

S U M M E R
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

A close-up photograph of a woman with dark hair, wearing a white lab coat over a light green top. She is smiling broadly and holding two bright red tomatoes over her eyes, making her eyes disappear. Her hands are visible, holding the tomatoes in place. The background is a soft, out-of-focus light blue.

Wellness Issue!

 HARTFORD
HOSPITAL

ROUNDS

Hartford Hospital's Wellness Magazine

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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.

Traveler's Troubles



When summer arrives, travelers flock to foreign countries, oblivious to risks from infectious diseases. Germs are easily spread by poor hygiene, contaminated water, spoiled food and animal contact, especially in tropical climates. Avoid undercooked hamburgers (ground meat is risky in places with erratic refrigeration) or condiment bottles that may have been sitting around for months in the blazing heat.

In developing countries, tourists often fall victim to stomach upsets caused by bacteria, parasites or viruses. Cruise ships are notorious for the Norwalk virus that causes sudden and violent bouts of diarrhea. Depending on the season and the region, tourists may also be at risk for insect-borne or epidemic outbreaks of diseases like malaria, yellow fever, typhoid or polio.

"Traveler's diarrhea is a common affliction," says Jack W. Ross, M.D., director of the Division of Infectious Disease at Hartford Hospital. "Food and water may be contaminated by *E. coli* or other bacteria. Avoid buying fresh fruit or salads from local street vendors, and make sure you cook everything you can't peel. Drink bottled water and avoid ice cubes and frosted beer mugs. Don't even brush your teeth with tap water."

Depending on your itinerary, Hartford Hospital's Travel Medicine Clinic or your medical provider can provide the appropriate vaccinations or booster shots to protect against hepatitis A, yellow fever, polio, tetanus and meningococcal meningitis. Be sure to call for an appointment six weeks before traveling abroad. If you're traveling to a rural area you may need typhoid vaccine or anti-malarial pills to take daily or weekly.

Bring insect repellent containing DEET, over-the-counter antidiarrheal pills and a pocket-size bottle of hand sanitizer, often difficult to find abroad. "Schedule your travel-related appointment well in advance of your departure date because it takes two to three weeks to develop immunity," adds Dr. Ross. "Some equatorial regions require yellow fever immunization just to transit through a country."

Before leaving the United States, ask your physician to prescribe antibiotic tablets to take along. You can buy over-the-counter medications in many countries, but you won't feel much like shopping between bouts of diarrhea. Stay alert to risks from potentially rabid animals—and always buy travel insurance in case you need to fly home for serious medical concerns. For more information about risks, see www.cdc.gov/travel.

H E A L T H T I P S



Summer Shades

Sunglasses shield the eyes and skin from the sun's harsh ultraviolet (UV) rays and protect against damaging UV exposures that harm the cornea and retina. Sustained exposure to both long-wave UVA and shorter-wave UVB

radiation has been shown to accelerate the progression of age-related macular degeneration, glaucoma and cataracts.

What's the difference between expensive designer shades and cheap sunglasses?

- Sunglasses made of tinted plastic offer no UV protection. Brand name "knock-offs" block some light, dilating the iris of the eye and increasing exposure to harmful UV rays.
- Look for the "100% UV protection" label. "UV 400" sunglasses block all wavelengths up to 400 nanometers (all UVA and UVB rays.)
- "Photochromic" lenses darken automatically when exposed to UV rays.
- "Polarized" sunglasses reduce glare and block reflected light off water, and are recommended for boating or water sports.
- Wraparound styles protect sensitive skin and eyelids.

Seven Secrets of the Mediterranean Diet

Along the Mediterranean coast, flavorful herbs and native leafy green plants have been used for centuries as food or seasonings for the local harvest. Researchers are only now discovering the healthful benefits of weedlike “potherbs” that often grow wild in the Mediterranean region, North Africa, the Middle East and the Indian subcontinent. These nutrient-dense foods from around the world offer anti-aging and health-protective benefits that Western consumers are only beginning to discover.

Potherbs

The succulent herb **Purslane** (*Portulaca oleraceae*) is the best plant source of alpha-linolenic acid, a heart-healthy omega-3 fatty acid. The American Heart Association says omega-3 fatty acids can help protect against heart attack, stroke, cancer and inflammatory diseases. Why bother with fish oil supplements when you can grow omega-3 fatty acids in your yard? It's easy to grow purslane indoors or out, since it does grow like a weed (it tends to take over the garden). According to University of Connecticut researchers, the herb is an excellent source of vitamins A, C and E and essential amino acids, and has been called a “power food of the future” because of its high nutritive and antioxidant properties. Another potherb, **Swiss chard** (*Beta vulgaris*) is readily available in grocery stores year round. High in fiber, iron and bone-building vitamin K, the leafy greens are rich in minerals and healthful *phytonutrients*.

Garlic

A member of the onion family, garlic (*Allium sativum*) has been used for both culinary and medicinal purposes throughout history. Garlic is high in manganese, vitamin B₆, vitamin C and selenium. Prized for its anti-inflammatory properties, garlic's pungent odor comes from a variety of powerful sulfur-containing compounds that have been studied for their health benefits. Numerous studies have shown that eating garlic regularly can lower blood pressure, cholesterol and serum triglyceride levels. A popular meal on the Greek island of Crete might consist of a salad, with finely chopped and pressed cucumber in a yogurt-and-olive oil dressing, seasoned with garlic and eaten with whole-grain bread.

Curry

Turmeric (*Curcuma longa*) has long been used in North African cuisine to flavor couscous and grains. The spice's bright yellow color reveals the presence of antioxidant and immune-boosting phytonutrients that counter the effects of aging. Ongoing clinical trials at universities around the country suggest that the golden spice of antiquity may help protect against heart disease, colon cancer, Alzheimer's disease and inflammatory disorders.



Sardines

Pilchards, sprats and tiny herrings are nutrient-rich, oily fish named for the Mediterranean island of Sardinia, where they once were found in abundance. Rich in omega-3 fatty acids, they are a good source of bone-building calcium, as well as vitamin D, vitamin B₁₂ and protein. To reduce fat, choose varieties packed in spring water or tomato sauce rather than oil. Because they are low on the food chain, sardines contain less mercury than swordfish or mackerel.

Figs

On the windswept coast of the Mediterranean, figs (*Ficus carica*) have been cultivated for centuries. The ancient Greeks and Phoenicians dried the fruits, which have been prized since biblical times for relief of respiratory tract inflammation, cough, colds and aching throats. Figs are rich in potassium, a mineral that helps control blood pressure by reducing sodium levels. Figs are also high in fiber, protein, carbohydrates, calcium, thiamin, riboflavin and iron.

Feta cheese

In Spain, it's called *manchego*, in France it's *brebis*, but either way, aged sheep or goat's milk cheeses are a staple of the southern European diet, along with Greek-style yogurt made from tangy ewe's milk. People living in the Mediterranean region eat relatively less cheese and dairy products made from cow's milk than we do. Sheep's milk is higher in calcium and can often be tolerated by people who are allergic to cow's milk, although low-fat or non-fat varieties are not readily available.

