

A U T U M N  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Rider's Block

Blood clots are a hidden danger for travelers

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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.

## Cancer Center Expands

Hartford Hospital recently opened the Helen & Harry Gray Cancer Center—Avon, a 15,000-square-foot satellite location providing convenient access to care for patients in the Farmington Valley, Litchfield County and surrounding regions. Thanks to a million-dollar naming gift from philanthropists Helen and Harry Gray, as well as donations from many individuals, the new center will meet the growing demand for



*The Helen & Harry Gray Cancer Center—Avon, located at 80 Fisher Drive.*

comprehensive cancer services in a suburban location with plenty of free parking.

“Cancer patients often find it difficult to get downtown on a daily basis because of the weather and traffic on Avon mountain,” says radiation oncologist Andrew L. Salner, director of the cancer program at the Helen & Harry Gray Cancer Center. “We are pleased to be able to bring ambulatory cancer care out into the community.”

A private practice group, Oncology Associates, which has had a long-standing presence and commitment to the Avon area, provides medical oncology services—including chemotherapy treatment—in the building. Radiation oncology offers image-guided radiation therapy (IGRT) and CT simulation for radiation treatment planning. Gynecologic and surgical oncology are also represented, with physicians available for appointments in the Avon location.

Located in a pastoral setting with views of the Heublein Tower and just a short drive from the Avon Wellness Center, the new facility features a meditation garden with a pergola and waterfall. In addition to oncology and other cancer-related specialties, the Helen & Harry Gray Cancer Center—Avon offers nutritional and social service counseling, educational programs, support groups and a boutique to help you look and feel better while undergoing cancer treatment.

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



Look around the grocery shelves and you'll find everything packaged in plastic. Nearly 100 billion pounds of plastic are produced in the United States each year.

Despite reassurance from industry groups, consumers are already worried about polycarbonate baby bottles banned in Canada and colorful hard plastic (Nalgene) water bottles. Many hard, clear

plastic containers labeled with the recycling symbol #7 contain bisphenol A (BPA), a chemical that some researchers say has potentially harmful effects on the developing reproductive system. Most pregnant women don't realize that many metal cans are also lined with BPA.

Now consumers are hearing new concerns about soft, flexible plastics containing “plasticizers” called phthalates. The United States is one of the few developed countries with no government limits on phthalates—commonly found in products made from polyvinyl chloride (PVC)—including cooking oil bottles, plastic packaging and food wrap. Although usually not recycled, PVC is labeled with the recycling symbol #3.

The fact that resins used to make plastics can migrate from food and beverage storage containers is not new, but the realization that these chemicals may be hazardous even at low levels is fairly recent. The EPA's guidelines for safe human exposure to the chemicals are decades old and the agency is reassessing the risks posed by phthalates. Studies in both animals and people reveal that even tiny amounts leaching from plastic bottles may have adverse health effects.



## Fibromyalgia: R<sub>x</sub> for Persistent Pain

**I**magine that you're in pain. All over. All the time. That's what it's like to have *fibromyalgia*, a disorder characterized by chronic pain, fatigue and sleep problems.

According to the American College of Rheumatology, fibromyalgia is an often misunderstood, and even an unrecognized, disorder. Fibromyalgia is not a form of arthritis (although someone with rheumatoid arthritis or lupus may be more likely to have fibromyalgia) and does not cause inflammation or damage to joints, muscles or other tissues. Fibromyalgia afflicts an estimated five million American adults, predominantly women.

"Fibromyalgia has overtaken osteoarthritis as the most common reason people consult a rheumatologist," says Ralph Stocker, M.D., a rheumatologist with Rheumatology Associates. "Our current understanding of the disorder is that it's not an inflammatory disease, but a multi-causal 'pain amplification' syndrome associated with sleep disorders and problems with pain sensation. Corticosteroids and anti-inflammatory drugs don't offer much relief, although many patients do benefit from aerobic exercise five days a week."

Physicians prescribe muscle relaxants, antidepressants and anti-seizure medications to help sufferers cope with

throbbing pain, stiffness and tenderness, often accompanied by neurological complaints like numbness and tingling. The Food and Drug Administration (FDA) has approved two drugs, the antidepressant Cymbalta and the anticonvulsant Lyrica, to treat the symptoms of fibromyalgia.

In 2007, the nerve-pain drug Lyrica became the first FDA-approved medication for fibromyalgia. In June the FDA added Cymbalta, which affects neurotransmitters in the brain and spinal cord believed to regulate mood and the perception of pain. Cymbalta was shown to markedly reduce pain in more than half of women treated for fibromyalgia, whether or not they suffered from major depression.

"Fibromyalgia causes demonstrable physiological and hormonal changes in the body and brain," says Morris Papernik, M.D., an affiliated attending physician at Hartford Hospital and internal medicine specialist with Pro-Health Physicians in Glastonbury. "Cymbalta and Lyrica, in combination, have analgesic (pain-relieving) effect that can bring significant improvement in fibromyalgia patients, even in those who don't suffer from depression or a seizure disorder."

While the cause of fibromyalgia remains unknown, it has been linked to abnormalities in the neurotransmitters serotonin and norepinephrine, the same neurotransmitters believed to play a role in major depressive disorder, generalized anxiety and neuropathic (nerve-related) pain. "Primary care physicians need to recognize fibromyalgia symptoms and exclude other conditions," says Dr. Stocker. "Since the disorder predominantly affects women, many patients first consult a gynecologist because of pelvic pain and bladder disturbances."

"Fibromyalgia is diagnosed by pain on both sides, above and below the waist, at specific trigger points," adds Dr. Papernik, noting that victims often suffer from irritable bowel syndrome, memory loss, concentration difficulties and cognitive problems, headache and facial pain. Cognitive behavioral therapy (CBT), an evidence-based form of psychotherapy that emphasizes the important role of thinking in relation to feelings and behavior, can also be effective in helping people manage pain and fatigue.

# Catching A Clot



*Peripheral Vascular Surgeon  
Mary Windels, M.D.*

## A blood clot takes a devastatingly rapid path to the brain, heart or lungs.

A blood clot forms in secret, deep within the body, then rides a rushing tide of blood to the brain. As it weaves its way through a convoluted web of vessels, the errant clump of blood cells and fibrin strands plugs an artery, cutting off the flow of blood. Starved of oxygen-rich blood, brain cells begin to die.

Stroke is a killer, accounting for nearly 2,000 deaths annually in Connecticut. Of the more than four million Americans who have ever suffered a stroke caused by a blood clot, one-third to one-half are permanently afflicted. Stroke is the third leading cause of death in the United States and the leading cause of adult disability. Nearly 85 percent of all “brain attacks” occur when a blood clot lodges within an artery that supplies the brain, blocking blood flow and depriving the brain of oxygen.

