especially in men over age 65, the walls of the vessel may weaken, bulge and leak, creating a dangerous outpouching, or aneurysm. Left untreated, the aneurysm can burst, spilling blood into the abdominal cavity and causing an abrupt drop in blood pressure that is often irreparably fatal.

"We may now have an opportunity to avoid this ticking time bomb," says David Drezner, M.D., medical director of Hartford Hospital's Vascular Lab, which offers painless AAA screening with a noninvasive, handheld scanning device. "With modern techniques of repair, most people can avoid the devastating complications of rupture."

Each year in the United States, nearly 15,000 people die of a ruptured abdominal aortic aneurysm (AAA). Many of these deaths could have been prevented by early diagnosis and repair. In January, the Screening Abdominal Aortic Aneurysms Very Efficiently (SAAAVE) legislation took effect, mandating Medicare reimbursement for ultrasound evaluation of at-risk individuals.

Every year, about 200,000 Americans are diagnosed with AAA. "No one can predict how fast an aneurysm will grow or how big it will get before it ruptures," adds Dr. Drezner. Depending on the size of the aneurysm, patients may be referred for regular follow-up or surgical repair. A physician skilled in catheter-based techniques may be able to place a balloon-like device called an endovascular stent graft, threaded through a tiny catheter, to repair the artery in a minimally invasive procedure.

To qualify for ultrasound screening, patients must be referred after an initial preventive physical examination, usually by their primary care physician. Hartford Hospital is the first certified vascular lab in the community to offer screening by registered vascular technicians who are also registered nurses. High-risk patients include males between the ages of 65 and 75 who have smoked at least 100 cigarettes in their lifetime, as well as men and women with a family history of the disorder.

WHAT'S GOING AROUND...News & Breakthroughs

Here Comes the Sun

The first sunscreen approved by the Food and Drug Administration since 1988, L'Oréal's Anthelios SX is highly protective against short UVA waves. With a sun protection factor (SPF) of 15, it guards against sunburn, ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. UVA waves penetrate deep into the skin and account for 95 percent of the UV radiation that reaches the earth's surface.

Sleep on It!

As you sleep, your brain is sorting through information, producing insights that could help you make decisions, says a new Harvard Medical School study published in *The Proceedings of the National Academy of Sciences*. Sleep gives you time to make connections and draw inferences from apparently random bits of knowledge, a process that may operate below the level of conscious awareness.

Performance Anxiety

The pressure of perfection can be exhausting, warns a psychological study from the University of Zurich in Switzerland. In trying situations, perfectionists tend to get more stressed than people with more realistic standards. When facing a challenge, perfectionists felt more anxious and neurotic—and had measurably higher levels of the stress hormone cortisol—than their peers with low levels of perfectionism.

Blueberry Thrill

Wild blueberries are highest in antioxidant capacity per serving compared to other fruits. Previous animal studies have shown blueberries to be protective against Alzheimer's disease, cancer, urinary tract infections and damage from ischemic stroke. Now, Tufts University researchers say eating blueberries and strawberries slows age-related declines in memory and cognitive function, at least in rats.

Early signs of bipolar disorder, formerly called manic-depressive illness, usually appear in late adolescence or early adulthood. Abnormal brain chemistry and faulty circuitry appear to spark the manic outbursts and crippling depressions that affect more than two million Americans each year. Most cases of the recurrent mood disorder arise in individuals with a family history of mental illness, suggesting a strong genetic influence.

Bipolar disorder is significantly under-recognized and is often misdiagnosed as schizophrenia, especially since 60 percent of bipolar patients with acute mania display psychotic symptoms of thought disorder, hallucinations and delusions. Ethnic differences have been shown to be a confounding factor. One-third of all bipolar patients—but two-thirds of older African-American bipolar patients—are misdiagnosed as having schizophrenia.