Pomegranate

Native to the Middle East, the pomegranate (*Punica granatum*) was an ancient symbol of fertility and abundance. Mediterranean peoples eat pomegranate seeds raw or sprinkle them on *panna cotta*, a pudding-like Italian dessert (literally *cooked cream*) often served with fresh berries or fruit *coulis*. Look for fresh pomegranates when they're harvested in the fall. Garnish eggplant and shrimp dishes with spicy *anardana* (dried wild pomegranate seeds). Antioxidant-rich red pomegranate juice has been shown to lower cholesterol and blood pressure, while reducing the risk of heart disease and cancer.

Food for Thought

In regions as distinct as a coral reef in Japan, the Hunza Valley of Pakistan and a subtropical village in Ecuador, people regularly live in good health to age 100 and beyond. What explains their longevity? Why do so few individuals on the Mediterranean island of Crete die of cardiovascular disease? Could it be the result of a diet rich in garlic, dried beans, cereal, nuts, yogurt and goat's milk? Do locally cultivated food crops, antioxidant-packed fruits and vegetables, and mountainous terrain add up to a healthy diet and plenty of exercise?

French researchers studying longevity and nutrition in cultures worldwide found that the remarkably healthy centenarians—whether in the equatorial village of Vilcabamba, Ecuador, or the glacial “Shangri La” of Pakistan—eat a healthy diet that keeps them fit and trim. Climbing up and down rugged slopes helps, too. The good news: you don't need to exile yourself to a remote mountain valley to enjoy the healthful benefits of diet and exercise.

Concerning Fat

In the United States, changing recommendations from governmental agencies, conflicting dietary advice and fad diets have left consumers mystified and perplexed. What should we eat now? Is all fat bad? What ever happened to oat bran? While many foods contain immune-boosting nutrients and antioxidants, dietitians warn that there is no such thing as a “superfood” that will keep you healthy and make you lose weight.

Confusion abounds about the role of fat in a healthy diet. The popularity of overly restrictive low-fat diets may be propelling the nationwide surge in obesity, researchers warn, because fat helps people feel “full” or satiated. Essential nutrients, such as essential fatty acids and vitamins A and E, come from fat in the diet. No wonder it's confusing. The “saturated fats” are bad, but “monounsaturated fats” are good. What's the difference?

In simple terms, animal fats that are fully “saturated” with hydrogen atoms—cream, cheese, butter and lard, for example—aren't as good for you as the unsaturated fats found in nuts, seeds, fish and leafy greens. Unhealthy “trans fats” found in partially hydrogenated oils not only raise

“bad” cholesterol (LDL), but also play a role in lowering “good” cholesterol (HDL).

“There are different types of dietary fats, but all have a mixture of fatty acids of varying degrees of carbon-chain length and degree of saturation,” explains Brunella A. Ibarrola M.S., R.D., CD-N, of Hartford Hospital's Department of Nutrition Services. “Fats are classified as predominantly saturated, monounsaturated or polyunsaturated. Studies have shown that *saturated* fats are less healthy than *monounsaturated* fats. Polyunsaturated vegetable oils should be consumed in moderation. Most people should substitute foods rich in monounsaturated fats, such as olive oil, canola oil, nuts and avocados.”

Why A Mediterranean Diet?

The “Mediterranean” diet—lots of fruits and vegetables, fish, lean meats, legumes and cereals, olive oil and a small glass of red wine—has been shown to be beneficial for cardiovascular health and may even help stave off Alzheimer's disease. The typical Mediterranean diet is high in fiber and rich in cholesterol-free fats derived from plants, such as olive oil, rather than the saturated fats found in meat and dairy products.

The Mediterranean diet is simple and varied. The “diet” shared by many countries that border the Mediterranean is a style of eating influenced by culture and religion. In Greece, people pair local, seasonal, fresh produce with moderate amounts of starch and very little meat. Spaniards graze on a variety of snack-size *tapas*—small servings of foods like stuffed tomatoes, garlic shrimp, spicy mussels or lime-drizzled *ceviche*.

Scientists are rediscovering what the Europeans and Middle Easterners have always known—good health is linked to a diet high in fruit, vegetables and grains and low in fat. Eating one-half cup of beans daily significantly reduces total cholesterol. Whole grains found in bread, rice, pasta, oatmeal, cereal and tortillas are low in fat and high in fiber, carbohydrates, vitamins and minerals.

“I ask my patients to eat seven to 10 fruits and vegetables daily, and to consume only whole grains,” says cardiologist Donna M. Polk, M.D., director of Preventive Cardiology at Hartford



Dr. Donna Polk chooses an assortment of fruits and vegetables at Wade's Farm Fresh market, a year round farm stand in Bloomfield that features locally grown produce. Dr. Polk recommends eating a variety of colorful fruits and vegetables for good health and longevity.

Hospital. “In addition to its cardiovascular benefits, following a Mediterranean diet reduces the risk of colon cancer.”

Here’s to Your Health

Along the Mediterranean coast, families gather every evening to share a convivial *aperitif*, often a single glass of wine or Campari before dinner. “I never tell people to go out and drink alcohol to prevent heart disease,” says Dr. Polk. “But if they’re consuming alcohol on a regular basis, they should know that there’s some evidence that alcohol *in moderation* can help protect the heart. Studies show that it’s not the type of alcohol, but the fact that a daily drink is a component of a Mediterranean diet.”

Women should not drink more than four to five ounces of wine daily (or one beer or an ounce of alcohol), while men could drink slightly more, equivalent to an ounce and a half of liquor. “Although a daily drink may help prevent heart disease, excessive alcohol consumption greatly increases the risk for stroke, especially in women,” warns Dr. Polk.

The Mediterranean diet may also reduce your risk for dementia caused by tiny strokes in the brain. Columbia University researchers recently found that people who closely followed a Mediterranean diet were 36 percent less likely to have areas of brain damage than those with poor eating habits.

Why Are We So Fat?

Across the nation, nearly two-thirds of adults—and nearly 20 percent of adolescents—are overweight or obese. Overeating, inactivity and fat-laden fast foods quickly pack on the pounds. Despite controversy over whether the culprit is saturated fat, trans fats, sugar, or carbohydrates, the fact remains—Americans are growing fatter.

“The simplest thing you can do avoid obesity is to weigh yourself every day and keep track of the results,” says Paul M. Thompson, M.D., director of Cardiology at Hartford Hospital. “No one gains 50 pounds in one week—it happens slowly over a lifetime. If you see your weight go up even a few pounds, lose it. It’s easier to lose one pound 50 times than 50 pounds once.”

“Studies have shown that type 2 diabetes more than doubles the risk of a heart attack or stroke,” says Robin Rhoades, R.D., an outpatient dietitian at Diabetes LifeCare at Hartford Hospital. “Type 2 diabetes is linked to overweight and inactivity, as well as other factors, including family history. Would you be willing to eat more vegetables, fruits and whole grains if they would help reduce your risk for diabetes, heart disease and cancer?”