Obesity, high blood pressure, heart disease, diabetes, high cholesterol and cigarette smoking increase your chances of having a stroke. Nearly a quarter of all stroke victims—slightly more women than men—die within a year of having a stroke. African-Americans are two to three times more likely to suffer a stroke and more likely to die of a stroke at a young age than whites and Hispanics.

### Stroke signals

An *embolic* stroke happens suddenly. A blood clot forms and travels through the bloodstream to an artery in the brain. The clot blocks the vessel the way a stopped-up pipe under the sink prevents water from going down a drain.

A stroke from arterial blockage on one side of the brain typically afflicts the opposite side of the body. The most common symptoms are the sudden loss of strength on one side of the body and speech problems. Be on the alert for loss of balance, visual problems, numbness or weakness that may warn of a dizzying collapse. You may not be able to speak, or have difficulty understanding what other people are saying.

Arteries leading to the brain can gradually become clogged with a buildup of plaque—a process called *thrombosis*—eventually cutting off blood flow to the brain. *Thrombotic* stroke victims are likely to suffer from coronary artery disease. Most large-vessel thrombosis happens when long-

term atherosclerosis—a lifetime buildup of fatty deposits and cholesterol—suddenly unleashes a potentially lethal blood clot.

### Clot-busting

The advent of “clot-busting” drugs—approved by the Food and Drug Administration (FDA) to treat stroke in 1996—raised the odds of survival with increased level of function. However, the benefit of the clot-dissolving medication, tissue plasminogen activator (t-PA), occurs only when given as soon as possible within the first three hours from the onset of symptoms. When administered promptly, t-PA may halt the cascading brain injury that once doomed stroke victims to memory loss, cognitive impairment, speech difficulties, paralysis, coma or death.

“Time is brain,” explains Isaac Silverman, M.D., co-medical director of the Stroke Center at Hartford Hospital. “Patients and their families must think that the response to stroke symptoms is to dial ‘911.’ Driving your family member to the hospital wastes valuable minutes, in that your level of care will not be as rapid as when you arrive via ambulance.”

Stroke Team physicians at Hartford Hospital also use catheter-delivered devices to directly dissolve or retrieve clots in brain arteries—similar to the way cardiologists open up heart vessels during heart attacks. Mechanical procedures have the advantage of reopening arteries where t-PA has failed, and at later intervals than three hours.

The Stroke Center pioneered the development of a revolutionary method—the MERCI clot retrieval device—that can be threaded through a catheter (a tiny tube inserted into a blood vessel) to capture a clot. Interventional neuroradiologists maneuver the catheter through a small incision in the groin, then snake the tiny mechanical “hook” up through arteries into the brain, where they ensnare the clot or inject medication to dissolve it and restore the normal flow of blood.

Hartford Hospital interventional neuroradiologists Gary Spiegel, M.D., and his colleague Stephen Ohki, M.D., both of Jefferson Radiology, are national leaders in using minimally invasive procedures to halt strokes. In the past, treatment was risky, requiring surgical opening of the skull,

### Mohiuddin Cheema, M.D

Mohiuddin Cheema, M.D., is a Board-certified vascular and endovascular surgeon with Connecticut Surgical Group's Connecticut Vascular Institute. He is an associate clinical professor at the University of Connecticut.

A native of Pakistan, he graduated from medical school at Aga Khan University in Karachi before coming to the United States in 2000. He did his surgical residency at the University of Connecticut's surgical residency program and his fellowship in vascular surgery at Albany Medical Center Hospital.

At the Connecticut Vascular Institute, he performs vascular and endovascular (using minimally invasive techniques) surgery for aortic aneurysms, carotid disease, peripheral arterial disease, renal/mesenteric artery occlusive disease and varicose veins. He has published several articles about vascular surgical techniques in professional journals.

Dr. Cheema's wife, Amber, is also a physician in family medicine. They are the proud parents of an infant son.



injury to brain tissue and weeks of recovery. With these minimally invasive procedures, Dr. Spiegel says, "There's often virtually no recovery time."

### Why clot?

Think of a blood clot as too much of a good thing. If your blood didn't clot, you'd bleed to death. Over time, fatty deposits and cholesterol can repeatedly damage the inner linings of blood vessels, and your body responds by forming a protective scab over the injured vessel. Although the clot usually dissolves on its own, it can quickly turn deadly if it breaks loose and travels to the brain.

Blockages that come and go are called *transient ischemic accidents* (TIAs), tiny strokes that serve as an urgent warning to see your doctor. Popularly called "mini-strokes," TIAs briefly cause cognitive, speech or memory problems. Blood-thinning aspirin and cholesterol-lowering statins can reduce the risk of a stroke after a TIA, but up to 25 percent of people who have a TIA will die within a year.

"When a TIA occurs, the clot often dissolves on its own and the problem goes away," says Mary Windels, M.D., a peripheral vascular surgeon at Connecticut Surgical Group's Connecticut Vascular Institute who uses both open and minimally invasive, endovascular techniques to open blocked arteries throughout the body. "Seek help right away if you experience transient blacking out, numbness, temporary vision loss, garbled speech or facial drooping—blockages can be removed and a wire mesh tube called a 'stent' can be inserted to open up an artery."

Interventional radiologists at Hartford Hospital are currently part of a clinical trial to assess whether catheter-delivered stenting works as well as surgery to remove plaque in the carotid arteries. "Blockages in the carotid arteries of the neck are the leading preventable cause of a stroke," explains Dr. Windels, who surgically removes plaque from the inner lining of the vital arteries to restore blood flow from the aorta to the brain. "If you hear a 'swishing' noise in your ears, you may be hearing turbulence as the blood rushes past a blockage."

### Sudden and swift

Most blood clots that travel to the lung arise in the deep veins of the pelvis or upper legs. The clot turns deadly when it breaks loose, passes through two chambers of the heart and lodges in an artery in the lung, causing severe chest pain and shortness of breath. A clot that lodges in one of the main arteries to the lung—a *pulmonary embolism*—kills an estimated 200,000 people every year in the United States.

"Despite a reduction in the steroid content of oral contraceptives that improves the safety and side effect profile for the pill, the risk of thromboembolic disease, deep vein thrombosis and pulmonary embolism has not been eliminated," says gynecologist

## Deep vein thrombosis (DVT) is known as “economy class syndrome.” Low cabin pressure, cramped seating, immobility and dehydration can contribute to the development of a life-threatening blood clot on an airplane.



J. John Straub, M.D.

Linda Taylor, M.D. “The risk of these life-threatening events increases up to five times that of women not on the pill. Obesity, smoking, age and use of the transdermal contraceptive patch further increase the risk.”

