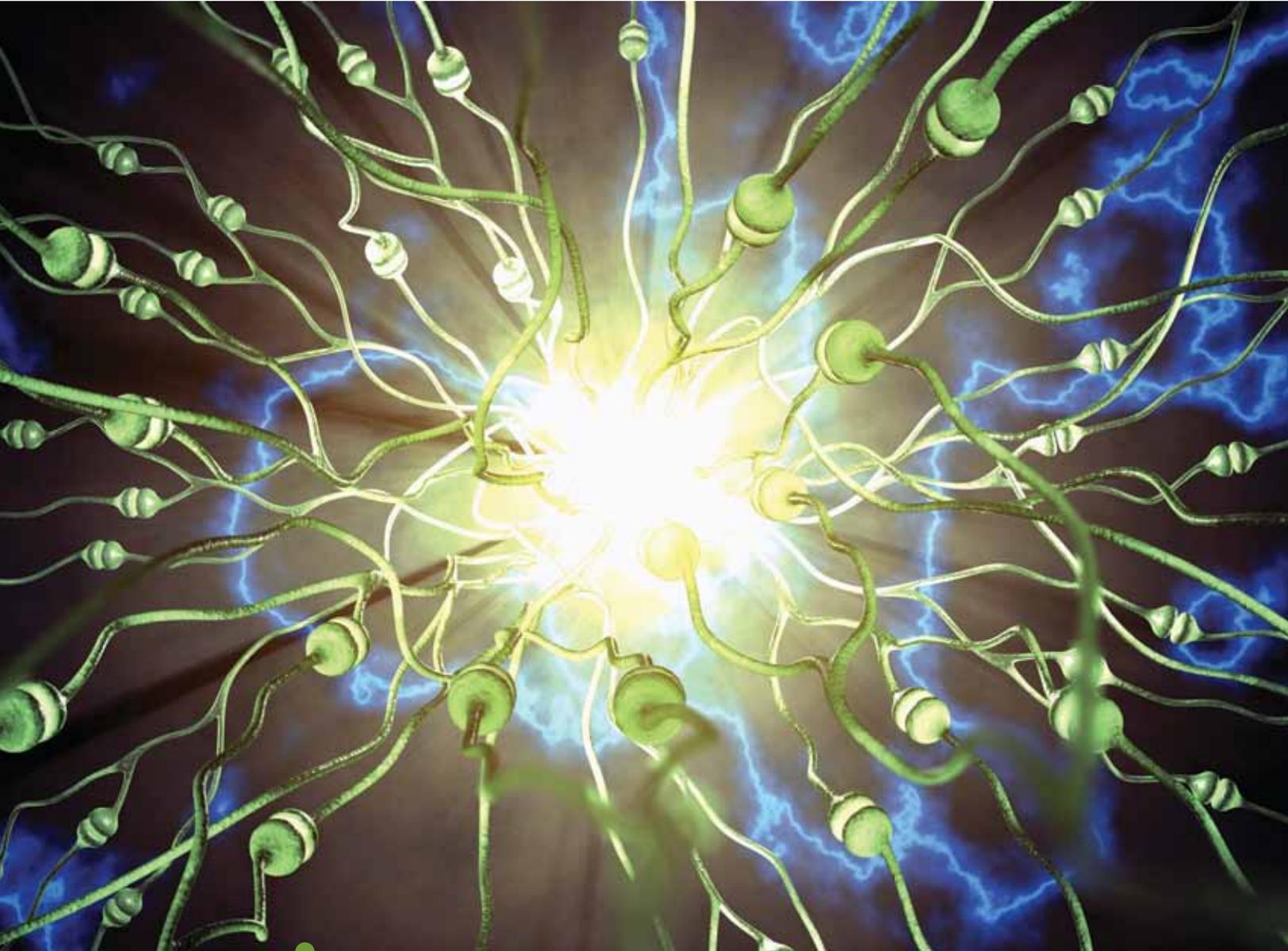


ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Autumn 2011



Brain Storm

How epilepsy specialists fix faulty circuits in the brain

Hartford
Hospital 

ROUNDS

Hartford Hospital's Wellness Magazine

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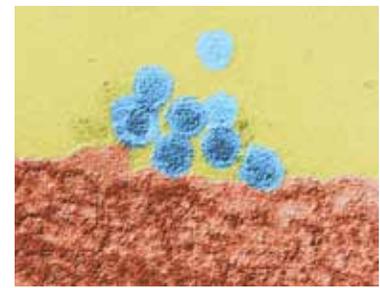
Autumn Advisory

Early fall is the season for West Nile virus (WNV), a baffling illness that is usually mild, but in rare cases mounts a potentially deadly attack on the central nervous system. The tropical disease was unknown in the United States until scientists identified the mosquito-borne infection in 1999.