Vegetarian diets are going mainstream. “Lately I have been asked about the benefits of vegetarian diets for prevention and control of diabetes,” she adds. “I encourage trying one vegetarian meal per week as a goal. I highly recommend limiting processed and fast foods, and adopting a Mediterranean lifestyle way of eating because of the all the terrific phytochemicals and fiber in nutrient-dense foods.”

What to Eat Now

Nuts contain healthy fats that can go a long way toward hunger management, while adding magnesium and fiber to your diet. “A handful of almonds or walnuts impedes stomach emptying,” suggests Dr. Thompson. “Drink a big glass of water before every meal and between meals if you feel hungry.”



For reasons that remain unclear, people who are depressed eat more chocolate than those who aren't, according to a new study. Researchers say depressed people crave chocolate because of mood-boosting chemicals that have soothing effects on the brain. In addition to chocolate's antidepressant and antioxidant effects, studies suggest that dark chocolate's anti-inflammatory action may reduce the risk of heart attack and stroke.

Whatever the next food fad, everyone agrees that a healthy diet should include brightly hued berries, cruciferous vegetables like broccoli, cabbage and cauliflower, leafy greens and citrus fruits. Vibrant colors hint at immune-boosting phytonutrients that counter the effects of aging. Colorful fruits and vegetables contain disease-fighting antioxidants believed to prevent cancer and protect the heart.

What Not to Eat

Even food processing companies are finally getting the message that consumers want to eat a healthy diet. Manufacturers like Kraft and Ocean Spray have reformulated products to reduce or eliminate high-fructose corn syrup. While some scientists say corn syrup is no worse than sugar, others argue that the highly processed food is made from corn, an energy-consuming and pesticide-laden crop. As a result of the new health care legislation, fast-food chain restaurants will now prominently display calorie counts and nutrition information on menu boards and drive-throughs.

Although government experts recommend consuming no more than 2,400 mg. (one teaspoon) of sodium per day, Americans eat an estimated 4,000 to 6,000 mg. of sodium daily. Food manufacturers are being urged to voluntarily reduce the amount of sodium in processed and prepared foods, from salad dressings to soups. "Salt doesn't raise everyone's blood pressure to the point of needing medication," says Dr. Polk. "Some people are more salt-sensitive than others. Overall, there is a public health benefit to reducing salt because so many Americans with hypertension are struggling to reduce their salt intake."

Green Choices

What do the world's longest-lived people have in common? Whether they inhabit the lost kingdom of the Himalayas or a valley beneath Ecuador's Sleeping Inca mountain, the healthiest people in the world eat fresh, organic food and drink natural mineral water. In the Hunza Valley, people eat apricots, swim in icy streams and climb up and down hillsides. Instead of chemical pesticides, they spray their fruit trees with a mixture of ash and water to repel pests.

Organic foods, though more costly, can help minimize exposure to worrisome chemicals and reduce our national reliance on petroleum-based pesticides. Local farmers often use fewer chemicals and save energy with lower transportation costs. President Obama's Cancer Panel recently warned that the "risk of environmentally induced cancer has been grossly underestimated."

"Fruits, vegetables and whole grains play a vital role in helping to prevent cancer," says dietitian Ann Zogbaum, M.S., R.D., of the Helen & Harry Gray Cancer Center. "We encourage our patients to consume a variety of fruits and vegetables that provide color and different textures to each meal and encourage the appetite with their wonderful flavors. Supporting our local farmers markets provides the ultimate in freshness and taste. Washing and properly preparing our produce, no matter where we purchase it, is still very important."

CLINICIAN PROFILE

Robin Rhoades, R.D.



Robin Rhoades, R.D., a registered dietitian with Hartford Hospital's Diabetes LifeCare program, works in an outpatient setting helping patients plan healthy meals to maintain good blood-sugar control. In accordance with recommendations from the American Dietetic Association, she teaches nutrition classes to help individuals reduce their risk of diabetes and also works one-on-one with people diagnosed with type 1, type 2 or gestational diabetes.

For Ms. Rhoades, her work as a dietitian was a second career, following 10 years as an assistant city clerk in city government. She earned a B.S. in nutritional sciences at Syracuse University, and completed an internship at Strong Memorial Hospital at the University of Rochester Medical Center in New York.

Before joining Hartford Hospital, she worked as an inpatient dietitian at the Athens Regional Medical Center in Athens, Georgia. Currently, she is busy running and working out to train for an upcoming mini-triathlon in September, when she plans to swim in the ocean, bike and run alongside her 75-year-old mother, who completed the race last year. For fun, she kayaks and reads fiction.

Prescription for Wellness

A healthy lifestyle—including exercise, stress reduction, sufficient sleep and a good diet—can add years of vitality to your life. Before beginning a diet-and-exercise regimen, be sure to check with your primary care physician. If you don't have one, call Hartford Hospital's Health/Physician Referral Service at (860) 545-1888 or (800) 545-7664.



1. Take Heart

A strong heart is the key to wellness. High cholesterol, high blood pressure and diabetes raise the risk of developing cardiovascular disease and artery-clogging *atherosclerosis* for both men and women, especially if they're obese. Erectile dysfunction may be a warning sign that arteries aren't circulating blood properly.

2. Make Healthy Changes

"Lifestyle changes can reduce cholesterol levels dramatically," says Cardiologist Donna M. Polk, M.D. "Dietary changes—such as adding fiber to your diet—can really improve cholesterol levels. Weight loss and increasing one's level of activity can also reduce risk. It's important to know that exercise burns calories, but it takes dietary changes plus longer periods of exercise (60-90 minutes) to really shed pounds."

"People with heart problems are motivated to change," adds Ellen Dornelas, Ph.D., director of Behavioral Health, Preventive Cardiology, at Hartford Hospital. "Cognitive behavioral therapy (CBT) helps people reshape their thoughts. By learning to modify your thinking, you can reduce anxiety, making you less prone to medical problems."

3. Lose Weight

Overweight and obese individuals are at high risk for high cholesterol, high blood pressure, high blood sugar, diabetes and cancer. According to the journal *Obesity*, people with flabby fat deposits around their heart are nearly five times more likely to suffer from *atherosclerosis* in their coronary arteries. "Cut down on saturated fat, milk and meat," says Dr. Thompson. "Get a dog and go for a brisk walk every day. Especially if you're overweight, go up and down hills to help improve your cardiovascular health."



4. Know Your Numbers

Make sure you know not only your total cholesterol level, but also how the total breaks down into its "good" and "bad" components. A low level of good cholesterol may be a greater risk factor for a heart attack than a high level of bad cholesterol, warns Dr. Thompson.

Cholesterol

Healthy total cholesterol: < 200 mg/dL

Risky total cholesterol: > 240 mg/dL

Optimal HDL (good) cholesterol: > 40 mg/dL (men); > 50 mg/dL (women)

Risky LDL (bad) cholesterol: > 100 mg/dL

Triglycerides

Healthy: < 150 mg/dL

Risky: > 200 mg/dL

Blood Pressure

Optimal: 120/70 mmHg

Borderline: 130/80 mmHg

Risky: > 140/90 mmHg

High blood pressure is the underlying cause of one in six deaths in the United States. "Hypertension is a silent killer that can lead to stroke and heart failure," says Dr. Thompson. "Get your blood pressure measured at least twice a year. Be sure to take all medications for high blood pressure regularly, because over time hypertension and coronary heart disease can lead to stroke, heart attack and heart failure."