For many years, physicians have placed umbrella-shaped metal filters in patients at high risk for a pulmonary embolism. The clot-snagging device is placed in the large main vein (the inferior vena cava, or IVC) that drains blood from the lower half of the body and returns it to the heart and lungs. “Retrievable IVC filters now allow interventional radiologists to optimize care for patients recovering from trauma or major surgery,” explains J. John Straub, M.D., a vascular and interventional radiologist at Jefferson Radiology. “These filters can be removed months or even years after placement with a simple outpatient procedure.”

### Blocked arteries

Atherosclerosis has also been linked to peripheral artery disease (PAD), a common circulatory problem in which narrowed arteries reduce blood flow to the heart, brain and

legs. “PAD is likely to be a sign of widespread accumulation of fatty deposits in your arteries,” says Mohiuddin Cheema, M.D., a Connecticut Vascular Institute vascular surgeon. “Your legs don’t receive enough blood flow to keep up with demand, causing leg pain and calf cramping when walking.”

Over time, untreated PAD can progress to ulcers, gangrene and loss of a limb. “Early diagnosis and treatment can prevent PAD from worsening and help reduce your risk of heart disease and stroke,” says Dr. Cheema. “If patients can stop smoking and start exercising, they can stop PAD from progressing. If they continue to smoke, they may need to undergo lengthy and painful treatments to salvage the limb.”

Dr. Cheema treats blockages in the arteries of the leg with minimally invasive techniques that include balloon and drug-eluting stents, lasers and special “cutting” balloons, all of which remove the blockage and eliminate the need for bypass surgery. Instead of an incision from the groin to the calf, patients have just a puncture in the groin, with significantly reduced risk of infection, bleeding, heart attack and stroke.

### Clogged veins

Sitting for a long plane ride or prolonged bed rest can lead to deep vein thrombosis (DVT) when a clot forms in the veins of the legs or arms, causing swelling, pain and discoloration. “Interventional radiologists at Hartford Hospital can provide therapy early in the course of large vein DVT that may be life-saving,” says Dr. Straub. “By placing an infusion catheter through the clot and infusing ‘clot-busting’ medicine directly into the clot, we can often make the clot disappear. Underlying vein narrowing caused by scarring can be treated with balloon angioplasty and stenting once the clot is gone.”

A new therapy—the EKOS catheter—harnesses the pulsing sound waves of ultrasound energy to penetrate the clot during the infusion. “Combining ultrasound energy with the infusion significantly improves the effectiveness of this therapy,” says Dr. Straub. “This same catheter can, at times, be used to melt away a large pulmonary embolus in a critically ill patient.”

Sometimes a clogged artery unblocks itself, and the numbness, weakness and vision loss seem to go away, but such transient blockages often predict a major stroke. Prompt treatment may stave off devastating brain injury. Injury, surgery, blood disorders, genetic factors, birth control patches or pills, pregnancy, certain types of cancer, irregular heartbeat and severe infection all raise your risk for a blood clot. Never ignore subtle warning signs. A stroke arrives swiftly, leaving brain damage in its wake.

## Ectopic Pregnancy: A Puzzling Problem

No one knows exactly why a fertilized egg occasionally implants outside the uterus. In most ectopic pregnancies, the minuscule embryo lodges in one of the two Fallopian tubes—the condition is often called a “tubal pregnancy”—or in the abdomen. In May, doctors delivered a full-term baby that had developed in the ovary of an Australian woman, but such cases are nearly miraculous.

A woman with an ectopic pregnancy may have no symptoms at all or such severe pain and bleeding that she is rushed to the emergency room. “She may not even know yet that she is pregnant,” explains Amy Johnson, M.D., an attending physician in Hartford Hospital’s Department of Obstetrics and Gynecology. “We can’t always predict who might have an ectopic pregnancy. About half the women have some risk factor such as a prior history of pelvic inflammatory disease or a sexually transmitted disease, but there are no obvious risk factors in 50 percent of cases. It’s very frustrating to the patient because it’s so difficult to understand why it happened.”

While the loss of an unborn baby may be heartbreaking, the loss of fertility is even more traumatic. Once a woman has one ectopic pregnancy, her risk for a subsequent ectopic pregnancy rises to 15 to 30 percent. When an ectopic pregnancy has progressed and the first symptom is sudden, excruciating abdominal pain and internal bleeding, the woman’s Fallopian tube often is removed surgically. Pregnancy is still possible if her other tube



is still intact (she will ovulate on that side every other month), but referral to an infertility specialist for *in vitro* fertilization (IVF) and embryo transfer will be necessary if a subsequent ectopic pregnancy damages her remaining Fallopian tube.

“I don’t try to get pregnant apart from IVE,” says Candace, whose ectopic pregnancy destroyed one of her ovaries and permanently blocked the Fallopian tube leading to the other one. “I use birth control. There’s a very good chance of having another ectopic pregnancy and I can’t afford to lose another ovary.”

Many women with ectopic pregnancies are now being treated with a very small dose of a chemotherapy drug instead of surgery. “If the ectopic pregnancy is discovered early enough, we can give an injection of methotrexate to inhibit cell division,” says Dr. Johnson. “The body harmlessly reabsorbs the cells. Whether or not we can use methotrexate depends on such factors as the size and location of the ectopic pregnancy, as well as the pregnancy hormone levels. In good candidates, surgery can be avoided up to 90 percent of the time.”

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

### Tan Ban

The incidence of melanoma, the deadliest form of skin cancer, is rising among young white women, warns the National Cancer Institute. According to *The Journal of Investigative Dermatology*, the upsurge in melanoma cases has been linked to increased exposure to ultraviolet radiation from sunburn and the use of tanning beds, which has markedly increased among adolescent girls and young women.

### Picking Pumpkins

The best pumpkins for carving may not be the best tasting. Small “sugar pumpkins” are smooth and sweet. Cancer-fighting carotenoids, especially beta-carotene, give pumpkins their vivid orange color. Carotenoids are a major source of Vitamin A, necessary for normal eyesight, growth and embryonic development, according to the U.S.D.A. Pumpkins also contain the antioxidant lutein, which helps promote eye health.