Because mood stabilizers and antipsychotic drugs are highly effective in treating bipolar disorder, accurate diagnosis and early treatment are vital. During severe manic phases, individuals often exhibit intense energy, euphoria and irritability. At other times, disabling depressions, with or without psychosis, leave bipolar patients feeling despondent. Left untreated, as many as 20 percent of bipolar individuals eventually kill themselves.

Diagnostic Distinctions



Different brain mechanisms appear to underlie symptoms of disorganized and incoherent speech in patients with bipolar and schizophrenia disorders. “The fact that both patient groups exhibit the same symptoms makes it difficult to distinguish between them clinically, especially in the beginning of an illness,” explains Michal Assaf, M.D., a senior research scientist at the Olin Neuropsychiatry Research Center at the Institute of Living (IOL). “Because treatment for bipolar disorder can improve prognosis, we are currently collecting data to see if we can identify the pathology of brain functions that underlie a core symptom of psychotic bipolar and schizophrenia patients—formal thought disorder (FTD).”

Neuroscientists at the IOL use sophisticated, noninvasive tools like functional magnetic resonance imaging (fMRI) to analyze the firing of brain cells and identify abnormal structural or functional regions of the brain. With grant support from the Donaghue Foundation and Hartford Hospital donors, Dr. Assaf has developed an objective tool to investigate the neurobiology of FTD. Because schizophrenia has been shown to affect areas of the brain involved in semantic processing, Dr. Assaf is mapping brain activity with fMRI as patients perform a semantic object-recall fMRI task.

“Currently, the most accepted hypothesis is that FTD is strongly associated with impaired semantic processing,” says Dr. Assaf. “We have shown that the fMRI test can distinguish schizophrenia patients from healthy controls. Now we are enrolling patients with acute psychosis to see if we can use fMRI as a diagnostic tool to distinguish between bipolar disorder and schizophrenia.”

For more information about Dr. Assaf’s research study, call 545-7893.



CALENDAR

HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JUNE 15 THROUGH SEPTEMBER 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 7/5, 8/2, 9/6—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 6/21, 7/19, 8/16. Call Diane Ward, RN at (860) 545-3781. FREE.

• Ovarian Cancer Support Group

4th Tuesday of each month on 6/26, 7/24, 8/28. 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 at Hartford Hospital will host this free presentation. Discussion will include established risk factors for breast cancer and treatment options for postmenopausal women at high risk of developing breast cancer. **Schedule:** 6/27 at 6:30 p.m. in Wethersfield. To register call Hartford Hospital's Partnership for Breast Care at (860) 545-1019. FREE.

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 7/10, 8/7, 9/11. 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 7/2, 8/6 or 9/10. 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 6/19 to 7/24, 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 7/3, 8/7, 9/4. 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.

Spanish Diabetes Support Group (Amigos en Salud)—FREE

Conducted in Spanish. Carmen Aponte, DCHW (Diabetes Community Health Worker), will discuss physical activity, meal planning strategies, adherence to medications and how to meet the diabetes standards of care. Opportunity to network with other patients. **Schedule:** 1st Wednesday of each month on 7/11, 8/1, 9/5 from 10:00 to 11:30 a.m. in Hartford Hospital Dining Rooms A, B.

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 6/25, 7/9, 7/23, 8/13, 8/27, 9/10 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 6/26, 7/24, 8/28 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 6/19, 7/17, 8/21 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700. FREE.

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 7/5, 8/2, 9/6, 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.

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.

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 on 6/25, 7/30, 8/27 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information call (860) 658-3700. 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 6/19, 7/17, 8/21 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 7/3, 8/7, 9/4 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:** Tuesdays on 6/26, 8/28 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 6/21, 7/5, 7/19, 8/2, 8/14, 9/6 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:** 7/10 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:** 8/14 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. Call for more information and schedule.

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. Call for more information and schedule.



