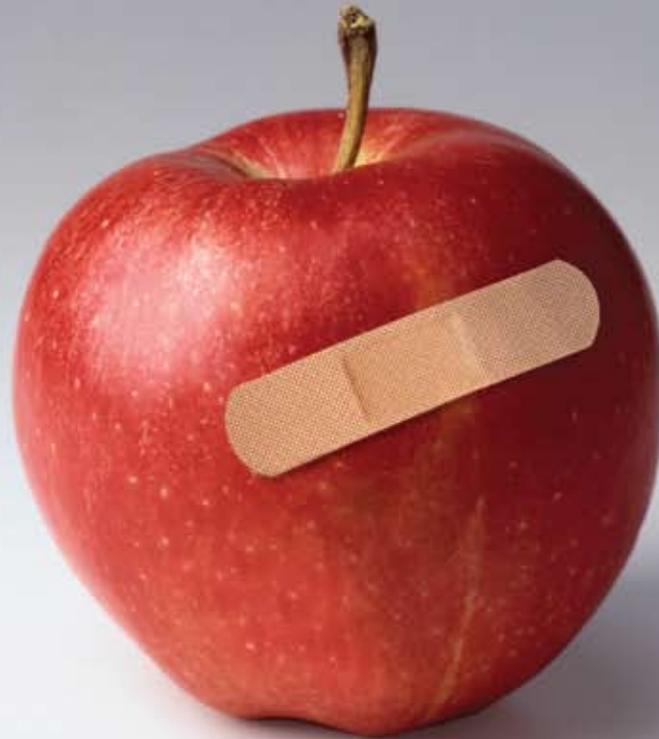


W I N T E R  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Think Small



**Minimally invasive surgery  
shrinks incisions and recovery time.**

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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.

## Cystic Fibrosis Grows Up

Each year nearly 3,000 babies are born with cystic fibrosis (CF), a progressive inherited disorder that causes the body to produce thick mucus that clogs the lungs, digestive tract, sweat glands and reproductive organs. An estimated 30,000 Americans are living with the chronic disease, which predominately afflicts Caucasians of Northern European ancestry, Latinos and Native Americans.

"Twenty years ago, cystic fibrosis was a fatal childhood disease," says R. Frederic Knauff, M.D., director of the adult program at the Central Connecticut Cystic Fibrosis Center (CCCCF) at Hartford Hospital. "Today, median life expectancy is 38."

Since 40 percent of CF patients are now over 18, it no longer makes sense to treat them in a pediatric setting. The national Cystic Fibrosis Foundation has accredited the Hartford Hospital-Connecticut Children's Medical Center partnership as the only Center of Care in the region—and one of only 117 in the nation—to provide multidisciplinary care to patients of all ages.

An estimated 1,000 new cases of cystic fibrosis are diagnosed each year in the United States. Although 70 percent of cases are identified before age two, individuals with mild symptoms sometimes go undiagnosed. Connecticut does not require newborn CF screening, although Hartford Hospital offers prenatal testing for CF and other common genetic mutations to pregnant women with a family history of the disorder.

Since the recessive trait causes symptoms only when both parents pass along a defective gene, an estimated 12 million Americans don't know they're carriers of a chromosomal (genetic) abnormality. Scientists have identified the faulty gene that impairs protein synthesis, leading to clogged airways, diabetes and life-threatening lung infections.

Medical advances and breakthroughs in gene therapy hold promise of an eventual cure, while patients are living longer than ever before. "Increasing life expectancy presents adult-specific challenges tied to disease progression," adds Dr. Knauff. "The Center's physicians, nurses, respiratory therapists, social workers and infection control specialists have worked tirelessly to transition adults from pediatric and adolescent models of care to a system of chronic disease management with better clinical outcomes."

## S A F E T Y T I P S

### Hot Flash!



With fuel costs on the rise, homeowners often turn to space heaters for extra warmth on wintry nights. Although generally safe, space heaters can spew toxic fumes or tip over and spill fuel, igniting a flash fire.

- Properly install and vent the heater, leaving lots of "space" around the unit.
- Don't leave a space heater on overnight or when no one is in the room.
- Plug in a detector to prevent deadly poisoning by colorless, odorless carbon monoxide (CO).
- Select a heater with a guard around the flame or heating element.
- Choose a heater with a "tip switch" designed to automatically turn off the heater if it's knocked over.
- Keep portable oxygen tanks and flammable items away from space heaters.
- Always choose a heater tested and labeled by a nationally recognized testing laboratory.

## Lifestyles of the Fit and Healthy

**D**o you want to reach a new level of health and vitality? What changes are you willing to make to look and feel better?

Exceptional health care providers and a top-flight fitness facility are creating a one-of-a-kind wellness center in the region's hottest new retail and entertainment destination: Blue Back Square in West Hartford Center.

Hartford Hospital's new "Healthy Weight and Wellness Center" combines nutritional counseling and exercise for weight loss, well-being, and personal fitness. The dazzling surroundings promote health and wellness in a convenient suburban setting. Hartford Hospital's Christine M. Greene, Ph.D., offers nutrition, exercise and lifestyle management consultations that incorporate the best practices of long-term weight loss success. Consultations are by appointment and new clients are currently being scheduled. Future plans include incorporating on-site exercise training through a partnership with the recently opened New York Sports Club on the east side of Blue Back Square.

The fitness club offers plush locker rooms, a sizable pool, secluded exercise spots, cardio kickboxing or vinyasa yoga classes (included in the membership fee), weight machines, free weights, spinning workouts, sauna, whirlpool and more.

"We offer a warm, encouraging and cooperative way for individuals to reach their weight loss and fitness goals," says Dr. Greene. "We recognize that for some people the relationship with food is quite complex. For this reason, we have designed our program to integrate with other medical services. One example would be bariatric (weight loss) surgery. Patients are encouraged to seek lifestyle support, including continued nutritional counseling and exercise prescriptions, to help them learn how to change their eating habits and maintain their surgical weight loss."