### Perfecting A Patch

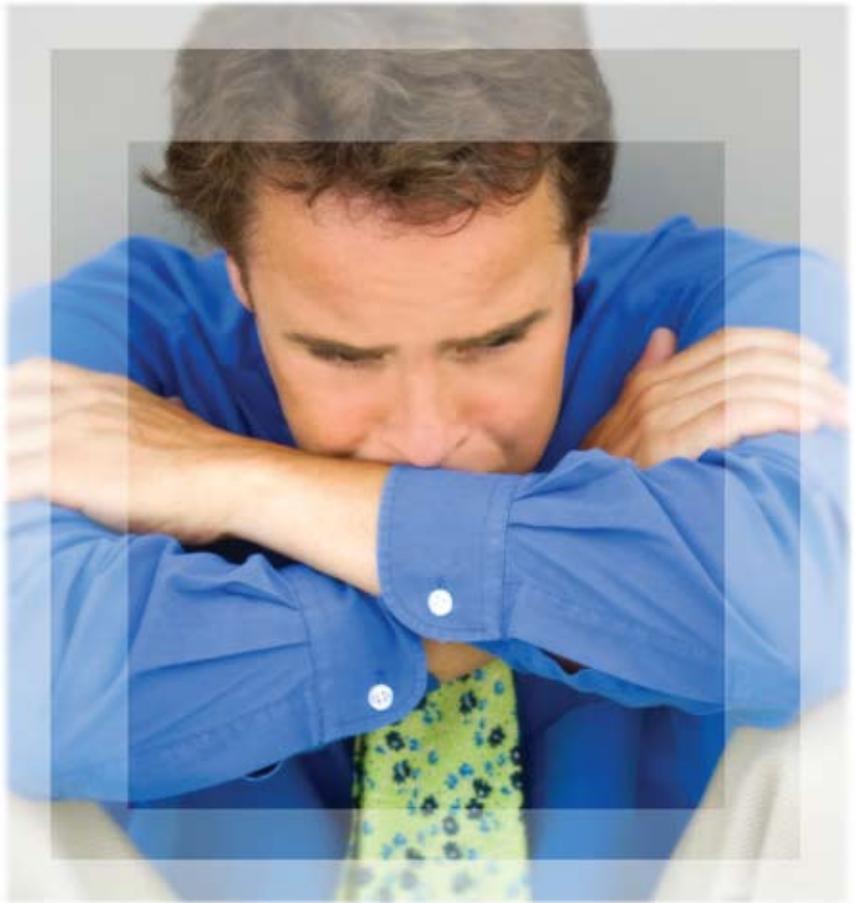
An experimental patch may help prevent heart failure after a heart attack, according to research presented at an American Heart Association conference. The Anginera patch, developed by Theredgen, is in early clinical trials. Applied directly to the heart during bypass surgery, the patch contains growth factors to spur the heart to grow new blood vessels and improve cardiac pumping function after a heart attack.

### Dying to Sleep

People with severe sleep apnea are several times more likely to die from any cause than those without the disorder, reports the journal *Sleep*. A long-term study supported by the National Institutes of Health confirmed previous research showing an increased risk of death for people with apnea, or sleep-disordered breathing. An estimated 12 to 18 million people in the United States have moderate to severe apnea.

# PANIC:

## *Fear and Trembling*



Imagine driving on a twisting, moonlit country road when a panic attack strikes. Suddenly, waves of paralyzing terror seize you by the throat. As your muscles clench, your body releases a rush of adrenaline and your heart pounds wildly. Sweaty palms grip the steering wheel, your body tensed for *fight* or *flight*.

Panic stirs primitive fears and emotions that trick your mind into thinking you're dying or having a heart attack. Your mouth grows dry as your stomach roils and quakes. Gasping for breath, you hyperventilate until your hands tingle. The adrenal glands abruptly begin pumping out massive bursts of hormones that spill into the bloodstream, affecting bodily functions like breathing and heart rate. Panic attacks often foster an alarming cycle of terror and dread.

Named for the enchanting forest piper, the Greek god *Pan*, a panic attack is a sudden episode of intense fear that develops without warning, triggering violent physical sensations. Although many people feel edgy or fearful occasionally, frequent panicky episodes may signal the development of a chronic anxiety disorder, *agoraphobia*, diagnosed when panic attacks become so debilitating that you're afraid to leave the safety of home. Pan was the god of the marketplace, and agoraphobia translates literally into *agora* (market) and *phobia* (fear).

"Cognitive behavioral therapy, or CBT, has been shown to reduce the frequency and severity of panic attacks," says David F. Tolin, Ph.D., director of the Anxiety Disorders Center at the Institute of Living (IOL). "CBT is usually effective in helping someone overcome panic attacks, sometimes within a very short time period. We engineer

experiences to show people that they don't need to be afraid, even if they're very fearful at the beginning. They gradually learn how to reduce their fear by facing unpleasant physical sensations—once they learn that they're not going to faint, die or have a heart attack, a racing heartbeat no longer has the power to frighten them."

Counselors talk to patients about their fears or phobias, helping individuals to identify cognitive distortions that leave them vulnerable to overwhelming anxiety. For example, worried individuals who *catastrophize* expect disaster at every turn. Continually bathing the brain with stress hormones releases a flood of biochemical compounds with lingering effects. Constant vigilance against the onslaught of the next panic attack and irrational feelings of imminent danger leave sufferers exhausted and emotionally numb.

In any given year, between two and three percent of Americans suffer the crushing burden of a panic disorder, often beginning in early adulthood. Although a hammering heart and sweaty palms may fool you into thinking your body is out of control, panic attacks arise in the mind. CBT works by desensitizing you to your fears through controlled exposure to those panicky thoughts and feelings in a safe environment. Antidepressants, beta-blockers and anxiety medications may help alleviate symptoms and break the ominous cycle of apprehension and alarm.

"A generation ago a panic disorder was considered incurable," adds Dr. Tolin, "but people can learn to reduce fear through experience. Today, panic attacks are considered one of the most treatable mental disorders."

# Hips, Knees & Shoulders

Space age materials and minimally invasive surgery speed recovery



*Orthopedic surgeons Jeff Burns, M.D.,  
(left) and Mark Shekman, M.D.*

## “Age is no reason not to have surgery if you’re otherwise healthy.”

Titanium, oxinium and cobalt chrome are among the state-of-the-art metals wielded by orthopedic surgeons at The Total Joint Center at Hartford Hospital to replace damaged or diseased knees, hips and shoulders with artificial joints. As the American population ages and people routinely live into their 90s and beyond, joint replacement surgery is on the rise. In the United States, as many as one in five adults suffers from joint pain or chronic arthritis.

More than 27 million Americans are living with osteoarthritis caused by “wear-and-tear” on the joints. The most common degenerative disease in Americans, osteoarthritis results from a breakdown in the cartilage, the part of the joint that cushions the ends of the bones. As people age, cartilage begins to wear, and the resulting inflammation causes joint tenderness, swelling and stiffness. When bone-on-bone rubbing becomes overwhelmingly painful, most people choose joint replacement surgery.

The Total Joint Center’s renowned team of Board-certified orthopedic surgeons provides comprehensive care for patients undergoing total joint replacement surgery. Paul B. Murray, M.D., who did his fellowship training at Minnesota’s Mayo Clinic, joined the hospital’s newly expanded Total Joint Center last spring. Hartford Hospital also recently welcomed hip and knee replacement specialist Mark Shekhman, M.D., from his fellowship at the Hospital for Special Surgery in New York, and Jeff Burns, M.D., who joined the hospital from his fellowship at Rush University in Chicago.