5. Get Fit

Vigorous exercise and physical fitness are vital to good health. Exercise helps preserve cardiac health, maintains a lower body weight, prevents muscle loss and staves off osteoporosis. Fitness can be achieved with 30 minutes of brisk walking or other moderate exercise every day. Those age 65 and older who regularly walk or exercise moderately can significantly lower their risk of developing vascular dementia. If you smoke, quit. Smoking does significant damage to your heart and arteries, and puts you at risk for cancer.





6. Sleep Well

Sleep may be a matter of life and death. People who sleep less than seven or more than nine hours have higher mortality rates—and those who get less than six hours per night have an increased risk of dying prematurely. Insomnia affects appetite and metabolism, reducing energy and contributing to weight gain. Someone who sleeps less than seven hours a night is more likely to be obese than someone who sleeps seven hours or more.

“Go to bed at the same time every night,” urges Natalya Thorevska, M.D., who specializes in pulmonary, critical care and sleep medicine at Hartford Hospital. “If you don’t fall asleep within 30 minutes, get up and do something relaxing in a quiet room.” Instead of prescription or over-the-counter sleeping pills recommended only for short-term use, try cognitive behavioral therapy (CBT) at the Institute of Living’s Anxiety Disorders Center. Practice good “sleep hygiene”—no caffeine in the second half of the day (it stays in the brain for up to eight hours), avoid heavy meals or exercise in the evening—and go to bed only when it’s time to sleep.

7. Read a Good Book

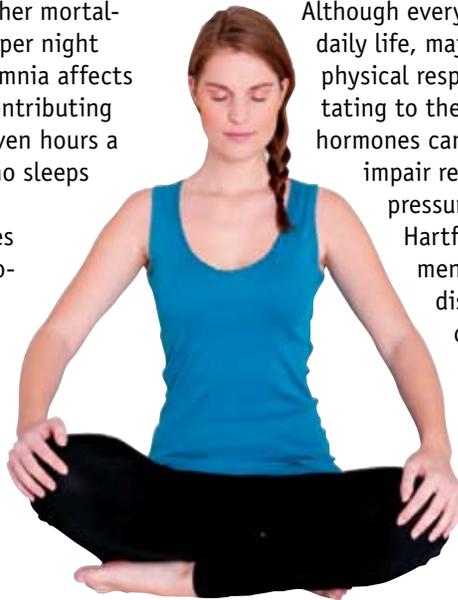
Here are a few recommendations from Hartford Hospital physicians:

- **Paul M. Thompson, M.D.**, Director of Cardiology
The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It by Neal Bascomb (2005).
- **Frances Gurtman, M.D.**, Medical Director, Hartford Medical Group, South Main St., West Hartford
Healthy Aging by Andrew Weil (2007) and *Men’s Health* magazine.
- **Ellen Dornelas, Ph.D.**, Director of Behavioral Health, Preventive Cardiology
Happy: Simple Steps to Get the Most Out of Life by Ian K. Smith (2010) and *A Day Away From Stress*, narrated by Stuart McCalley, M.D. (a CD of relaxation techniques).

8. Seek Help

The best place to start is your primary care physician. Hartford Medical Group physicians and staff in suburban locations are available to care for patients seven days a week, including weekday evening hours. The Institute of Living offers group counseling, education, medication management and support for people with psychiatric and substance abuse problems. For online support groups for addiction, coronary heart disease, hypertension or smoking cessation, go to www.dailystrength.org.

9. Reduce Stress



Although everyone experiences ups and downs in daily life, major life changes can trigger violent physical responses. Sudden stress can be devastating to the heart. Over time, elevated stress hormones can disrupt immune function and impair regulation of blood sugar and blood pressure. The Henry Low Heart Center at Hartford Hospital offers stress management techniques to help prevent heart disease, as well as psychological counseling for patients after heart attack, coronary bypass surgery and heart transplant, as well as those with an implantable cardioverter defibrillator (ICD). Dr. Dornelas is now enrolling patients in two federally funded clinical trials. The RISTA study will assess the impact of stress management for patients with

ICDs and the CODIACS trial will examine a new treatment for people with depression and heart disease. These are just two of many ongoing clinical trials at Hartford Hospital. (For a complete listing, see www.harthosp.org/research/ClinicalTrialsdefault.aspx.)

10. Learn to Relax

“Relaxation techniques help people learn to reduce their physiological reactivity to stress, and cognitive strategies help people learn to clear their mind from intrusive or worrisome thoughts,” says Dr. Dornelas. “Everybody can learn very simple techniques for stress management—slow, rhythmic, diaphragmatic breathing and progressive muscle relaxation are examples of basic relaxation skills. We live in a fast-paced culture with many demands upon us. The ability to clear our mind from the things that worry us is a life skill. Most people can learn to become more calm and better able to cope with life stressors through practicing stress management techniques.”

Appendix: Rupture Risk



How can you tell when a pain in your abdomen is something serious? Appendicitis results when sudden—and potentially deadly—inflammation of the appendix causes abdominal pain. The vestigial organ is a “blind pouch” of intestine that serves no known purpose. Although the incidence of appendicitis peaks in adolescence, it can occur in anyone, from babies to the elderly.

Left untreated, an inflamed appendix will eventually burst, or *perforate*, leading to a life-threatening abscess in the abdominal

cavity. In general, the longer the delay between diagnosis and surgery, the greater the likelihood of perforation..

Symptoms of appendicitis include mild to severe pain, accompanied by nausea, vomiting, fever and loss of appetite. “Inflammation results from an obstruction in the appendix,” explains general surgeon David Curtis, M.D., of Connecticut Surgical Group, who specializes in hepatobiliary-pancreatic surgery. “Pain begins around the navel, and as the inflammation worsens, migrates to the lower right quadrant.”

Surgery is urgently needed to remove the appendix. “The earlier, the better,” says Dr. Curtis. “Don’t wait. Someone with severe pain that persists for six hours on the lower right side should go directly to the emergency room.”

Blood work and a CT (cat) scan typically are used to evaluate the inflammation and confirm the suspected diagnosis, which is particularly helpful in women, since lower

abdominal pain may be caused by gynecological problems that affect the ovary or Fallopian tubes rather than the appendix.

Most patients are candidates for laparoscopic surgery, which allows Dr. Curtis to remove the appendix by making only three tiny incisions. Most people spend one night in the hospital afterward receiving intravenous antibiotics. “Patients with a perforated appendix, abscesses or other complications may need longer hospitalization, as their recovery can be more difficult.”

WHAT'S GOING AROUND...News & Breakthroughs

Cancer Chances

Researchers at the University of California, San Francisco, have identified three breast cancer “biomarkers.” Women with all three—designated p16, COX-2 and Ki67—have a 20 percent chance of developing invasive breast cancer over eight years compared with only a 4 percent risk in those with no biomarkers. Women diagnosed early with ductal carcinoma *in situ* undergo treatments ranging from mastectomy to lumpectomy and radiation.