No matter what your desired level of fitness, you will begin a tailored program to change your lifestyle with the help of skilled exercise specialists and caring nutritional experts. You will be guided, encouraged and supported every step of the way with advice, information, recipes and educational seminars.

"Our program is very flexible. If someone prefers to maintain their own exercise program, they can still make an appointment for nutritional counseling," adds Dr. Greene. "Often, there are cultural and societal factors that make lifestyle changes difficult. We use a team approach to help individuals modify their behavior, and since we are located in the wellness center, we can easily make referrals to behavioral therapy professionals if someone needs help beyond nutritional counseling."



*Christine M. Greene, Ph.D., shops for some healthy foods.*



*Urologist Steven J. Shichman, M.D., (left) pioneered a minimally invasive technique for kidney cancer. He is shown here with Edward Myer, M.D., chief urology resident.*

# Less Is More

Minimally invasive surgery means less pain and faster recovery

**I**n today's high-tech operating room, surgery is shrinking. Surgeons slice tiny slits in the skin and insert slender instruments through incisions roughly the size of a buttonhole. The intricate mysteries of the body yield to thin, flexible fiberoptic scopes with shining cameras that illuminate the vast world beneath the skin.

Before navigating the body's hidden terrain, surgeons map the inner landscape with three-dimensional imagery to pinpoint the surgical field. Armed with miniature instruments that snip and stitch, the surgeon makes the fewest possible cuts, stanching the bleeding with the soft buzz of a ultrasonic device while scrutinizing the magnified image on an overhead video monitor.

Smaller scars, reduced pain, minimal blood loss and shorter recovery times have spurred the rapid growth of minimally invasive surgery over the past decade. Surgeons avoid cutting deeply into the skin and underlying muscles, instead making small entry ports for the miniature camera and downsized instruments. For frail or elderly patients, minimally invasive techniques allow life-saving surgery with far less risk than conventional "open" methods.

The patient lies swathed in surgical drapes as the physician makes a short incision and inserts a narrow laparoscope, a fiberoptic camera only slightly wider than a pencil. As the scope glides into the body, the surgeon follows its lighted path, eyes fixed intently on the video screen. Laparoscopic surgery is now routine for gallbladder removal or hernia repair, as well as many abdominal procedures. Patients go home wearing only bandaids over their incisions.

"Minimally invasive surgery is tailored to a more patient-centered approach," says Orlando C. Kirton, M.D., director of the Department of Surgery. "With minimal intrusiveness and small port access, surgeons can achieve better outcomes with shorter hospital stays and less need for pain medications. Hartford Hospital is technologically at the forefront, providing the best surgical care possible in the least invasive way."

Interventional radiologists use minimally invasive techniques and high-resolution imaging technologies to guide instruments through the vessels to the farthest regions of the body. Endoscopes look into the esophagus, stomach, and portions of the intestine through the body's natural openings. When surgery becomes necessary, laparoscopy opens a small window to the internal organs.

Over the years, Hartford Hospital has pioneered complex, yet minimally invasive, techniques for cancer surgery, heart bypass, bariatric (weight loss) surgery and more.

## The Surgeon's Art

The da Vinci surgical robot takes minimally invasive surgery one step further. In 2003, Hartford Hospital became the first medical center in Connecticut to offer nerve-sparing prostate cancer surgery with robotic-assisted techniques. As in conventional laparoscopy, instruments are inserted through the belly button and several small (less than an inch long) incisions in the patient's abdomen. Seated at a console next to the operating table, a urologist scrutinizes images relayed to a viewfinder by a tiny fiberoptic camera as instruments wielded by robotic arms move in sync with the movements of his hands. "The surgeon retains complete control," explains Joseph R. Wagner, M.D., the first of several Hartford Hospital urologists trained on the da Vinci surgical robot. "The greatly magnified three-dimensional view allows precise removal of the cancerous prostate gland while preserving urinary continence and vital nerves essential for sexual function."

While robotic-assisted laparoscopic surgery to remove a cancerous prostate gland is a daily occurrence, Hartford Hospital is the only medical center in the state to routinely use the hospital's surgical robot for bladder cancer. Surgical removal of the bladder is often necessary for invasive cancer that has spread into the muscle wall. Whenever possible, Dr. Wagner sculpts a new bladder from the patient's own tissue.

Innovations in robotic-assisted techniques have revolutionized surgical control and precision, automating complex and repetitive maneuvers to reduce fatigue during complex or lengthy surgeries. Even the steadiest of human hands cannot match those of a surgical robot.

## The Beating Heart

Hartford Hospital's cardiac surgeons were the first in the region to harness the power of robotics to perform heart operations with speed, safety and smaller scars. Until recently, the complexity of cardiac surgery limited heart operations to the conventional, open method. Curved and tapered

## PHYSICIAN PROFILE

### Rocco Orlando, III, M.D.

Rocco Orlando, III, M.D., a fellow of the American College of Surgeons, specializes in general surgery and surgical critical care. He is Board-certified in surgery and surgical critical care, and is a clinical professor of surgery at the University of Connecticut (UConn) School of Medicine. A surgeon with Connecticut Surgical Group, he is president of Hartford Hospital's medical staff.

A graduate of Hamilton College, Dr. Orlando attended medical school at UConn and did his internship at Hartford Hospital in medicine and general surgery from 1978-1983. He joined Hartford Hospital in 1984 after completing a fellowship at the University of Miami in critical care medicine.

Among his areas of specialty are laparoscopic surgery and minimally invasive surgery. He and his colleagues have published techniques for hand-assisted management of liver tumors and pancreatic cancer, as well as research on laparoscopy in the critically ill, among many other topics.

Dr. Orlando, who enjoys hiking and traveling, lives in Glastonbury with his wife, Joanne, a Unitarian minister. He has two college-age children.



tools have improved accuracy and dexterity, enhancing the cardiac surgeon's ability to repair heart valve abnormalities and cardiac defects.