Dr. Murray performs more than 600 hip and knee replacement surgeries each year, one of the highest volumes in the country. “Implants generally last about 25 years,” he says. “Hip and knee ‘revisions’—replacement of a previous artificial joint—account for about 30 percent of my caseload.”

People with worn-out joints were once told to wait as long as possible before opting for arthroplasty (replacement) to ensure that the joint would outlive them. Today, medical experts warn that waiting until the cartilage is destroyed might mean mobility will never be fully restored. Depending on the patient’s fitness and level of disability before surgery, minimally invasive surgery can return the hip, knee or shoulder to full performance with smaller scars, reduced pain, minimal blood loss and shorter recovery times.

“Minimally invasive surgery involves less muscle cutting and less rehab,” adds Dr. Murray. “Today, knee replacement surgery requires an incision only five inches rather than twelve inches long. The mini-incision gets patients up on their feet much faster.”

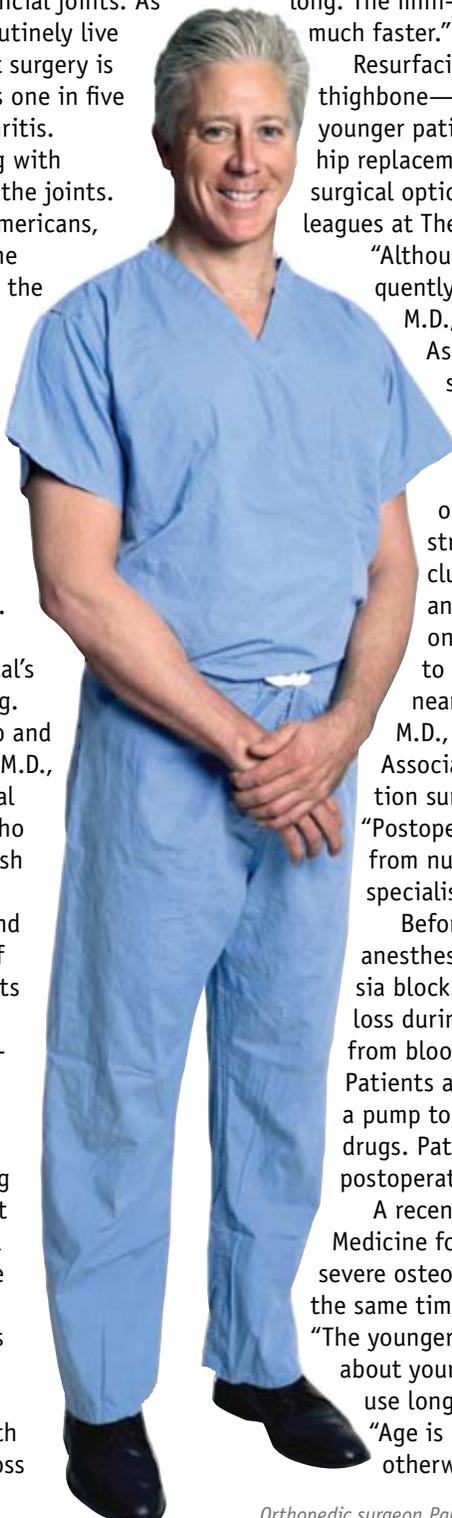
Resurfacing of the femoral head—the “ball” of the thighbone—has emerged as a surgical alternative for younger patients who are not yet candidates for total hip replacement. The complex technique is among the surgical options offered by Dr. Shekhman and his colleagues at The Total Joint Center.

“Although shoulders do not wear out as frequently as knees and hips,” says Peter Barnett, M.D., an orthopedic surgeon with Orthopedic Associates, “state-of-the-art replacement surgery is very beneficial for patients suffering from arthritic conditions of the shoulder.”

Hartford Hospital’s Total Joint Center on the fourth floor of the Conklin Building streamlines all pre-admission testing, including blood work, electrocardiograms and anesthesia assessment. “After valet parking on the day of surgery, patients go directly to the floor and their families wait in a nearby lounge,” says Durgesh G. Nagarkatti, M.D., an orthopedic surgeon with Orthopedic Associates who specializes in joint preservation surgery and hip resurfacing arthroplasty. “Postoperative patients receive specialized care from nurses who are highly trained orthopedic specialists.”

Before joint replacement surgery begins, anesthesiologists administer a regional anesthesia block. Studies show that there is less blood loss during the surgery, and fewer complications from blood clotting when a regional block is used. Patients awaken without pain after surgery and use a pump to self-administer small doses of painkilling drugs. Patient-controlled analgesia (PCA) improves postoperative pain management significantly.

A recent study in the Archives of Internal Medicine found that adults over the age of 75 with severe osteoarthritis of the hip or knee took about the same time to recover as patients aged 65 to 74. “The younger you are, the more you have to worry about your replacement joint wearing out, so we use long-lasting materials,” says Dr. Nagarkatti. “Age is no reason not to have surgery if you’re otherwise healthy.”



*Orthopedic surgeon Paul B. Murray, M.D.*



# CALENDAR

HARTFORD HOSPITAL PROGRAMS & EVENTS FROM SEPTEMBER 15 THROUGH DECEMBER 15, 2008

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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

### *Pink Flamingos*

Enjoy an evening of fine wines, festive food, and a silent auction to benefit the Partnership for Breast Care and "Take the Time" Mobile Mammography program at Hartford Hospital. **Schedule:** September 24 from 5:30 to 8:00 p.m. FEE: \$50 per person. For more information or to register, call Karen Weingrod at (860) 545-1018.

### *Brain Tumor Support Group*

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, from 5:30 to 7:00 p.m., on 10/2, 11/6, 12/4—light dinner provided. Registration is required. Call Hillary Keller, LCSW at (860) 545-2318 to register. FREE.

### *Support Groups for Women with Cancer*

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

#### • *Breast Cancer Support Group*

Third Thursday of each month, on 9/18, 10/16, 11/20, 12/18. Call Sherri Storms, RN at (860) 545-3781. FREE.

#### • *Ovarian Cancer Support Group*

Fourth Tuesday of each month, on 9/23, 10/28, 11/25. 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). Learn about risk factors for breast cancer and treatment options. **Schedule:** From 6:30 to 7:30 p.m. in Wethersfield on 10/22. To register call (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:** First Tuesday of each month from 7:00 to 9:30 p.m. on 10/7, 11/4, 12/2. 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 10/6, 11/3, 12/1. Spanish session on 10/27 from 10:00 to 11:30 a.m. Registration is required. Call Janice Labas at (860) 545-4184. FREE.