Prostate Promise

Widely prescribed to shrink enlarged prostates, Avodart may reduce prostate cancer incidence by 23 percent in men at risk for the disease, according to a study in the *New England Journal of Medicine*. The risk reduction was similar to that seen in an earlier trial of a similar drug, Proscar. Both drugs work by blocking conversion of testosterone into a key hormone associated with prostate growth.

Herbal Hype

Ginkgo biloba does not stop cognitive decline and memory loss, according to a randomized, placebo-controlled study funded by the National Institutes of Health and the National Center for Complementary and Alternative Medicine. Seniors who took the supplement twice a day to prevent Alzheimer’s disease did no better on a variety of cognitive tests and neuropsychological evaluations than those who took dummy pills.

Sexual Healing

Sex is good for a man’s heart, reports the *American Journal of Cardiology*. Massachusetts Male Aging Study researchers correlated low frequency of sexual activity with increased risk of cardiovascular disease. Men who reported having sex once a month or less had a higher risk of cardiovascular disease than those who had sex twice a week or more, regardless of age or erectile dysfunction.

Tourette's Syndrome: *Tics and Vocalizations*

An estimated two million Americans suffer from Tourette's syndrome, a neurological disorder marked by repeated and uncontrolled involuntary movements and vocalizations called *tics*. Boys are diagnosed with the disorder four times more often than girls, usually in childhood.

Even though most cases are mild, with barely noticeable tics, affected children often suffer from other neurodevelopmental problems. "Whether motor or vocal, tics peak in terms of intensity around age 10–11 or in early adolescence," says Child and Adolescent Psychiatrist Robert Sahl, M.D., of the Institute of Living (IOL).

"Most tics decline in frequency or completely go away by the early 20s."

Contrary to popular belief, Tourette's syndrome is more than an uncontrollable stream of profanities. While some individuals with Tourette's syndrome blurt obscenities—an inexplicable phenomenon called *coprolalia*—it's far from the most common feature of the disorder. The first symptom is usually a facial tic.

"Motor tics by themselves are very common," says Dr. Sahl. "A diagnosis of Tourette's syndrome requires both motor and vocal tics. Tourette's syndrome afflicts an estimated one percent of children, although tics in general affect as many as four to eight percent of kids."

Over time, people with Tourette's syndrome learn to recognize their own "premonitory signs" that precede a bout of tics. Sufferers may "bottle up" their tics all day at school, for example, and then come home and spend an hour releasing them.

"Tics may increase in frequency and complexity in response to stressful school or home situations," says Dr. Sahl. "College pressures, for example, may cause a teenager to develop tics—eye blinks, twitches of the upper lip or shoulder shrugs. Most of the time, people aren't aware of their motor tics until they're pointed out to them. Even children with Tourette's syndrome are unaware of their involuntary vocalizations at first. They may be bullied in school because of their repetitive coughing, sniffing or throat clearing."

Tourette's syndrome has been linked to abnormalities in the size and symmetry of brain structures and disruptions



in dopamine pathways that help nerve cells communicate with one another in the brain. Several related conditions, including attention-deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), intellectual disabilities and autism spectrum disorder are often diagnosed along with Tourette's syndrome.

The latest theory about Tourette's syndrome is that abnormal brain activity afflicts specific regions of the cortico-striatal circuit, especially affecting the basal ganglia in the brain. There is a genetic component

to Tourette's syndrome, which has been linked to multiple risk genes on several different chromosomes. New imaging capabilities and better understanding of the workings of the prefrontal cortex and thalamus may provide targets for further investigation and better drug therapy.

Medications typically prescribed for Tourette's syndrome often have serious side effects, so most individuals try a variety of medications before settling on the best choice. Some children respond to antipsychotics, including Risperdal, Seroquel or Geodon. Others take Clonidine or Tenex (guanfacine), two drugs originally created to treat high blood pressure.

Some researchers have suggested links between Tourette's syndrome and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections), an autoimmune disorder that arises after a bacterial infection, but usually resolves on its own. "The theory is that children get a strep throat and then several weeks later develop tics and become hyperactive when antibodies attack nerve tissue such as the basal ganglia," says Dr. Sahl.

"As kids get older, if tics are well controlled, we taper medications to see how they do," says Dr. Sahl. "People with Tourette's syndrome often suffer from anxiety or depressive disorders. An experimental treatment at the IOL called *transcranial magnetic stimulation* (TMS) has shown efficacy for depression. Researchers hope that 'deep brain stimulation' may also help reduce tics associated with Tourette's syndrome."

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JUNE 15 THROUGH SEPTEMBER 15, 2010

Contents

Cancer Program _____ 13

- Support Groups

Clinical Professional Programs _____ 18

- EMS Education
- Allied Health

Diabetes Lifecare _____ 17

Domestic Violence _____ 16

Exercise/Wellness _____ 15

Healthy Hearts _____ 13

- Stop Smoking for Life Programs
- Stress Management and Counseling

Mental Health _____ 14

- Anxiety Disorders
- Bereavement Support
- Bipolar Disorder
- Schizophrenia Program

Nutrition Counseling _____ 13

Professional Development _____ 18

Safety Education _____ 17

Screenings _____ 17

Special Events _____ 19

Support Groups _____ 17

Volunteers _____ 14

- Blood Drive

Wellness/Integrative Medicine _____ 15

- Reiki Healing Touch
- Prepare for Surgery
- Yoga

Women's Health Issues _____ 16-17

- Parent Education Classes
- Parent-Baby Series
- Exercise for Expectant and New Moms

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

CANCER PROGRAM

Brain Tumor Survivor 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.—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

Women with Cancer Support Groups

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:

- **The Lebed Method: Focus on Healing**

A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. Call Sherri Storms, RN at 860-545-3781. Fee applies.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month from 7:00 to 8:00 p.m. Call Marcia Caruso-Bergman, RN at 860-545-4463. 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.

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.

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. 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: 1st Monday of each month from 11:30 a.m. to 1:30 p.m. Spanish session also available from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

Come learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Light dinner provided. Registration is required for each meeting and must be received at least 48 hours in advance. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Call 860-545-1888. FREE.

7/13 *Reiki Healing Touch—*

Alice Moore, RN, MA, RMT

8/10 *Foot/Hand Reflexology—*

Debbie Halsted, CR

9/14 *Journaling for Health—*

Diana Boehnert, MFA

Women at Risk for Breast Cancer

Hosted by Dr. Patricia 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 established risk factors and current intervention options for breast cancer. **Schedule:** 7/21 in Glastonbury, 9/15 in Avon. To register call 860-545-1888. FREE.

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.



HEALTHY HEARTS

Stop Smoking for Life Program—

Call 860-545-3127 or send an email to: stopsmoking@harthosp.org for registration and information.

Resources for Smokers—Community Education Group

This monthly program is open to smokers, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. **Schedule:** 9/13 at 5:00 p.m. Call 860-545-3127 for location details. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to assist with quitting smoking. Learn about behavioral strategies, medication options and receive counseling support. Individual counseling sessions are offered at Hartford Hospital and West Hartford Wellness Center at Blue Back Square.