According to the Centers for Disease Control and Prevention (CDC), Connecticut had 11 serious cases last year and an untold number of asymptomatic cases. The virus survives in birds during winter when mosquitoes are inactive.

When the virus strikes the central nervous system, patients are admitted to the hospital for supportive care. "The vast majority of people are asymptomatic or have a mild, flu-like illness," says Jack Ross, M.D., director of the Division of Infectious Disease at Hartford Hospital. "Those most at risk for complications are the elderly and those with compromised immune systems."

Mosquitoes thrive when wet weather is followed by severe heat, the pattern in Connecticut this year. Prevent WNV by wearing long sleeves and pants, using mosquito repellent (with DEET) and eliminating standing water where mosquitoes can lay their eggs.



H E A L T H T I P S



Extra Energy?

A growing number of brands of artificial energy drinks claim to "boost energy" and improve performance. The global market for stimulating beverages is estimated to exceed \$12 billion annually.

Although the label may boast that a beverage vitalizes body and mind, it's often short on details about exactly how much caffeine, sugar and stimulants the product contains. Energy drink manufacturers pepper the drinks with added caffeine, vitamins, herbs like Ginseng and

Gingko biloba, trendy amino acids and energy-boosting Brazilian *guarana*. Sugar-free varieties contain aspartame and other artificial sweeteners.

Under pressure from the Food and Drug Administration (FDA), energy drinks containing alcohol were reformulated to remove caffeine and other stimulants, but there's nothing to keep college students from lacing energy drinks with vodka. Such a risky combination can make drinkers wide awake and highly impulsive, leading to accidents or injuries.

"Energy drinks contain large amounts of caffeine and sugar," says Hartford Hospital dietitian Mary Noon, M.S., R.D., CD-N. "These drinks are not intended for athletes because they are not 'sports drinks' or electrolyte-replacement drinks. Although they supply calories and carbohydrates, energy drinks are not a substitute for food."

Although most people assume that artificial energy drinks are tested before being sold, the FDA does not require manufacturers to substantiate the safety or effectiveness of dietary supplements. Most energy drinks are loaded with dietary supplements, including vitamins, minerals, herbs, botanicals and amino acids.

"Energy drinks are high in carbohydrates and low in protein," says Ms. Noon. "If you want an energy boost, have a small snack of peanut butter on a slice of whole wheat bread."

Do you know how much alcohol you can safely drink before you're legally drunk?



Life of the Party

Even if you only drink a couple of glasses of wine at dinner or a few beers at a sporting event, you may be surprised by how little alcohol it takes to reach the legal limit of 0.08%.

If you're a petite woman, you won't be able to handle as much alcohol as a husky guy. The liver of a woman has to work harder to eliminate alcohol, too. You may think you have a high tolerance for alcohol, but it probably just takes longer for you to feel drunk.

Isn't Alcohol Good for My Heart?

"People drink more than they think," says cardiologist Donna M. Polk, M.D., director of Preventive Cardiology at Hartford Hospital. "Women shouldn't drink more than four to five ounces of wine daily (or one beer or an ounce of alcohol), while men can drink slightly more, equivalent to an ounce and a half of liquor."

Despite its well-publicized cardiovascular benefits, too much alcohol boosts blood levels of artery-damaging triglycerides. "Although a daily drink may help prevent heart disease, excessive alcohol consumption raises your blood pressure and greatly increases the risk for stroke, especially in women," warns Dr. Polk.

Different beers and wines contain different measures of alcohol by volume (ABV). While beer generally has an ABV of 5% (and Amstel Light has only 3.5%), Samuel Adams Triple Bock tops 17%. Most wines fall into the 12–14% range. When it comes to mixed drinks, it all depends on the bartender.

"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."

Perils of the Pour

Along the Mediterranean coast, people gather every evening for an *aperitif*, a glass of wine or spirits before dinner. But in an American restaurant, that tiny glass you'd

be served on the Riviera is likely to be "super-sized" into a goblet that can hold up to 28 ounces of wine. Even if it's not filled to the rim, you're probably getting a far more generous pour than the recommended five ounces.

Try eating a meal before going out because the less food in your stomach, the faster alcohol is absorbed into the bloodstream. Quick shots of liquor hit the bloodstream faster than slow sips of wine. Fizzy beverages raise the alcohol absorption rate, which is why champagne can make you tipsy after only one glass.