### *The Cancer Wellness Support Series*

This ongoing wellness support series is open to all Hartford Hospital Cancer Program patients and their caregivers. Experience wellness support through integrative medicine practices. Light refreshments. Registration is required and must be received at least 48 hours in advance for each meeting date. Space is limited. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. **Schedule:** 9/17—*Guided Imagery*; 10/15—*Gentle Yoga (chair)*; 11/19—*Acupuncture/Acupressure*. From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. FREE.

## HEALTHY HEARTS

### *Stop Smoking for Life Programs*

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

#### *Stop Smoking for Life Consultation*

This one-to-one session is the starting point for all individuals interested in quitting smoking. The initial consultation is scheduled with a licensed professional counselor who specializes in smoking cessation treatment options. You will receive comprehensive support materials, education related to medication and non-medication treatment options as well as a personalized treatment plan to help you *stop smoking for life*. Consultations are one hour and can be scheduled at Hartford Hospital or the Blue Back Square Wellness Center. FEE: \$75.

#### *Individual Cessation Counseling*

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach for smoking cessation. Meet with an experienced cessation counselor. Sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$125 for 3 sessions or \$225 for 6 sessions.

#### *Stress Management for Cardiac Patients—A 6-Week Group*

Recommended for cardiac patients interested in improving their skills to manage stress and is facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Group sessions will focus on cognitive-behavioral techniques and meet weekly for six sessions. Offered at the Blue Back Square Wellness Center. FEE: \$225.

### *Smoke Free for Life Support Group*

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke free. Facilitated by an experienced cessation counselor. **Schedule:** Wednesdays at Hartford Hospital from 9/17 to 10/29 at 4:00 p.m. FEE: Initial consultation fee plus \$100 for 6 sessions of group counseling.

### *Counseling and Stress Management Service—Individual Counseling*

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovering from illness. Individual counseling sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center.

## EXERCISE/WELLNESS

Additional exercise programs are listed under Women's Health on pages 16-17.

### *Cardiac 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.

### *Tai Chi for Health*

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. Tai Chi consists of fluid, gentle and graceful circular movements. **Schedule:** 8 week sessions every Tuesday and Thursday from 9/9 through 10/30. Classes held in Avon, from 11:00 a.m. to 12:00 noon and in Glastonbury from 9:00 to 10:00 a.m. Call (860) 545-1888 to register. FEE: \$160.

**The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center. 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.

### *Adult Swim Lessons*

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



## MENTAL HEALTH

### Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday, 12:30 to 1:30 p.m. at The Institute of Living, Todd Building. For more information contact Sherry Marconi at (860) 545-7202. FREE.

### 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 9/22, 10/13, 10/27, 11/10, 11/24, 12/8 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, on 9/22, 10/27, 11/24 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 9/16, 10/21, 11/18, 12/16 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. 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 9/29, 10/27, 11/24 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.

### 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:** 1st Thursday of the month, 6:00 to 7:00 p.m., on 10/2, 11/6, 12/4 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.

### Schizophrenia Program

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

#### • Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. **Schedule:** 3rd Tuesday of each month, on 9/16, 10/21, 11/18, 12/16 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.

#### • 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. **Schedule:** 11/11 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. **Schedule:** From 5:15 to 6:30 p.m. on 12/9.

#### • 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. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month, on 10/7, 11/4, 12/2 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 9/23 from 5:15 to 6:30 p.m.

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

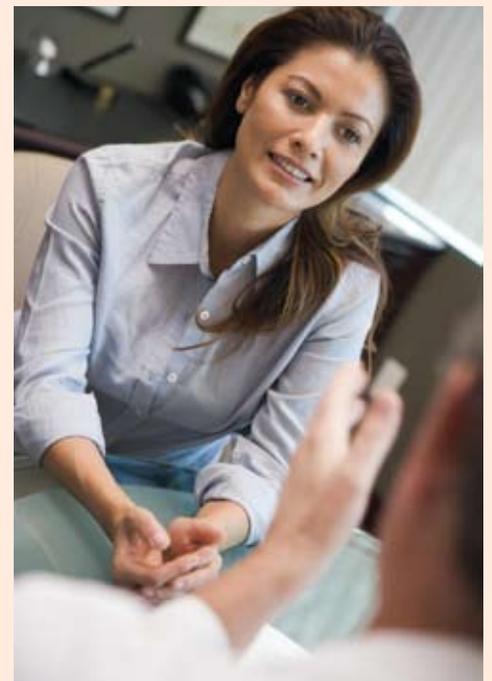
For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month, on 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18 from 5:15 to 6:30 p.m.

#### • Psychopharmacology

Dr. Charles Caley, a consulting psychopharmacologist at the Institute of Living and professor at UCONN School of Pharmacy will discuss new medications, how they work and problematic drug interactions. Bring your questions. **Schedule:** 10/4 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:** 9/16 from 5:15 to 6:30 p.m.



## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### *Reiki Healing Touch—Level I*

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 9/25, 10/16, 10/30, 11/6, 11/13, 12/4 or 12/18 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

### *Mindfulness-Based Stress Reduction*

Stressed by life events, illness, pain, worry? This 8-week 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. Hosted by Dr. Valerie Rossetti, Board-certified anesthesiologist at Hartford Hospital. **Schedule:** Thursdays, 9/18 to 11/13, from 4:30 to 6:30 p.m. at Hartford Hospital's Education and Resource Center. FEE: \$160.00 plus \$25 for materials.

### *Tibetan Healing and Wisdom*

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, 9/8 through 10/13, from 6:00 to 9:00 p.m. at Hartford Hospital's Newington campus. FEE: \$175 for 6 sessions. Registration is required. Call (860) 545-1888.

### *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.

## 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 support and education is offered at Hartford Hospital's Windsor Health Care Center. These meetings are held quarterly. For schedule and topics, please call (860) 545-1888.

## 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.

### *Bariatric Surgery Support Group*

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

9/16 Jeffrey Walden, M.D.

*Update in Cardiac Care.*

10/21 James Graydon, M.D.

*Connection Between Erectile Dysfunction (ED) and Obesity.*

11/18 Steven Smith, M.D.

*Plastic Surgery After Weight Loss.*

12/16 Concert Choir of the Connecticut

*Children's Chorus—Special Holiday Event!*



## 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.

## VOLUNTEERS

### *Blood Drive*

The American Red Cross will conduct a blood drive at Hartford Hospital on 9/16 from 7:00 a.m. to 5:00 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).



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

### *Speaker's Bureau*

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

### *Mobile Mammography*

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

## 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 information call (860) 545-2966 or (860) 545-1001. FREE.

### The Strong Women Stay Young Program

An exercise program for middle aged and older women. 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:** 9/25, 10/23, 11/20, 12/4

**Glastonbury:** 10/20, 11/10, 12/8

**Hartford:** 9/22, 10/27, 12/16

**West Hartford:** 10/7, 11/4, 12/2

**Wethersfield:** 11/12

### • **NEW! Baby Care for Adopting Parents**

Led by a pediatric nurse practitioner, this program will help adopting parents understand the unique needs of their baby and provide information on injury prevention, feeding, diapering, bathing and general care. The focus will be on babies from 0-12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 9/22 or 12/9. Call (860) 545-1888 to register. FEE: \$25.