"We can perform coronary artery bypass surgery on a beating heart without a heart-lung machine in selected patients," explains cardiac surgeon Robert Gallagher, M.D. "Minimally invasive techniques are especially safe for older and sicker patients. Ten years ago we had to cut ribs to perform a valve repair, but now we have smaller, better tools. Patients benefit from less bleeding, less pain and easier recovery."

Many patients benefit from balloon angioplasty to open blocked coronary arteries or drug-eluting stents (to keep the artery open) delivered by catheters inserted through a small incision in the groin. Coronary artery bypass surgery has been shown to extend the lives of patients with heart disease. Robotic-assisted surgery has a steep learning curve and requires specialized training, but for some patients, offers clear advantages, including fewer transfusions, less risk of wound infection and, in many cases, better clinical outcomes.

Assisted by a surgical robot, surgeons can perform more technically demanding procedures, thanks to the flexibility of the instrumentation and high-definition 3-D vision. Support from donors helped underwrite the cost of an additional million-dollar robot. "The da Vinci offers spectacular optics and visualization," says cardiac surgeon David Underhill, M.D., who, along with Dr. Gallagher, is using the robot for bypass surgery. "We see views inside the chest that we wouldn't see in conventional surgery."

### Smaller Scars

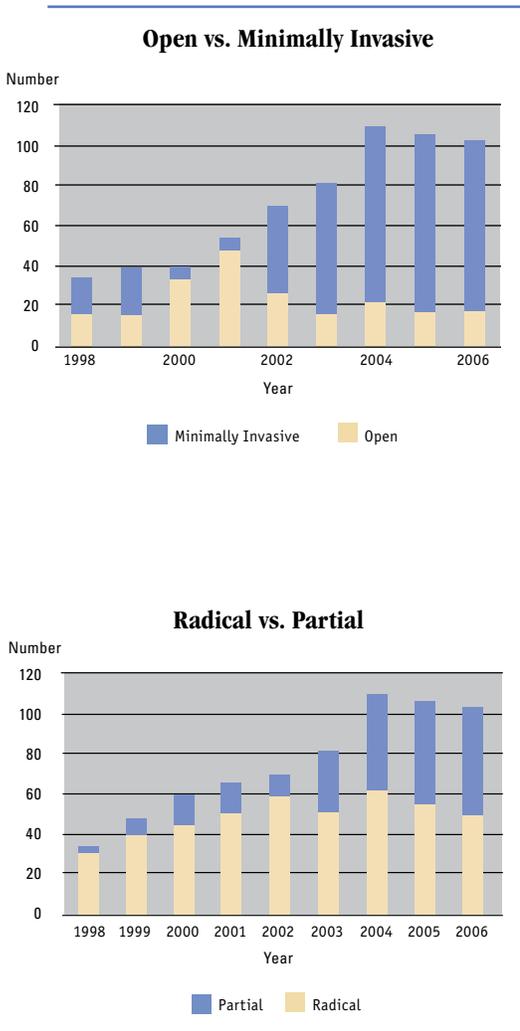
Kidney cancer is on the rise, as better diagnostic imaging leads to earlier detection. Since 1998, when he pioneered an innovative laparoscopic procedure for kidney removal, urologist Steven J. Shichman, M.D., has seen a profound shift toward minimally invasive surgery for kidney cancer. In a complex procedure called laparoscopic partial nephrectomy, he makes four half-inch-long abdominal ports for instruments and removes the cancerous tumor through a two-inch incision in the belly button. The kidney is isolated from the surrounding organs, yet left attached to its artery and vein. Both are temporarily clamped and the tumor is meticulously cut out of the kidney. Using advanced suturing techniques, the kidney is repaired and the vessels are unclamped.

"We prefer to keep the vessels clamped for less than 30 minutes or the kidney tissue starts to die," explains Dr. Shichman. "Working with Dr. Stuart Kesler, the newest member of the Department of Urology, we have started to use the robot to push the envelope and perform minimally invasive partial nephrectomies in patients with larger tumors that usually require open surgery."

Patients come to Hartford Hospital from Florida, the eastern seaboard and as far away as Greece to have laparoscopic kidney surgery. Dr. Shichman teaches these new techniques in courses given by the American Urologic Association's training center in Houston, Texas.

"Today, whenever possible, we just remove the tumor, leaving as much of the kidney as we can. We have found that the more of the kidney we preserve, the better the patient's overall health and longevity."

Kidney cancer can be cured only if the tumor is diagnosed early and removed before cancerous cells migrate out of the kidney, since no adjuvant therapies—chemotherapy or radiation—exist to cure kidney cancer. In the



Over the past decade, the availability of enhanced diagnostic imaging has led to increased kidney cancer detection. The top graph shows the trend toward minimally invasive surgery for kidney cancer at Hartford Hospital. During the same period there has been a trend toward partial rather than radical nephrectomy (complete removal of a cancerous kidney). Drs. Shichman and Myer presented these findings at this year's annual meeting of the New England Section of the American Urological Association in Boston.

past, removal of a cancerous kidney required almost a foot-long incision through the abdomen, flank or chest. Minimally invasive laparoscopic techniques reduce blood loss, shorten hospital stays, and speed recovery.

### Safer Surgery

Gastroesophageal reflux disease (GERD) is a widespread complaint, afflicting nearly 20 million Americans. While the condition can usually be controlled with medication, severe GERD sometimes necessitates surgery. Another frequent stomach complaint is a hiatal hernia, which occurs when the diaphragm tears and the stomach protrudes into the chest. "We perform laparoscopic surgery even on very elderly patients who would not be able to tolerate an open operation," says surgeon Rocco Orlando, III, M.D. "Patients recover faster because there's less trauma."