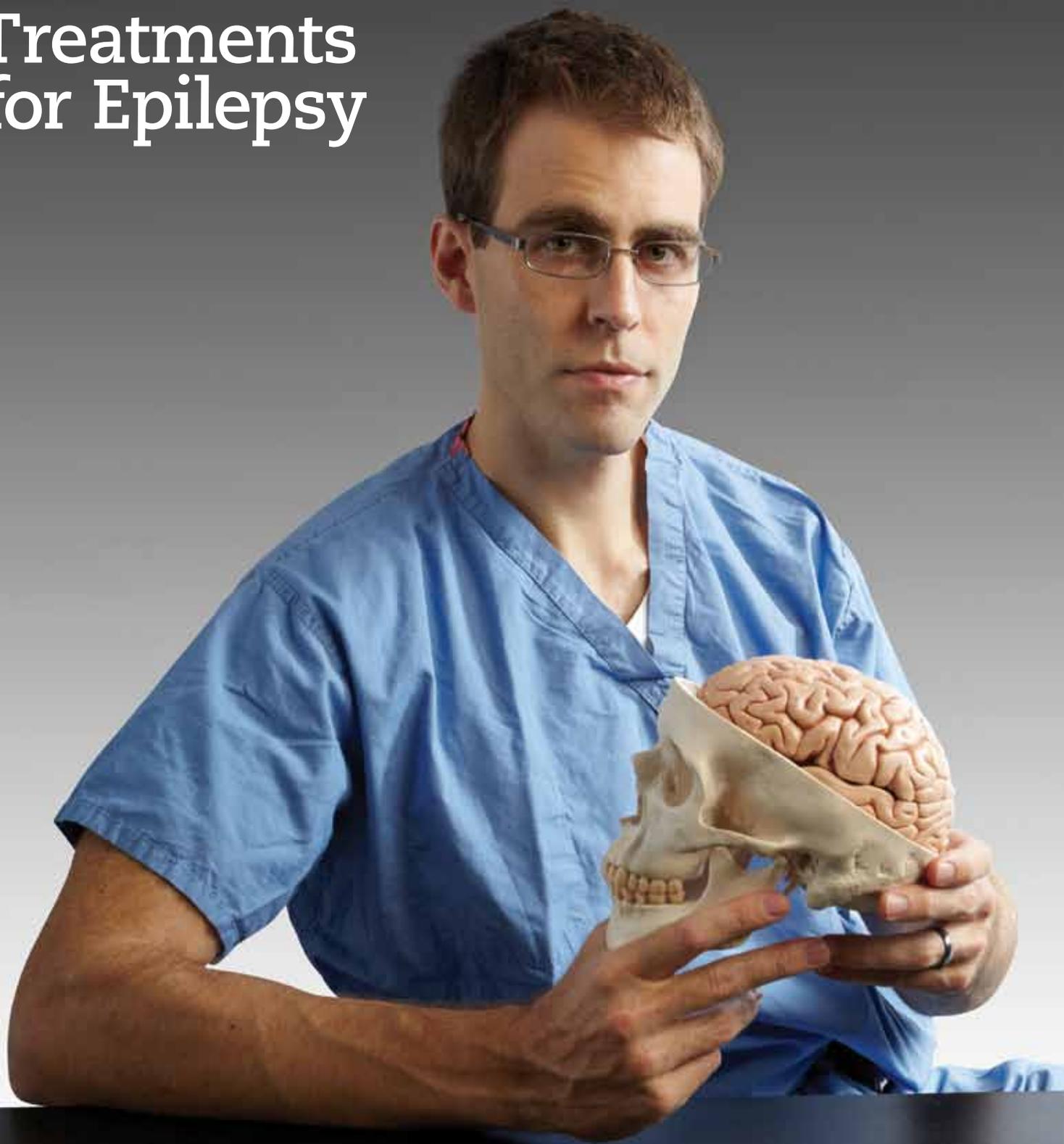
Older people tend to reach the legal limit faster than younger drinkers. Fatigue, stress, depression, illness and even over-the-counter drugs like Benadryl can intensify alcohol's effects. Contrary to popular myth, caffeine won't make you sober—it just makes you a wide-awake drunk.

Driving Dangerously

The legal limit, once as high as 1.5% in some states, is now 0.08% nationwide. Studies show that alcohol-related traffic deaths have fallen by nearly half since 1980, but nearly 11,000 people die each year in the United States in car crashes fueled by drinking and driving.

The number of women arrested for driving while intoxicated (DWI) jumped more than 30% between 2000 and 2009. Just ask Susie (not her real name), a petite woman of 60 who hit a telephone pole in West Hartford one afternoon after a couple of gin-and-tonics. "I felt perfectly in control," she recalls. "To my horror, I blew a 1.5 on the breathalyzer and totaled my car. I was glad no one was hurt. Now, after attending court-ordered alcohol education classes, I never drink before I drive."