VOLUNTEER SERVICES

Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital (Education & Resource Center location) on 6/26 from 7:00 a.m. to 12:45 p.m. and at the Institute of Living campus on 6/28 from 11 a.m. to 3:45 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

Visit our web site at www.harthosp.org

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.

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 6/21, 7/12, 7/26, 8/16 or 8/30 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.

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:** 7/14 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

For anyone interested in becoming certified as a Newborn Baby Massage Instructor. Consists of two parts: an independent home study kit and the certification session which will be held at Hartford Hospital. **Schedule:** From 9:00 a.m. to 5:00 p.m. on 8/9. Call 545-4444 for more information or to register FEE: \$275.

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. Call (860) 545-1888 for schedule and to register.

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) 545-1888. May be covered by insurance.



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 6/25 in Wethersfield, 7/25 in Windsor and 8/27 in Avon. Registration is required. Call (860) 545-1888. 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.

6/26 Preparation for plastic surgery after weight loss

7/17 How obesity affects the heart

8/21 What is Sleep Apnea?

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.

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 schedule.

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: 6/28, 8/23

Glastonbury: 7/9, 8/13, 9/10

Hartford: 6/18, 7/17, 7/23, 8/6, 8/21

Wethersfield: 7/11, 9/12

• *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: 9/6

Glastonbury: 7/16

Hartford: 6/19, 7/10, 7/24, 7/30, 8/14, 9/11

Wethersfield: 8/8

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** 7/12 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. 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 6/23 or 8/11. 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 6/18 or 7/30 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield on 6/18 or 8/20 from 10:30 a.m. to 12:00 noon or on 7/16 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 6/20 or 9/12. 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. Call for schedule.

• *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. Call for schedule. 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 2-night program does not replace childbirth class. Call for schedule. 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 6/25 or in Avon on 8/20. 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. Call for schedule. 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 7/5, 8/2, 9/6. 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 7/14, 9/8; Thursday 4:00–5:00 p.m. on 6/21

School-age—Saturday 10:00–11:00 a.m. on 9/15



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:** In Avon from 5:30 to 6:45 p.m. 4-week series from 8/15 through 9/5 and 6-week series from 9/12 through 10/17. FEE: \$78 for 6-week series, \$52 for 4-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 7/11 through 8/15 or 9/5 through 10/10. 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. Classes available 3 days per week. Choose a flexible plan to meet your scheduling and fitness needs. Tuesday, Thursday and Saturday from 9:00 to 10:00 a.m. FEE: Various, packages available. Call (860) 985-7957 for schedule or visit ystroll.com.

Parent–Baby Series

- **Enjoying Infants Together—Intro**

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:** Intro from 10:00 to 11:00 a.m. in Wethersfield on 9/12. FREE.

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. Please call for schedule. FEE: \$15 per class.

- **Time for Toddlers—Intro**

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. Intro on 9/12. FREE.

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. Please call for schedule. FEE: \$15 per class.

- **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 7/10, 8/14, 9/11 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 6/28, 7/26, 8/23. 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 6/22, 7/27, 8/24 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 6/19, 7/17, 8/21. Registration is not necessary. For more information call Betty at (860) 658-2453. FREE.

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 6/20, 7/18, 8/15 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

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.

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 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.

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 6/28, 7/12, 7/26, 8/9, 8/23, 9/13. 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) 545-1888 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.