The incidence of esophageal cancer has soared over the past 30 years and is now rising faster than any other cancer in adults. Minimally invasive procedures can be used for removal of malignancies in the esophagus, as well as the stomach, pancreas, liver and spleen. Dr. Orlando has developed a hand-assisted technique for removal of liver tumors that allows him to reach in and feel the organ, since the surgeon has no sense of touch with conventional laparoscopic techniques. For those who aren't candidates for surgery to remove liver tumors, Dr. Orlando performs cryoablation, a minimally invasive procedure that relies on laparoscopic techniques to "freeze" cancerous lesions.

### Gynecology

Today at Hartford Hospital, minimally invasive surgery is routine for fibroid tumors, ovarian cysts, endometriosis, tubal ligation ("tube-tying") and infertility. "Most surgeries for urinary incontinence and hysterectomy (removal of the uterus) are performed vaginally," says urogynecologist Christine LaSala, M.D.

Hartford Hospital is the only medical center in the Northeast to use a surgical robot for urogynecological surgery. The da Vinci robot can be used for gynecological cancers and pelvic reconstructive surgery to repair a prolapsed uterus or vagina, although surgery is performed vaginally whenever possible. "Many procedures can be performed with laparoscopy," adds urogynecologist Paul K. Tulikangas, M.D. "Women over age 75 aren't candidates for the robot because of the risks of general anesthesia."

While laparoscopy reduces the need for an open procedure and shortens recovery times, the robot offers unprecedented control and precision during lengthy or difficult operations. "Laparoscopic procedures can sometimes be technically difficult and require large amounts of suturing," explains urogynecologist Adam C. Steinberg, D.O. "Robotic surgery allows us to perform the same procedures with greater ease."

"Conventional surgery requires a long surgical incision that can take up to eight weeks to heal," says Dr. LaSala. "The robot makes the procedure easier to perform so we can often avoid an abdominal incision."

"Pelvic prolapse is an embarrassing problem," says a patient who asked that her name not be used, whose pelvic reconstruction was performed by Dr. Steinberg. "It helps to have a doctor with a sense of humor. When they wheeled me into the operating room, the doctors and nurses introduced me to the robot. I'm so glad I had the procedure—I couldn't feel any better."

# Stay Out of the Hospital

## New Outpatient Treatment for Congestive Heart Failure

**W**hen the weakened heart muscle loses its ability to pump efficiently, the life-threatening condition is called congestive heart failure (CHF). For nearly five million aging Americans, congestive heart failure brings frightening trips to the emergency room and recurrent hospitalizations. In the United States, 550,000 new cases of CHF are diagnosed each year. The condition usually develops gradually as the result of a heart attack, uncontrolled high blood pressure, heart defect or viral infection.

During a heart attack, a sudden clot blocks a coronary artery, sometimes damaging the oxygen-starved heart muscle permanently.

When the heart can't pump forcefully enough, blood flow drops as the heart struggles to supply oxygen and nutrients to the brain and vital organs. The chambers of the heart stretch to hold more blood, but over time, the heart muscle walls weaken and pumping slows. The kidneys respond by causing the body to retain water and sodium. Blood backs up into the veins leading to the heart, excess fluid pools in the lower legs and ankles, and the belly becomes swollen and congested. Fluid fills the lungs, causing shortness of breath, especially when lying down.

When so much fluid accumulates that diuretics (water pills) no longer work, the usual treatment is hospitalization for intravenous (IV) administration of medications. In hospitals across the country, congestive heart failure is the leading cause of hospitalization for patients age 65 and over.

"Repeated hospitalizations are a medical and financial burden," says Detlef Wencker, M.D., who recently joined the Henry Low Heart Center as director of the Heart Failure and Transplant Center. "Nationally, the average stay for CHF patients is five to six days—and 50 percent are readmitted to the hospital within six months. Outpatient infusions have been shown to reduce hospital readmissions by as much as 91 percent."

Hartford Hospital's new infusion center is changing the way today's patients are living with heart disease. The Henry Low Heart Center, with generous support from donors, funds the infusion center. The state-of-the-art outpatient treatment facility is dedicated to caring for patients at the advanced stage of heart failure. Intravenous administration of medica-

tions rapidly improves symptoms and restores normal fluid status. In addition, one-on-one nutritional counseling helps patients adhere to a complex medical regimen and a specialized low-sodium (salt) diet, while learning to recognize weight gain that signals fluid retention. Cardiac rehabilitation and individualized exercise plans strengthen the heart muscle to improve circulation and support the recovery process.

"Patients do better when they stay out of the hospital," says Dr. Wencker, "Our results show clearly that outpatient infusion with IV diuretics keeps heart failure patients mobile, which translates into better outcomes. Just being in bed for six days in the hospital worsens patients' cardiovascular condition and outcomes. Although the expected mortality rate for acute decompensated CHF is about 30 percent at one year, we saw only about five percent in our patient population. Patients referred to us by a cardiologist can call and come directly to the infusion center, avoiding the emergency department and hospitalization."

The hospital's Heart Failure and Transplant Center offers comprehensive services to patients with varying degrees of heart disease, ranging from treatment with drugs, cardiac pacing devices and implantable defibrillators all the way to heart transplantation, as one of only two transplant centers in the state. In patients with end-stage heart failure, an implantable mechanical pump called a ventricular assist device (VAD) often serves as a "bridge to transplant" until a suitable donor heart becomes available.

Not only does the infusion center provide therapy in a convenient setting, but patients also receive a complete blood work-up at every visit, which keeps tabs on blood volume, total body water, electrolyte levels, kidney function and other indicators. As part of Dr. Wencker's research into the cellular mechanism of progressive heart failure in patients with end-stage heart failure, Hartford Hospital patients who meet specific criteria may be eligible to enroll in several groundbreaking clinical trials.

"We are part of multi-center studies of new pharmaco-therapies for CHF patients with severe fluid overload," explains Dr. Wencker. "These therapies, from initial efficacy trials, are promising to reduce the number and length of stay of readmissions while improving symptoms."