### • **"New Dads"—Welcome to Fatherhood**

There are not many guys in the world who can actually say they were ready to be a father—or knew how to be one—before it happened. Hartford Hospital is pleased to offer two workshops for new dads. From understanding baby's needs, bonding with baby and the difference dads make in a child's life. **Schedule:** From 7:00 to 9:00 p.m. on 9/16 & 9/23 or 11/11 & 11/18 at Hartford Hospital. FEE: \$75.

### • **Breastfeeding with Success**

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

**Avon:** 10/16, 11/13, 12/11

**Glastonbury:** 9/15, 10/27, 12/15

**Hartford:** 9/29, 10/20, 11/10, 12/17

**West Hartford:** 10/6, 11/3, 12/1

**Wethersfield:** 10/8 12/10

### • **Breastfeeding and Returning to Work**

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 10/30. 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 10/4 in Wethersfield. FEE: \$50.

### • **Cesarean Birth**

If you are anticipating a Cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** Hartford Hospital from 9:00 a.m. to 12:00 noon on 10/18. 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 10/6 or 12/1 in Glastonbury. FREE.

### • **Pups and Babies**

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 11/19. FEE: \$25.

### • **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.

### • **Jewish Beginnings**

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 9/22 or 12/15. 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 9/17 or 11/5. FEE: \$25.

### • **Maternity Tours**

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

### • **Neonatal Intensive Care Unit Tours**

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

### • **The Marvel of Multiples**

Hear first-hand accounts of what to expect when expecting multiples. This class does not replace a childbirth class. 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, Glastonbury, West Hartford, Wethersfield and Windsor. Call for schedule. FEE: \$100.

### • **The Happiest Baby**

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was 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 10/2. FEE: \$65.00 includes Dr. Karp's book and *Soothing Sounds* CD.

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

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. at Hartford Hospital on 10/2 or 12/4. FREE.

### • **Sibling Preparation**

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

**Pre-school**—Saturday 10:00–11:00 a.m. on 10/4, 11/1, 12/6; Thursday 4:00–5:00 p.m. on 9/18, 10/16

**School-Age**—Saturday 10:00–11:00 a.m. on 9/20, 10/18, 11/8, 12/13

## Parent–Baby Series

### • *Enjoying Infants Together–Morning Classes*

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:** From 10:00 to 11:00 a.m. in Wethersfield on 9/17 and 10/29. FEE: \$50 for 6-week series.

### • *Time for Infants and Toddlers–Saturday Classes*

Led by a pediatric nurse practitioner, this evening class is for parents and children under 24 months. Learn fun, developmental activities for infants and toddlers, participate in discussions on various parenting issues and make new friends! **Schedule:** From 10:00 to 11:30 a.m. in Glastonbury on 9/20, 10/18, 11/15. 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:** From 11:15 a.m. to 12:15 p.m. in Wethersfield on 9/17 and 10/29. FEE: \$50 for 6-week series.

## Exercise for Expectant and New Moms

### • *Prenatal Yoga*

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** From 5:30 to 6:45 p.m. 6-week session runs 9/10 to 10/15 or 10/22 to 12/3. 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.



## DOMESTIC VIOLENCE

### *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:** From 10:30 a.m. to 4:30 p.m. on 10/11 and 10/18 in Avon or 11/8 and 11/15 in Wethersfield. Call (860) 545-1888 to register. FREE.



## 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. Space is limited and registration is required. **Schedule:** 9/15, 11/17 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) 545-2564 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.

## SCREENINGS/SUPPORT GROUPS\*

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

### *Blood Pressure/Sugar/Cholesterol*

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

## Patient Support Groups

### • *Mended Hearts Support Group*

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

### • *Heart Transplant Support Group*

Provides education, networking and social interaction for pre- and post-transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 10/14, 11/11, 12/9 at Hartford Hospital's Special Dining Room. For information or to register, call (860) 545-4368. 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 9/25, 10/23, 11/20, 12/18 (Holiday Pot Luck Supper). Call (860) 545-2142 to verify schedule and location. FREE.

### • *Ostomy Support Group*

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

### • *Kidney Transplant Orientation Class*

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

### • *ACE—Asthma Group Support*

Education and support for patients with asthma. Learn about asthma, what triggers attacks, which medications you should take and how to control and prevent asthma attacks. **Schedule:** 4th Friday of each month from 2:00 to 3:00 p.m. on 9/26, 10/24 (no meetings in Nov. or Dec.) in the Brownstone Building's 1st Floor Conference Room. Call (860) 545-2791 to register. FREE.

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

Find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 9/16, 10/21, 11/18, 12/16. Registration is not necessary. Call Betty at (860) 658-2453 for more information. 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. 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).

#### **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.

#### **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.

#### **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. 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 in which they wish to become an instructor. 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**

**—Refresher Course** (For those who have a current card or one which has recently expired.)

##### **—Instructor 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 and to register.

#### **Pediatric Advanced Life Support (PALS)**

##### **—Provider Course**

##### **—Refresher 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 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.

#### **Baby Massage Instructor Certification**

Training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. This class consists of two parts—an independent home study kit and the certification session held at Hartford Hospital. Call (860) 545-4444 for schedule or to register. FEE: \$275.

### 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. 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, 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.

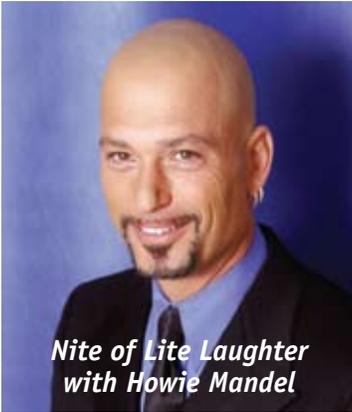
### PROFESSIONAL DEVELOPMENT

#### **HealthCare Toastmaster #2300**

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 9/25, 10/9, 10/23, 11/13, 11/27, 12/11. FEE: \$39 for 6-month membership.

# SPECIAL EVENTS AT HARTFORD HOSPITAL

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



**Nite of Lite Laughter  
with Howie Mandel**

Join us at the Bushnell Auditorium to celebrate eleven years of supporting breast cancer programs at the Helen & Harry Gray Cancer Center on Saturday, October 11 at 8:00 p.m. For tickets call the Bushnell Box Office at (860) 987-5900 or online at [www.bushnell.org](http://www.bushnell.org).