Smoke Free for Life Group Support

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke-free. Facilitated by an experienced cessation counselor. To register call 860-545-3127. FEE: \$150.

Breathe Easy Relapse Prevention Support Group

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered at Hartford Hospital and in West Hartford. To register call 860-545-3127. FREE.

Stress Management for Cardiac Patients—A Six-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 in West Hartford. Call 860-545-3127 for information. FEE: \$225.

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 in West Hartford. Call 860-545-3127.

MENTAL HEALTH

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Sherry, basement level. For 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. at 85 Jefferson Street #116. For more information, call 860-545-2290. FREE.

Bereavement Support Group (Age 55+)

For people 55 and older who have lost a spouse.

Schedule: 4th Tuesday of the month from 10:00 to 11:30 a.m. at McLean in Simsbury. To register, call 860-658-3700. FREE.

Bereavement Support Group (Age 35–55)

For people age 35–55 who have lost a spouse.

Schedule: 3rd Tuesday of the month from 7:00 to 9:00 p.m. at McLean in 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 from 1:30 to 2:30 p.m. at McLean in 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 860-545-7991. 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 from 5:15 to 6:30 p.m. Please Call Mary Cameron at 860-545-7665 for more information. Registration **not** required. FREE.

Depression—An Introduction

For family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. Facilitated by David Vaughan, LCSW, Treatment Manager, and Family Resource Center. **Schedule:** From 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for information, schedule, and to register. 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 unless noted.** For more information or directions, call 860-545-7665. FREE.

• 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 from 5:15 to 6:30 p.m.

• Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on every day activities, and provide tips on what you can do to make things better at home. For schedule and more information, call 860-545-7665.

• Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** From 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

• 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. **Schedule:** 1st and 3rd Thursday of each month from 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for more information. FREE.

• Peer Support Group—Schizophrenia Anonymous (S.A.)

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Wednesday, 5:30 to 6:30 p.m. The Institute of Living, Center Bldg., first floor. For information, contact Mary Cameron at 860-545-7665. FREE.

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

Overview of benefit programs available for individuals with mental health disabilities. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. Please call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

• 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, M.S.W., vocational counselor, and Patricia Wardwell, COTA, occupational therapist. **Schedule:** From 5:15 to 6:30 p.m. on 4/27. Call Mary Cameron at 860-545-7665 for more information. FREE.

Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for adults with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in the treatment of anxiety.

Schedule: Please call 860-545-7685, option #3 for schedule or more information. FEE: Billable to insurance and co-pay.

VOLUNTEERS

Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. 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 over the age of 14. 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.

Trauma After-Care Volunteer Training

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training is mandatory and an interview is required prior to training. For more information or to register call Volunteer Services at 860-545-2448.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply for this program please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eeppetel@harthosp.org.

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Soul Collage Weekend Retreat for Cancer Survivors

Led by Diana Boehnert, MFA, at Sagamore Beach and Highlands, Cape Cod. Come to a beautiful place by the sea and relax the body, mind and spirit to access what the heart has to tell you. Using the creative process and expressive art exercises (Soul Collage) to express yourself can be stress-reducing, promote wellness, and help create a sense of community in a nurturing environment. Participants must commit to entire retreat. Absolutely no previous art experience is necessary. **Schedule:** Friday, 9/17 from 7:00 p.m. to Sunday, 9/19 at 1:00 p.m. Preregistration required. To register, contact Diana Boehnert at rx.art@snet.net or 860-573-3178. FREE.

Healing Journey for Cancer Survivors: An Expressive Art Experience (6 week series)

The creative process has the unique ability to connect our inner selves with life's experiences while providing a meaningful and joyous excursion into the flow of energy that illuminates our needs and initiates transformation. Various techniques may include mask making, collage, journaling, creating mandalas, exploring color and the chakras, and sound healing. **Schedule:** Six Tuesdays 7/27 to 8/31 at Hartford Hospital's, Avon Cancer Center from 6:00 to 9:00 p.m. Preregistration required. Call 860-545-1888. FREE.

Monthly Soul Collage for Cancer Survivors

Join Diana Boehnert, MFA, to create multilayered visual images that fit together like a puzzle and will be used to create a deck of cards. We will process the image(s) by tapping into intuition to find special meaning for you in answering some of life's questions. It's fun to do and sharing the process with others deepens the experience. **Schedule:** 7/7, 8/11, 9/8 (may attend one or all dates) in Glastonbury from 7:00 p.m. to 9:00 p.m. Preregistration required. Call 860-545-1888. FREE.

Monthly Soul Collage for Everyone

See description above. **Schedule:** 7/8, 8/12, 9/9 (may attend one or all dates) in Wethersfield from 7:00 p.m. to 9:00 p.m. Preregistration required. Call 860-545-1888. FEE: \$25 per session date.

Brain Fitness—Keeping Your Mind Fit

Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** Join Kathleen Kiley from 6:30 to 8:30 p.m. on 8/11 or 9/8 at the Avon Wellness Center. Preregistration required. Call 860-545-1888. FEE: \$15.

Dreams—Tapping into Your Inner Wisdom

Learn how to understand thoughts, feelings and sensations in your dreams, and get to know yourself better. Presented by Kathleen Kiley. **Schedule:** From 6:30 to 8:30 p.m. on 7/7 in Glastonbury. Preregistration required. Call (860) 545-1888. FEE: \$20.

Mindfulness Based Stress Reduction

(8 week series)

Stressed by life events, illness, pain, worry? Join Randy Kaplan, Ph.D. for this 8-week course modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. You will learn awareness of breathing, sitting and walking meditation, the "body scan," basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** Tuesdays, from 5:15 to 7:15 p.m. starting on 7/13 (required orientation), 7/20 to 8/31 and 9/7, plus all day retreat on 8/28 from 9:30 a.m. to 3:30 p.m. Preregistration required. Call 860-545-1888. FEE: \$250 (includes course workbook and 5 CDs).

Reiki Healing Touch—Level I

Learn a gentle, hands-on relaxation technique from Alice Moore, RN, MA, RMT, that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 7/29, 8/26, or 9/16 (choose one date) from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

Hypnobirthing® Class

Five-week class for expectant parents/significant others and learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy and childbirth as well as pre-birth parenting and the consciousness of the pre-born baby. **Schedule:** 5-week series on Mondays from 6:30 to 9:00 p.m. From 7/12 to 8/9 or 9/6 to 10/4 in Wethersfield. Registration is required. Call 860-545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Tibetan Bowls Practitioner Level I

Singing Bowls provide sound vibrations that help the body achieve energy flow, relaxation and decrease pain. Taught by Marie Menut, RN. **Schedule:** Four Mondays from 9/13 to 10/4 from 6:00 to 9:00 p.m. in Newington. Preregistration required. Call 860-545-1888. FEE: \$150.