People are living longer with advanced heart failure. Even "end-stage heart failure" is no longer a death sentence, as heart transplant or mechanical heart pumps offer recovery from heart failure and a longer life span. For patients whose heart muscle can no longer pump vigorously, Hartford Hospital's infusion center can help ensure extra years of healthy life.



*Detlef Wencker, M.D., director of the Heart Failure and Transplant Center at the Henry Low Heart Center.*

## Age-Related Macular Degeneration: In the Sights of Targeted Drugs



Age-related macular degeneration (AMD) occurs when the center of the retina, the *macula*, undergoes deterioration, swelling or hemorrhage. The most common cause of central vision loss in those over age 50, AMD afflicts as many as 10 million Americans. Each year, approximately 200,000 people in the United States develop the condition.

“The cause of macular degeneration is unknown,” says Alexander Gaudio, M.D., a Hartford retina specialist. “However, the roles of genetics and aging are indisputable. In addition, smoking, high blood pressure, high cholesterol, obesity, exposure to sunlight and blue eyes have been implicated.”

“AMD often begins with blurred vision,” says retina specialist Jerry Neuwirth, M.D., director of the Department of Ophthalmology at Hartford Hospital. “It’s not painful, but lines appear to bend or distort, with a blind spot in the center.”

Although the degenerative disease is progressive, the milder “dry” form usually is not as aggressive and sight threatening as the “wet” form of AMD. “In 15 percent of people with dry AMD, abnormal blood vessels invade the macula, causing the conversion to “wet” AMD,” says Dr. Gaudio. “These vessels are leaky and fragile. They bleed

easily, and resulting hemorrhage causes increasingly severe vision loss.”

“The real change occurs once a patient with intermediate, dry AMD converts to wet AMD,” explains West Hartford ophthalmologist Alan E. Solinsky, M.D. “At this conversion point, sight becomes threatened and can deteriorate quickly. With new advances in drug therapies showing great promise in halting the progression of AMD, it has become imperative to detect this conversion from dry to wet AMD earlier.”

Recently, a large study showed that antioxidants may help prevent the progression from dry to wet AMD. Before starting vitamin therapy, those at risk for AMD because of family history or aging should have a comprehensive eye exam performed by a qualified ophthalmologist.

New treatments for wet AMD involve injecting the eye with drugs to help stop bleeding and impede the growth of new blood vessels. So far, the FDA has approved Lucentis for wet AMD. “New therapies have revolutionized AMD treatment,” says Dr. Neuwirth. “Although not curative, 90 percent of patients maintained their sight with monthly injections of Lucentis and nearly 40 percent had significant improvement in their vision.”

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

#### Alzheimer's Link

Variations in the SORL1 gene may be a factor in late-onset Alzheimer's disease, report the National Institutes of Health (NIH) and a group of international researchers throughout North America, Europe and Asia. Three mutated genes were previously shown to cause rare, early-onset Alzheimer's. Identifying genes involved in Alzheimer's may eventually alert individuals at risk and speed new treatments.

#### Warning Women

The American Heart Association warns that more women than previously suspected may be at risk for asymptomatic peripheral artery disease (PAD), a circulatory problem that can lead to heart attack and stroke. The sharp increase is linked to rising rates of obesity and Type 2 diabetes, both cardiovascular risk factors. PAD can signal development of coronary artery disease.

#### Dying of Loneliness

People who are socially isolated die more often from all causes, and are more susceptible to the common cold, infections, cancer and cardiovascular disease. Researchers at the University of California, Los Angeles, found that people who were “chronically lonely” shared more than 200 genes that conspired to weaken their immune system and put them at risk for inflammatory disease.

#### Meat Menace

Researchers at Boston's Dana-Farber Cancer Institute urge colon cancer survivors to help prevent a cancer recurrence by avoiding red meat, fatty foods and rich desserts after treatment with surgery, chemotherapy and/or radiation. Survivors who ate a high-fat diet were three times more likely to have their cancer return than those who ate a diet of fish, poultry, fruits and vegetables.

# Dog Days in the ICU



**A**s any pet lover will tell you, dogs make people feel better. Scientific studies confirm what pet owners already know—a pet’s calming companionship comforts loss, soothes pain and reduces blood pressure. Gazing into the gentle eyes of a dog creates a strong emotional bond that can help patients cope with feelings of loneliness and isolation. For a bedridden geriatric patient, something as simple as the touch of a wet nose or a lick from a sandpaper tongue brings a smile.

Popular in Europe for centuries, pet therapy arrived at Hartford Hospital in 1995, when Robert Martin, M.D., a retired oncologist, began making rounds with his puppy, Abby. After more than 10 years of service throughout the hospital, from pediatrics to palliative care, Abby was honored posthumously with the Red Cross Hero Award in 2005.

Today, there are 36 pet therapy-certified dogs in Hartford Hospital’s program, which received both the Distinguished Service Award and the Pet(s) of the Year Award in 2007 from the Connecticut Veterinarian Medical Association. Over the years, the pet therapy team has welcomed mixed breeds, rescued dogs, Jack Russell terriers, Irish wolfhounds, Newfoundlands and golden retrievers, among many other dogs.

“Dogs go everywhere in the hospital but the operating room and maternity floor,” says Volunteer Services Manager Kelly Boothby. “Doctors and nurses can make a request via computer for a pet therapy visit to a hospitalized patient, even someone who is unresponsive or even unconscious in an intensive care unit. On nursing units, dogs go from room to room on a weekly basis, although anyone who is allergic to animals or doesn’t want a visit can refuse. The dogs get attention, but they know they’re working—they go home exhausted.”

At the Institute of Living (IOL), dogs are popular among the inpatient geriatric patients suffering from dementia or Alzheimer’s disease. Dogs evoke a response in individuals reluctant to participate in programs or communicate with other people. Dogs don’t care if someone is old or incontinent, withdrawn or disoriented. Pet therapy visits provide non-verbal and tactile comfort that helps break the cycle of loneliness, hopelessness and social withdrawal that often afflicts older adults. It’s not surprising that dogs are welcome visitors at the IOL, which is seeking three or four more certified pet therapy dogs and volunteers for daytime visits.