## Robotic Radical Prostatectomy for Prostate Cancer

Learn what prostate cancer is and available treatment options, including robotic radical prostatectomy. You will also learn the pros/cons, side effects and have an opportunity to ask questions. Presented by Board-certified urologists at Connecticut Surgical Group and Hartford Hospital—Dr. Stuart Kesler, Dr. Steven Shichman and Dr. Joseph Wagner. **Schedule:** From 7:00 to 8:00 p.m. on September 16th in Glastonbury, October 21 in Avon, and November 18 in Wethersfield. Registration is required. Call (860) 545-1888 to register. FREE.

## A Unique Brain Tumor Educational Event

The Helen & Harry Gray Cancer Center presents the second annual **Fred Cohen Memorial Symposium** to be held on November 5 at the Connecticut Convention Center. The Keynote Speaker will be Dr. Henry Friedman, neuro-oncologist at Duke University Medical Center. For questions or to register, call Sandi Beggs at (860) 545-2390.

For **Healthcare Professionals Only**—*Glioblastoma Multiforme* will be the topic from 7:30 a.m. to 1:30 p.m. CMEs and CEUs awarded. FEE: Doctors: \$50; Nurses: \$20; Students: free.

For **Patients and Families**—*Managing Life with a Brain Tumor* will be the topic from 9:00 a.m. to 1:30 p.m. FREE.

## Walk for Obesity

Greater CT Walk from Obesity, Saturday, October 4 at Walnut Park in New Britain. Registration is available on-line at [www.walkfromobesity.org](http://www.walkfromobesity.org). For more information call Angela Godwin at (860) 524-4310.

## Orthopedic Education

Registration is required for all programs.

### Boomeritis: Painful Shoulder & Knees

Dr. James Mazzara, Board-certified orthopedic surgeon, will conduct the following FREE educational programs to discuss age-related changes in the shoulders and knees. Call (860) 545-1888 to register.

#### Painful Shoulders:

Learn about painful shoulder joint and rotator cuff conditions and the latest minimally invasive arthroscopic treatment for rotator cuff tears and tendon problems. **Schedule:** From 7:00 to 8:00 p.m. on October 13 in Wethersfield.

#### Painful Knees:

Nonsurgical and surgical treatment of knee pain and the latest options in knee replacements including gender specific knee replacements will be discussed. **Schedule:** From 7:00 to 8:00 p.m. on November 18 in West Hartford.

### How to Effectively Treat Arthritis in Your Knees and Hips

Dr. Durgesh Nagarkatti, Board-certified orthopedic surgeon, and Dr. Subramani Seetharama, Board-certified physiatrist, will discuss types of arthritis, symptoms and signs, non-operative and operative management and advances in arthritis treatment. **Schedule:** 7:00 to 8:00 p.m. on November 11 in West Hartford, or November 20 in Wethersfield. Call (860) 545-1888 to register. FREE.

### Freedom from Hip and Knee Pain:

Dr. Paul Murray, Board-certified orthopedic surgeon, has developed a “minimal-incision” total knee replacement procedure requiring only a 4-inch incision performed without any muscular disruption. Learn the benefits of this procedure and the causes of hip and knee pain, current treatment options, the role of total joint replacement and minimally invasive hip and knee surgery. **Schedule:** September 20 at 10:00 a.m. at The Crown Plaza in Enfield. To register, call (860) 247-3279. FREE.

## Cardiology Education

Registration is required for the following FREE programs.

### Heart Rhythm Disorders

Join Dr. Steven Zweibel, Director of Electrophysiology at Hartford Hospital for this free seminar. Learn about heart rhythm disorders, the symptoms that they are associated with and treatments, including pacemakers and implantable cardioverter defibrillators. **Schedule:** From 7:00 to 8:00 p.m. on November 10 in Wethersfield and on November 18 in Avon. To register, call (860) 545-1888.

### Preventing Heart Disease

Dr. Donna Polk, Director of Preventive Cardiology at Hartford Hospital will help you understand the risk factors for heart disease including cholesterol and diabetes. Learn about the role of exercise, diet, stress reduction and pharmacologic therapy in the prevention of heart disease. **Schedule:** From 7:00 to 8:00 p.m. on October 20 in Wethersfield. To register, call (860) 545-1888.

## Drug-Free Treatment for Erectile Dysfunction

Dr. James Graydon, a leader in the treatment of erectile dysfunction (ED), will discuss drug-free treatment options for this common condition that affects over 30 million American men. ED is often treated with medications or injections but if these fail, there are other options. **Schedule:** September 23, at 7:00 to 8:00 p.m. in Avon. Call (860) 545-1888 to register. FREE.

## Puzzled About Diabetes and Osteoporosis?

Dr. Morris Papernik, Dr. Arjun Banerjee and physician assistant Dan Mussen, from *ProHealth Physicians* in Glastonbury, will provide you with information and answers to your questions about diabetes and osteoporosis. Each program meets from 7:00 to 8:00 p.m. with a reception at 6:30 in Glastonbury. Call (860) 545-1888 to register.

10/13 *Diabetes—You Are in Control*

11/3 *Osteoporosis—Don't Slip on the Ice*

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

Forget the fruitcake. Why not serve a low-calorie, nutritious fruit salad instead of a fattening dessert this Thanksgiving? Fresh fruit is one side dish that won't compete for oven space or a burner on your stove when you're preparing a holiday dinner. Fresh fruits and melons are available in supermarkets year-round, or take advantage of a ripening pineapple in that holiday gift basket.

Flavorful ginger has long been believed to promote healing and protect against disease. The much-married Henry VIII of England relied on ginger to ward off the plague. Some women swear by ginger as a natural remedy for hot flashes, while research has shown that it relieves heartburn, seasickness, motion sickness and nausea.

Honey's antibacterial properties have been studied in the treatment of burns and ulcers. Unlike most other sweeteners, honey contains small amounts of vitamins, minerals, amino acids and disease-fighting antioxidants. The darker the honey, the better its antioxidant activity.

#### Ingredients

- 2 cups diced fresh pineapple
- 1 cup diced honeydew melon
- 1 cup diced mango
- 1 cup fresh strawberries, hulled and sliced
- 2 Tbsp. thinly sliced fresh basil
- 2 Tbsp. fresh lime juice
- 2 Tbsp. honey
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. minced crystallized ginger
- 1 Tbsp. sesame seeds

Combine all ingredients except sesame seeds in large bowl 10 minutes before serving. Sprinkle with sesame seeds and serve. Serves 10.

Calories: 56  
Total fat: 0.6 g  
Protein: 0.7 g  
Carbohydrates: 13.6 g

Fiber: 1.3 g  
Cholesterol: 0  
Sodium: 4 mg  
Vitamin C: 53% of the DRI based on  
2,000-cal diet

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



## Fruit Salad