SPECIAL EVENTS AT HARTFORD HOSPITAL

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



Day of Health and Beauty

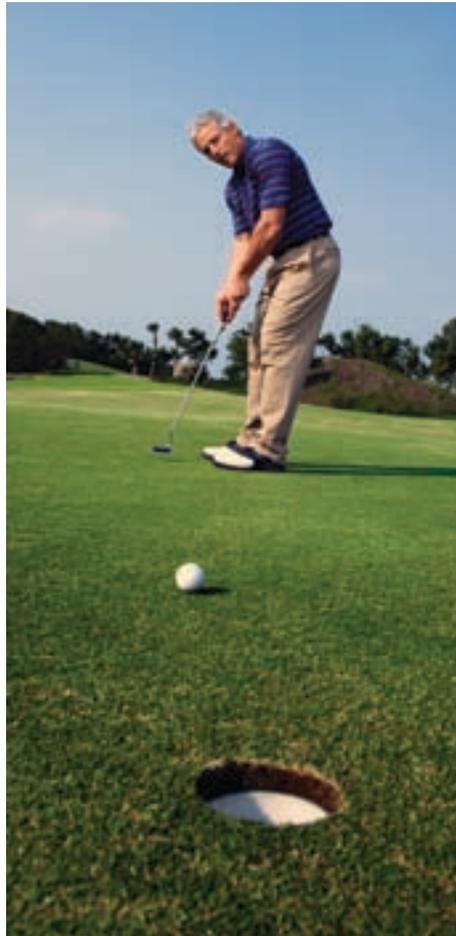
Join us at The Shoppes at Buckland Hills for free mammography screenings, health information, health assessments and a fashion show with Damon Scott from WTIC-FM. This event will be broadcast live on WTIC-FM and there will be contests and prizes. Kids can color a special Father's Day card at the health screenings table. **Schedule:** June 16 from 10:00 a.m. to 2:00 p.m. Registration is **not** required. FREE.

Glaucoma

Glaucoma is a common eye condition affecting 2 to 3 million people in the U.S. and, if untreated, may lead to blindness. It is often called the "silent thief of sight" because of the lack of symptoms in the early stages. Dr. James Pasternack, a local ophthalmologist, will host an informative presentation on the mechanisms of glaucoma, risk factors, diagnosis and treatment. Glaucoma medications, laser procedures and surgery will also be discussed. Ample time will be available for questions. **Schedule:** August 1 at Hartford Hospital's Windsor Healthcare Center from 6:00 to 7:00 p.m. FREE.

Race for Prostate Cancer 2007

A 5K run and a 3K walk to help raise funds and awareness for prostate cancer outreach, screening and education to the underserved population of Hartford. The proceeds from this walk will go to the Comprehensive Prostate Cancer Program at Hartford Hospital. **Schedule:** Saturday, September 8 from 8:00 to 9:00 a.m. at Riverfront Recapture Walkway in Hartford. Early Registration available now through August 1. Call (866) 358-0888 or toll free at 866-358-0888 to register or visit us on-line at www.hhprostateur.org.

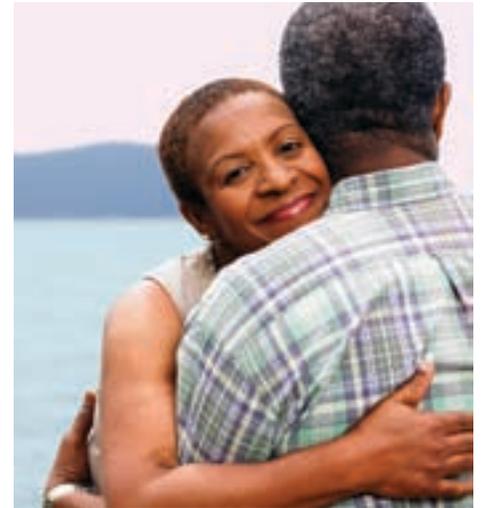


Wheeling and Able Golf Classic

Sponsored by Eastern Rehabilitation Network (ERN). Proceeds benefit the CT Chapter of the National Spinal Cord Injury Association. Participation in golf and sponsorship opportunities are available. Complete information can be found at www.easternrehab.net or by calling (860) 667-5480. **Schedule:** September 11 from 8:30 a.m. to 3:00 p.m. at Lyman Orchard Golf Club in Middlefield. FEE: \$150.00 or \$500.00/ Foursome.