The therapeutic value of connections between humans and pets is well documented in the medical literature. “Stress is a major component of disease in an inner city clinic,” says Darrin D’Agostino, D.O., M.P.H., medical director of Integrative Medicine and director of the Ambulatory Pain Services. “Ambulatory care patients often suffer from significant psychiatric disease in addition to organic disease. Pets can be very therapeutic for anxiety and feelings of loss of control. In my opinion, pet therapy isn’t ordered enough—the least treated problem in the hospital is the physical and emotional stress of just being in the hospital.”

Pet owners, particularly the elderly, have lower blood pressure and higher self esteem than people who don’t own a pet. Researchers at the University of Pennsylvania found that coronary artery disease sufferers who went home from the hospital to pets were less likely to die within a year. While older people may worry about what will happen to their pets after they’re gone, animals provide a reason for living for some patients. And, although cats don’t visit Hartford Hospital, they offer the same life-saving benefits to their owners. “Bringing a cat into a skilled nursing facility keeps people happy,” adds Dr. D’Agostino. “Watching an elderly woman with Alzheimer’s disease petting a therapy dog on her bed, you know that these animals are giving the best of themselves.”



*Patient Carl Pinto enjoys a visit from Lyle, a pet therapy-certified dog, and volunteer Susan Pennington.*



# CALENDAR

HARTFORD HOSPITAL PROGRAMS & EVENTS FROM DECEMBER 15, '07 THROUGH MARCH 15, '08

## Contents

|   |           |  |              |
|---|-----------|--|--------------|
| <b>Cancer Program</b> _____                 | <b>13</b> | <b>Nutrition Counseling</b> _____          | <b>15</b>    |
| • Support Groups                            |           | • Bariatric Support Group                  |              |
| <b>Clinical Professional Programs</b> _____ | <b>18</b> | <b>Professional Development</b> _____      | <b>17</b>    |
| • EMS Education                             |           | <b>Rehabilitation</b> _____                | <b>13</b>    |
| • School of Allied Health                   |           | <b>Safety Education</b> _____              | <b>15</b>    |
| <b>Diabetes Lifecare</b> _____              | <b>15</b> | <b>Screenings</b> _____                    | <b>17</b>    |
| <b>Domestic Violence</b> _____              | <b>16</b> | <b>Special Events</b> _____                | <b>19</b>    |
| <b>Healthy Hearts</b> _____                 | <b>13</b> | <b>Support Groups</b> _____                | <b>17</b>    |
| • Stop Smoking for Life Programs            |           | <b>Volunteer Services</b> _____            | <b>15</b>    |
| <b>HealthStar</b> _____                     | <b>14</b> | • Blood Drive                              |              |
| • Speaker's Bureau                          |           | <b>Wellness/Integrative Medicine</b> _____ | <b>15</b>    |
| • Mobile Mammography                        |           | • Lunch and Learn Programs                 |              |
| <b>Mental Health</b> _____                  | <b>14</b> | <b>Women's Health Issues</b> _____         | <b>16-17</b> |
| • Bereavement Support                       |           | • Parent Education Classes                 |              |
| • Eating Disorder Education/Support         |           | • Parent-Baby Series                       |              |
| • Schizophrenia Program                     |           | • Exercise for Expectant and New Moms      |              |
| • Bipolar Disorder                          |           |  |              |

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 1/3, 2/7, 3/6—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 1/17, 2/21.  
Call Sherri Storms, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

4th Tuesday of each month on 1/22, 2/26.  
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. Learn about risk factors for breast cancer and treatment options, including the STAR trial, an NCI/NSABP sponsored trial for postmenopausal women at high risk. For schedule or to inquire about registration, call the Partnership for Breast Care at (860) 545-1888.

### 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 Sherri Storms, RN at (860) 545-3781. 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) 545-5113. 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 from 7:00 to 9:30 p.m. on 1/8, 2/5, 3/4. 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 11:30 a.m. to 1:00 p.m. on 1/7, 2/4, 3/3. Registration is required. Call Janice Labas at (860) 545-4184. 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. Registration is required. **Schedule:** Tuesdays 1/8 to 2/12 from 4:00 to 5:00 p.m. FEE: \$150. Medicare, Medicaid or no insurance, fee waived.

- **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 2/5, 3/4 from 5:00 to 6:00 p.m. (no meeting in January). 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. For patients with Medicare, Medicaid or no insurance, fee waived.

- **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

For cardiac patients, 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.



## 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 the 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.

## 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:** 2nd and 4th Mondays, from 1:00 to 2:15 p.m. on 12/24, 1/14, 1/28, 2/11, 2/25, 3/10 at 85 Jefferson Street, Room #116. Call (860) 545-2290. FREE.

### Bereavement Support Group for Spouses (Age 55+)

For people 55 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month (call for December schedule) on 1/22, 2/26 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. FREE.

### Bereavement Support Group for Spouses (Age 35–55)

For people age 35–55 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 12/18, 1/15, 2/19 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, 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 12/24, 1/14, 1/28, 2/11, 2/25, 3/10 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 1/3, 2/7, 3/6 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 on 12/31, 1/28, 2/25 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.

### 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 12/18, 1/15, 2/19 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. Meetings take place in the Donnelly Building 1st floor Conference Room.

#### • 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 (except January) on 1/8, 2/5, 3/4 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:** Tuesday, 1/22 from 5:15 to 6:30 p.m. Registration is **not** required.

#### • 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 Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month on 12/20, 1/3, 1/17, 2/7, 2/21, 3/6 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 Kristen Gawley, PsyM. **Schedule:** 3/11 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 Kristen Gawley, PsyM. **Schedule:** 1/8 from 5:15 to 6:30 p.m.