Yoga Fusion

Join Cynthia Ambrose, RYT, for this 10-week series (for all levels) that includes meditation, breath work, core strengthening and posture flows. Bring yoga mat, water, and optional (but recommended) blanket. **Schedule:** Ten Mondays, 7/5 to 7/26, 8/2 to 8/16 (skip 3 weeks) and 9/13 to 9/27 from 6:30 to 7:45 p.m. in Newington. Registration is required. Call 860-545-1888. FEE: \$145.

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. Call 860-545-4444.

Yamuna® Body Rolling

In this dynamic workshop you learn how to do self-massage with a specific series of small balls, promoting balance, building core strength, providing weight-bearing exercise, improving posture and stimulating bone. With Sharon Sklar, Certified YBR Practitioner and Rolfer. Wear close fitting yoga type clothes and bring a mat. **Schedule:** From 7:00 to 9:00 p.m. on 7/22 at the Newington campus gym. Preregistration required at 860-545-1888. FEE: \$40.

Community Lecture Series: Beautiful Skin Without Surgery

Join Dr. Margaret Bason, a Board-certified dermatologist in Simsbury for a FREE seminar in September to learn about skin tightening without surgery, new breakthrough treatments for sagging skin, wrinkles, blood vessels, brown spots, and acne. For more information and/or to register, call 860-651-1766. Registration is required.

EXERCISE/WELLNESS

See additional exercise programs on pages 16-17.

Cardiac Rehabilitation Classes

Comprehensive care to individuals who have recently experienced a cardiac event or require risk factor modification. EKG monitored exercise class, education and counseling. Covered by most insurance plans; physician referral is required. **Locations:** Hartford Hospital—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

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. **Schedule:** Mondays/Wednesdays in Avon; Tuesdays/Fridays in Glastonbury; Tuesdays/Thursdays in Wethersfield and Windsor. Please call 860-545-1888 for schedule and to register. FEE: \$80 for 8 sessions (meet twice/week) or \$45 for 4 sessions (meet once/week).

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.

Adult Swim Lessons

Learn to swim or improve your stroke. Swimming is a great cardiovascular exercise. Taught by Red Cross certified instructors. *This class is held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center, 100 Simsbury Road. Call 860-284-1190 for information or to register.*

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 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.

Fertility Yoga

Offers a holistic approach for women who are considering pregnancy or actively pursuing parenthood. Gentle yoga uses calming techniques that emphasize breath awareness, physical and mental relaxation. **Schedule:** Call 860-545-1888 for the schedule and to register. FEE: \$50 for 4 sessions.

DOMESTIC VIOLENCE

My Avenging Angel Workshop

My Avenging Angel Workshop has been sponsored by the Hartford Hospital Domestic Violence Prevention Program since 2001. The workshops have helped women who have been abused move from victims to survivors to "thrivers." **Schedule:** Two Saturday sessions from 10:30 a.m. to 4:30 p.m. in Wethersfield and Avon. For schedule, call 860-545-1888. FREE.

Parent Education Classes

Registration is required for all classes. Call 860-545-1888. Visit us on our website at www.harthosp.org/parented.

• *Preparing for Multiples*

This three part series will prepare families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** 6:00 to 9:00 p.m. on Thursdays from 6/24 to 7/8 at Hartford Hospital. FEE: \$125.

• *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: \$25.

Avon: 6/24, 7/22, 8/26

Glastonbury: 8/9

West Hartford: 6/21, 7/12, 8/2, 9/13

Wethersfield: 7/14, 9/8

• *Baby Care for Adopting Parents*

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention. The focus will be the care of babies up to 12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 9/14. FEE: \$35.

• *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: \$25.

Avon: 9/9

Glastonbury: 7/12, 8/2, 9/13

West Hartford: 6/28, 7/19, 8/9

Wethersfield: 8/11

• *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-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 8/16. FEE: \$25.

• *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 7/31 in West Hartford. 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:** From 9:00 a.m. to 12:00 noon on 6/19, 8/14 at Hartford Hospital. FEE: \$50.

• *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 8/30 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 6/16, 9/15. FEE: \$25.

• *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 7/13 at the 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 songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 9/15 in Wethersfield. 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 some Saturdays from 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. For schedule and to register, call 860-545-1888. FREE.

• *Neonatal Intensive Care Unit Tours*

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

• *eLearning Childbirth Education*

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Includes animated illustrations and videos and covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. An optional one-evening session provides a guided maternity tour, review of breathing and relaxation techniques, birth videos, and time for questions. **Schedule:** From 6:30 to 9:00 p.m. on 6/21, 9/9 in Hartford Hospital's High Building, #685. Call 860-545-1888 to register. FEE: \$100.

• *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 variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford, Wethersfield and Windsor. **Schedule:** Call 860-545-1888 or go to www.harthosp.org/parented. 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. on 8/17 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) 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. on 8/5 at Hartford Hospital. FREE.

• Sibling Preparation

A class to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Hartford from 9:30 to 10:30 a.m. on the following dates:

Pre-school—Saturday 9/11

All ages (3–9)—Saturday 7/10, 8/7

FEE: \$15 per child; \$25 for 2 or more children

Nurturing Connections

Nurturing Connections (NC) programs are under the umbrella of the Nurturing Families Network.

Telephone Support for New Parents

This program is for new, first-time parents. Volunteers and others are available to provide them by telephone with education and support as they adjust to the many demands of parenthood beginning while the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

Home Support for New Parents

Intensive home visiting services are offered to first-time parents. Staffed by home visitors who may visit the homes weekly starting prenatally until the baby is 5 years of age. The home visitors act as teachers, supporters and advocates for the families and help them get the community services they need. Contact Leslie Escobales at 860-972-3201.

Prenatal Groups

Prenatal groups are offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent–Baby Series

• Enjoying Infants Together–Mornings

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 and make new friends! **Schedule:** From 11:15 a.m. to 12:15 p.m. weekly from 9/15 to 10/20 in Wethersfield. FEE: \$50 for 6-week series. Try our free introductory class on 9/8.

• Time for Toddlers—Mornings

Led by a pediatric nurse practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on parenting issues. **Schedule:** Wednesdays, 10:00 to 11:30 a.m., from 9/15 to 10/20 in Wethersfield. FEE: \$50. Try our free introductory class on 9/8.

Exercise for Expectant and New Moms

• Prenatal Yoga

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Four-week sessions in West Hartford, 7/21 to 8/11 and 9/8 to 9/29 from 5:30 to 6:45 p.m. Call 860-545-1888 to register. FEE: \$50/4-week session.

• Stroller Fitness

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital 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.

DIABETES LIFE CARE PROGRAMS

Diabetes Education Classes

Self-care education and support for adults with diabetes. 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. Classes in English or Spanish. For more information call 860-545-1888.

Day (8:30 to 11:30 a.m.)

Afternoon (1:00 to 4:00 p.m.)

Evening (5:00 to 8:00 p.m.)

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing support from other adults with diabetes. Offered in Wethersfield and Windsor. Meetings are held quarterly. Call 860-545-1888 for schedule and topics. FREE.

Diabetes & Nutrition

(Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing *your* concerns and desires concerning food preferences (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call 860-545-3526 to schedule an appointment.