Walk for Obesity

Join us on September 29 Hammonasset State Park. Registration is \$25 and proceeds go to the American Society for Bariatric Surgery, research and education on obesity. Families are welcome, children under 12 are free. Register on-line at www.walkfromobesity.org.



Baby Boomer and Silver Generation Series

- **Taking Care of Your Skin**
Dr. Elizabeth Evans, general internist in Bloomfield, will share information about keeping your skin young. Baby Boomers and the Silver Generation are much more aware of the importance of keeping wrinkles away. Skin cancer prevention will also be discussed. Free skin screenings following the lecture. **Schedule:** June 26 from 7:00 to 8:00 p.m. at Hartford Hospital's Avon Wellness Center.
- **Fit For Life: You Are Never Too Old To Move**
Join Dr. Elizabeth Evans, general internist in Bloomfield, as she discusses the importance of moving and exercise no matter what shape you're in. Whether you run miles every day, are confined to a wheelchair or are a couch potato, you will find this lecture relevant. **Schedule:** July 26 from 7:00 to 8:00 p.m. at Hartford Hospital's Avon Wellness Center.
- **Eat Healthy Be Healthy**
It is never too late to change old, bad habits—learn how to feed your body well and be healthy. Dr. Elizabeth Evans, general internist in Bloomfield, will include discuss gastrointestinal concerns and the special nutritional needs of diabetic patients. **Schedule:** August 21 from 7:00 to 8:00 p.m. at Hartford Hospital's Avon Wellness Center.

Cornmeal Crust Pizza



The American Heart Association advises healthy adults to limit their sodium intake to 2,300 milligrams or less a day—a bit less than one teaspoon of table salt. Despite decades of warnings, experts say Americans still consume too much sodium, adding to their risks for high blood pressure, heart disease and stroke. Beware of pizzas (frozen or delivery) that may be stuffed with a day's worth of hidden sodium and artery-clogging saturated fat. Now is the season for red, ripe tomatoes and fresh garden veggies, with their rich summery flavors and healthful fiber. Be selective when choosing cheese toppings—mozzarella contains only half the sodium of Parmesan.

Ingredients

- 1 Tbs. plus 1 tsp. olive oil
- 1 cup cornmeal
- 1 tsp. kosher salt (coarse)
- ½ tsp. black pepper
- ⅓ cup (about 2 oz.) grated Parmesan
- ½ head radicchio, shredded
- ½ cup sun-dried tomatoes, drained and thinly sliced
- 4 oz. fresh mozzarella, diced into ½ inch pieces

Topping Options

- Oven-roasted onions
- Olives
- Mushrooms

Preheat the oven to 400 degrees. Using 1 tablespoon of the oil, coat a 9-inch springform pan, round cake pan or pie plate and set aside. Bring 2¼ cups water to a boil with 1 tablespoon of the oil in a medium saucepan. Whisking constantly, slowly add the cornmeal. Reduce heat to low and cook, stirring, until the cornmeal starts to pull away from the sides of the pan, 4 to 5 minutes. Stir in the salt, ¼ teaspoon of the pepper and the Parmesan. Remove from heat. (If desired, heat the cornmeal in a cast-iron skillet before putting into the oven for a crustier crust.) Spread the cornmeal over the bottom of the prepared pan, using a spoon to form a raised edge. In a bowl, combine the radicchio, tomatoes, mozzarella and the remaining oil and pepper. Spoon the mixture over the cornmeal. Top with oven-roasted onions, olives or fresh or dried wild mushrooms (soaked in water first). Bake for 30 minutes or until the crust is golden and the cheese is bubbling. Cut into wedges. *Serves 8.*

Calories: 158
Carbohydrates: 22 g
Total Fat: 6.5 g
Protein: 6.6 g

Saturated Fat: 2.5 g
Monounsaturated Fat: 3.4 g
Calcium: 156 mg
Sodium: 536.5 mg

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

Photo accessories courtesy of the Hartford Hospital Auxiliary Gift Shop.