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

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Christine Gagliardi, M.Ed, Vocational Counselor and Patricia Wardwell, COTA, Occupational Therapist. **Schedule:** 2/12 from 5:15 to 6:30 p.m.



**HealthStar**, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-3901 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.

## 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:** 1/7 through 2/11 From 6:00 to 9:00 p.m. at the Newington campus. FEE: \$140 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 12/20, 1/10, 1/24, 2/14 or 3/13 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160 (HH employees and volunteers \$130); 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:** 1/10 to 2/28 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:** 2/23 from 9:30 a.m. to 8:30 p.m. in Newington. FEE: \$160 (\$130 for HH employees); Nursing CEUs available.

## 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! Healthy Weight and Wellness

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.

### 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.

12/18 *Holiday Event*

1/15 *Considering Plastic Surgery*

2/19 *Intimacy Issues After Surgery*



## 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.

## 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 Car Seat Safety class for expectant parents. This class is free, but space is limited. Registration is required. **Schedule:** 1/28 from 6:30 to 8:00 p.m. in West Hartford. Call (860) 545-1888 to register. FREE.

### Family & Friends First Aid for Children

For those caring for infants and children, such as family members, babysitters and others providing in-home care, who want basic first aid information but who do not need a course completion card. Call (860) 545-1888 for schedule. FEE: \$25.

### 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.

## VOLUNTEERS

### 10 Years of Reiki at Hartford Hospital

This spring will mark the 10th anniversary of the Reiki Volunteer program. This gentle relaxation service has touched many patients and their families—over 8,500 last year alone! If you or your family member received a reiki session at Hartford Hospital and would be willing to share your feedback about the experience, please send your comments to: Eileen Pelletier, Volunteer Services Manager, 80 Seymour Street, Hartford, CT 06102. Email: [eeppet@harthosp.org](mailto:eeppet@harthosp.org) or call (860) 545-2448.

### Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital (Education & Resource Center location) on 1/22 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).

### Health Literacy Volunteer

Volunteers needed for new program! Volunteers would present information about basic health literacy including how to read over the counter medication labels, managing multiple medications and keeping a medication journal. Bi-lingual Spanish volunteers especially needed. Training will be provided. Call Volunteer Services at (860) 545-2198 or visit us on-line at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc).

## 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 6:30–8:00 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 2/9 & 2/16 in Avon and on 3/8 & 3/15 in Wethersfield. 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.

## 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.

**Avon:** 1/24, 2/28

**Glastonbury:** 1/14, 2/11, 3/10

**Hartford:** 1/28, 2/25

**West Hartford:** 2/5, 3/4

**Wethersfield:** 1/9, 3/12

### • *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** 6:30–8:30 p.m. FEE: \$20.

**Avon:** 1/10, 3/13

**Glastonbury:** 1/28, 2/25

**Hartford:** 1/14, 2/11

**West Hartford:** 1/7, 2/4, 3/3

**Wethersfield:** 2/13

### • *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:** 1/31 at Hartford Hospital from 6:30 to 8:30 p.m. FEE: \$20.

### • *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 1/12 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 2/9. FEE: \$50.

### • *Expectant Grandparents Class*

Provides grandparents with an 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 2/4 in Glastonbury. FREE.

### • *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. Private classes available through our Integrative Medicine Department. Call (860) 545-4444. FEE: \$45.

### • *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 2/6. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Call for schedule.** Meetings held at Mandell Jewish Community Center, West Hartford. 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 babies 6 to 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 1/30 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 two-night class does not replace a Childbirth class. **Schedule:** Wethersfield on 1/7 and 1/14 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, Glastonbury, West Hartford, Wethersfield and 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 West Hartford on 2/11. 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.



### 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:** Wethersfield from 10:00 to 11:00 a.m. FEE: \$50 for 6-week series from 1/9 to 2/13 or \$40 for 5-week series from 2/20 to 4/9.

- **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 2/6, 3/5. 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. FEE: \$50 for 6-week series from 1/9 to 2/13 or \$40 for 5-week series from 2/20 to 4/9.

- **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:** On 2/7 from 7:00 to 8:00 p.m. at Hartford Hospital. 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 1/5, 2/2, 3/1; Thursday 4:00–5:00 p.m. on 1/17, 2/21

**School-age**—Saturday 10:00–11:00 a.m. on 1/12, 2/9, 3/8

### Exercise for Expectant and New Moms

- **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Sessions run 1/19 through 2/13 or 2/27 through 4/2 from 5:30 to 6:45 p.m. 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.

### 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 1/16, 2/20 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 1/18, 2/12, 3/11 at Hartford Hospital's Special Dining Room. FREE.

- **Transplant Patient Support Group**

For 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 12/27, 1/24, 2/28. Call (860) 545-2142 to verify schedule and location. FREE.

- **IBD Inflammatory Bowel Disease Support Group**

Meets the last Thursday of each month (*no meeting in December*) 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 12/28, 1/25, 2/22 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 12/18, 1/15, 2/19. 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 12/27, 1/10, 1/24, 2/14, 2/28, 3/13. FEE: \$39 for 6-month membership.

## 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).

#### **New! Pediatric First Aid & CPR**

This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Approved by the State of Connecticut to meet the requirements for day care providers for first aid. Call (860) 545-2564 for schedule and to register. FEE: \$75.

#### **New! Adult First Aid & CPR with Automated External Defibrillation**

Course content includes general principles of first aid, medical emergencies, injury emergencies, CPR and the use of the automated external defibrillator, and environmental emergencies. Call (860) 545-2564 for schedule and to register. FEE \$90.

#### **New! Adult/Child/Infant CPR with Automated External Defibrillator**

The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Call (860) 545-2564 for schedule and to register. FEE: \$75.