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 offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 6/29 in West Hartford. Call 860-545-1888 to register. FREE.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. Call 860-545-1888 for schedule. FEE: \$45.

SCREENINGS/SUPPORT GROUPS

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol

Conducted by VNA Health Care and 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. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

• Heart Transplant Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** Meets from 5:30 to 8:30 p.m. in Glastonbury. For information, call Sue Podolski at 860-545-4339. FREE.

• Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury. For information, call Sue Podolski at 860-545-4339. 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. **Schedule:** From 6:30 to 7:30 p.m. at West Hartford Senior Center, 15 Starkel Road. For schedule or more information, call 860-760-6862. 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.

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

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month from 1:00 to 3:00 p.m. Registration is **not** necessary. Call Betty at 860-658-2453 for more information. FREE.

SURGICAL WEIGHT LOSS PROGRAMS

Surgical Weight Loss Education Session

Find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery offered, and whether you might be a candidate. For more information, schedule and to register, call 860-246-2071 and select option #2. Registration is required. FREE.

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Nina Arnold and Sally Strange, Bariatric Nurse Coordinators. **Schedule:** 6/15, 7/13, 8/10, from 6:00 to 8:00 p.m. at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. For more information go to www.harthosp.org/obesitysurgery or call 860-246-2071 and select option #2. Registration **not** required. FREE.

Nutrition Classes for Post-operative Patients

Nutrition classes are available for patients who have had bariatric surgery for weight loss. For more information, schedule and to register, please call 860-545-2604.

Greater CT Walk from Obesity with local sponsorship by Hartford Hospital

Help raise awareness about obesity, a major public health issue that affects children and adults nationwide. Donations go toward research and prevention. **Schedule:** Saturday, 9/25 at Hubbard Park in Meriden. Register on-line at www.walkforobesity.com and select Join A Walk-Greater CT. On site registration begins at 10 a.m. Walk begins at 11:00 a.m. Registration Fee: \$25—includes T-shirt. Children 12 and under are 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.

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.

Pediatric Advanced Life Support (PALS)

Provider 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.

Advanced Cardiac Life Support (ACLS)

For providers, instructors and those who have a current card but need a refresher 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.

PROFESSIONAL DEVELOPMENT

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 schedule and an application, visit our website at www.harthosp.org or call 860-545-2612.

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 schedule and an application, see our website at www.harthosp.org or call 860-545-2612.

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 or call 860-545-3350.

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, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

Visit our web site at www.harthosp.org

SPECIAL EVENTS AT HARTFORD HOSPITAL

REGISTRATION IS REQUIRED for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at 860-545-1888 or toll-free at 800-545-7664 to register.



Rohini Becherl, M.D.

FREE EDUCATIONAL SEMINARS IN ENFIELD

The following programs take place from 7:00 to 8:00 p.m. at the Enfield Senior Center, 299 Elm Street, Enfield.

Thursday, August 19

AGING WELL: Finding Wellness through Exercise

Join Rohini Becherl, M.D., and Colleen Maniscalco, PT, MS, CSCS as they discuss the importance of exercise as we age. Dr. Becherl is fellowship trained in geriatric medicine and specializes in primary care for seniors including dementia care. Ms. Maniscalco is a physician therapist with extensive training, specializing in health promotion and disease prevention. In this program, you will:

- Learn how exercise can help in sustaining a healthier and longer life.
- Learn about osteoporosis and the importance of posture and safe, appropriate exercise.
- Identify risks for falling and learn prevention techniques.

Thursday, July 15

PREPARE FOR THE UNEXPECTED: Being Ready for Unplanned Hospital Visits

Presented by Michael Lindberg, M.D., Director, Department of Medicine, Hartford Hospital. Dr. Lindberg is Board-certified in internal medicine and geriatric medicine. He has extensive experience in caring for older individuals and in educating the next generation of physicians. In this seminar, you will learn:

- How you can work with your doctor to prepare for an unexpected hospitalization
- What to expect if you are hospitalized
- How to collaborate with the team caring for you in the hospital
- How to set goals with your doctor and hospital staff

Thursday, September 16

WOMEN'S HEALTH: How Robotic Surgery Can Change Your Life

Peter Doelger, M.D., FACOG, a Board-certified obstetrician and gynecologist and Adam Steinberg, D.O., FACOG, FACS will discuss minimally invasive and robotic surgery for women. You'll learn about both surgical and non-surgical options that are available. This seminar will provide valuable information on:

- Robotic surgery and minimally invasive surgery
- Overall GYN health
- Problems women experience and treatment options



Michael Lindberg, M.D.



Peter Doelger, M.D.



Adam Steinberg, D.O.



Facial Rejuvenation: Turning Back the Clock

Brook Seeley, M.D., is Board-certified by the American Board of Facial Plastic and Reconstructive Surgery, and he is the head of Hartford Hospital's Division of Facial Plastic Surgery. He will discuss the latest products and techniques available for facial rejuvenation. Emphasis will be on minimally invasive procedures, including Botox, wrinkle fillers, lasers, and skin care, as well as minimally invasive surgical techniques. **Schedule:** Thursday, September 19, from 7:00 to 8:00 p.m. in Blue Back Square, West Hartford.



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

Cook's Circle



Indian Spinach Salad

Ingredients

Salad

- 8 cups torn spinach leaves
- 1½ cups chopped apple
- ½ cup golden raisins
- ½ cup peanuts
- 2 Tbsp. sliced green onions

Dressing

- ¼ cup white wine vinegar
- ¼ cup sesame oil (or similar)
- 2 Tbsp. chutney
- 2 tsp. honey (or sugar)
- ½ tsp salt
- 1½ tsp curry powder
- 1 tsp. dry mustard

Mix dressing ingredients together, then cover and chill. Combine salad fixings and toss with dressing. *Serves 8.*

With fresh ingredients and hints of curry, this is a delicious Indian-influenced salad with a dash of spice. The crunchy peanuts and apples complement the sweet taste of the chutney and raisins, as well as the savory flavor of the dry mustard. Curry is a blend of spices, including bright yellow turmeric, which contains *curcumin*, a component of Indian Ayurvedic medicine that may help prevent Alzheimer's disease.

Traditionally a staple of the Indian diet, spicy hot or sweet-and-sour chutney has been used in European cuisine since the 17th century. Chutney contains fruits like mango, peaches and lime, seasoned with cloves, garlic, cilantro, mustard, cinnamon, ginger, cayenne pepper, tamarind and mint.

The light and summery salad comes from Debbie Riege, APRN, a nurse practitioner at Hartford Hospital's Women's Ambulatory Health Services center at 111 Park Street, which serves women in the community, regardless of their ability to pay.

Calories: 208
Protein: 5 g
Carbohydrate: 25 g
Fiber: 3.5 g
Total Fat: 12 g (42% monounsaturated fat)
Saturated Fat: 1.6 g

Cholesterol: 0
Sodium: 184 mg
Vitamin A: 202 mcg RAE (29% daily needs)
Vitamin C: 83 mg (111% daily needs)
Folate: 137 mcg (34%)
Magnesium: 61 mg (20%)
Potassium: 644 mg (14%)

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