#### **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 for schedule. FEE: \$85.

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

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

#### **CPR 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.

#### **Core Instructor Program**

For anyone interested in becoming a CPR, ACLS, or PALS instructor. Must have a current provider card in the topic they wish to become an instructor in. Upon completing the Core Instructor program, the student will be eligible to take the discipline specific instructor training program. FEE: \$150. BCLS, ACLS, & PALS Instructor program: \$300. Call (860) 545-2564 for schedule and to register.

#### **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.

#### **Pediatric Education for Pre-Hospital Professionals**

PEPP represents a comprehensive source of pre-hospital information for the emergent care of infants and children. It will teach the pre-hospital professional how to better assess and manage the ill or injured child. Call (860) 545-2564 for schedule: FEE: \$150.

### 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. For more information, call Carol Blanks-Lawson at (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.

#### **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.

# SPECIAL EVENTS AT HARTFORD HOSPITAL

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

## **Robotic Radical Prostatectomy for Prostate Cancer**

Learn about prostate cancer and 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, Joseph Wagner, MD. **Schedule:** December 18 in Wethersfield from 7:00 to 8:00 p.m. Registration is required. FREE.



## **Nursing Open House**

For experienced and new graduate RNs. On-site tours and interviews with Nurse Managers/Educators—bring your resume. Refreshments and various raffle prizes throughout the afternoon! We will validate parking tickets for the public parking garage at 85 Seymour Street, across the street from Hartford Hospital. **Schedule:** Wednesday, January 9th in the Special Dining Room of Hartford Hospital's cafeteria from 7:30 to 9:30 a.m. and from 2:30 to 5:30 p.m. Registration is not necessary. For further information, or should there be inclement weather on January 9th, please call (860) 545-2452.

## **High Fashion with a Heart**

Join us for a fabulous afternoon of fashion, fitness and fun on Saturday, February 2, at the Hartford Stage Company. Denise D'Ascenzo from WFSB Channel 3 and Jeanine Jersey from WTIC FM will be your hosts. Get expert advice on what's new in fashion, hair, fitness and nutrition and learn your risk factors for heart disease and what you can do for prevention. Tickets are \$15, \$20 or \$25 and are available through the Hartford Stage Box Office at (860) 527-5151.

## **Treating Arthritis in Your Knees and Hips**

Dr. Durgesh Nagarkatti, orthopedic surgeon with Orthopedic Associates of Hartford will discuss what arthritis is and the different types of arthritis and their symptoms. He'll explain about non-operative and operative management and advances in arthritis treatment. **Schedule:** 7:00 to 8:00 p.m. on January 17 in Avon, February 21 in West Hartford. FREE.



## **The Mother-Daughter Project**

Hartford Hospital invites mothers and women who care for girls to take a look at these young women in a whole new way. Hear author SuEllen Hawkins, MD, discuss her experiences as a doctor and mother of a young daughter. Topics include, *How to talk to your Teenager; Do I Have to Look Like a Model?; For Girls Only: Questions for a Doctor* and, *Follow Your Dreams*. **Schedule:** Saturday, January 12th from 11:30 a.m. to 2:30 p.m. at Hartford Hospital's Heublein Hall, 560 Hudson Street, Hartford. FEE: Non-Refundable \$10 includes luncheon. Registration is required. Please call (860) 545-1888



## **Hair Loss, Laser Hair Removal and Facial Rejuvenation**

Dr. Brook Seeley, Board-certified in facial plastic surgery and head and neck surgery, will discuss the medical and surgical treatment options for female hair loss and male pattern baldness. Learn about hair transplantation surgery, laser hair removal and advances in noninvasive facial rejuvenation including topics such as BOTOX, dermal fillers, chemical peels, lasers and skin care. **Schedule:** January 8 in West Hartford, February 12 in Avon, March 11 in Glastonbury from 7:00 to 8:00 p.m. FREE.

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

## Sweet Corn Chowder with Avocado

(adapted from a recipe published by Hartford Hospital's Congestive Heart Disease Center)



Serving accessories can be purchased at the Hartford Hospital Auxiliary Gift Shop.

Warm up winter's chill with a steaming cup of hearty corn chowder, low in sodium yet rich in flavor. Adding a sprinkling of cilantro and cubed avocado lends a zesty tang to this thick and creamy soup. Avocados are related to cinnamon and sassafras, with zero cholesterol and 60 percent more potassium than bananas.

Revered by the Aztecs as an aphrodisiac, avocados are higher in fat content than other fruits, but aren't as fattening as you might think. High in heart-healthy monounsaturated fat, avocados contain *beta-sitosterol*, a beneficial plant-based fat believed to lower LDL ("bad") cholesterol levels. Peak season for avocados is late winter and early spring.

### Ingredients

- 1 tsp. olive oil
- 1 clove garlic, minced
- 1 medium onion, chopped
- 2 cups water
- 2 medium potatoes, peeled and diced
- 2 cups whole kernel corn (Choose "no salt added" variety if using canned corn)
- 2 cups low-fat milk
- ½ tsp. ground black pepper
- ½ sweet red pepper, diced
- 1 avocado, cubed
- 1 Tbs. cilantro, chopped

Heat the oil in a saucepan; add garlic and onion. Cook until onions are soft and transparent. Add the water and potatoes. Simmer until potatoes can be easily picked with a fork. Add the corn and simmer until soft, then stir in milk, pepper and red pepper. Cook on low until heated through. DO NOT boil. Serve immediately. Garnish with avocado and sprinkle with chopped cilantro. *Makes 6 half-cup servings.*

Calories: 178  
 Carbohydrate: 28 g  
 Total Fat: 6.4 g (58% monounsaturated fat)  
 Protein: 6 g  
 Saturated Fat: 1.3 g  
 Monounsaturated Fat: 3.7 g  
 Fiber: 4.5 g

Sodium: 49 mg (3% Recommended Daily Allowance)  
 Riboflavin: 23% of DRI (Dietary Reference Intake)  
 Vitamin B6: 28%  
 Vitamin C: 48%  
 Vitamin A: 43%  
 Zinc: 18%

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