New Treatments for Epilepsy



*Dr. Brendan Killory, director of Epilepsy and
Functional Neurosurgery at Hartford Hospital*

Hartford Hospital already has a renowned Stroke Center with advanced technologies, so a state-of-the-art epilepsy center was the next logical step.

Epilepsy Facts

- *Epilepsy is a neurological condition that affects the nerve cells (neurons). When all the neurons erupt at once, disjointed bursts of energy overwhelm the brain.*
- *An estimated 18,000 people in central and northern Connecticut—plus another 11,000 around the state—have been diagnosed with epilepsy.*
- *Nearly 9,700 north-central Connecticut residents have “medically refractory epilepsy” and aren’t seizure-free despite treatment with antiepileptic drugs.*
- *Surgery could help 2,000–3,000 people in the Hartford region with medically refractory (treatment resistant) temporal lobe epilepsy.*
- *“Tonic-clonic” seizures (formerly called grand mal seizures) are a type of generalized seizure that affects the entire brain.*
- *“Absence” seizures (formerly called petit mal seizures) look like someone is staring off into space.*
- *One-third of people with epilepsy suffer accidental injury each year.*
- *Recurrent seizures lead to “kindling” (an increased probability of having more seizures).*
- *More than three million Americans have been diagnosed with epilepsy.*

The brain contains an estimated 100 billion nerve cells that flash ideas through the cerebral cortex at lightning speed. Nerve cells, or *neurons*, release electrical pulses that zip around the brain delivering messages to the spinal cord, muscles and nerves.

The neuron’s powerhouse is the *axon*, whose radiating branches unleash tiny jolts that shoot electrical signals from one nerve cell to the next. Neurotransmitters smooth the biochemical pathway as axons fire and impulses jump the gaps between nerve cells. The brain’s electrical system effortlessly directs every thought and action.

Sudden surges

Seizures strike the brain like an electrical storm. When all the neurons start erupting at once, disjointed bursts of energy jam the signals and overwhelm the brain. Neurons fire wildly and the seizure can disrupt “eloquent” regions of the brain involving important functions such as speech, movement and even consciousness. Epilepsy most often strikes the temporal lobe of the brain.

A chronic neurological disorder characterized by recurrent seizures, epilepsy afflicts about one percent of the population, or three million Americans. Up to 30 percent of all kids diagnosed with an autism spectrum disorder develop epilepsy. An estimated 60 million people worldwide suffer from the condition, with approximately 70,000 new cases of epilepsy diagnosed each year in the United States.

“Epilepsy is a common neurological disorder,” says Hartford Hospital neurologist Erica A. Schuyler, M.D., whose clinical training and expertise in interpreting brain wave activity help her to see subtle clues that can find the origin of a patient’s seizures even when the patient is not having a seizure. “In addition to tonic-clonic (grand mal) seizures or convulsions, seizures can present with a wide variety of clinical symptoms such as sensation of déjà vu, twitching on one side of the body, acting confused, or having difficulty speaking.” Rather than dramatic episodes, many people who develop epilepsy in childhood experience “absence” seizures, short attention blackouts that look to an observer like nothing more than daydreaming.

“People with poorly controlled epilepsy are embarrassed when they have a seizure in front of their coworkers,” adds Brendan D. Killory, M.D., director of Epilepsy and Functional Neurosurgery at Hartford Hospital. “About a third of epilepsy sufferers are accidentally injured each year. Epilepsy is associated with reduced quality of life, psychiatric problems, decreased likelihood of marrying and having children, lower education status, lower employment rates and inability to drive.”

Why a disease that is so common continues to be stigmatized is a puzzling dilemma. For decades, epilepsy was a secret, almost shameful affliction. In the popular imagination, the disease has often been linked with the mystical visions of tyrants and saints. Epilepsy famously afflicted Julius Caesar and the novelist Fyodor Dostoyevsky.

Erica Schuyler, M.D.

Erica A. Schuyler, M.D., a Hartford Hospital neurologist, is board-certified in Neurology and Clinical Neurophysiology. Her clinical experience and specialized training in electroencephalography (EEG) provide special expertise in the treatment of epilepsy.

She earned her undergraduate degree at Wesleyan University and her medical degree from Johns Hopkins University in 2003. She completed her residency in Neurology at the University of Michigan Health System in 2007, followed by fellowship training at the University of Michigan Health System in Clinical Neurophysiology (epilepsy) in 2008 and an additional year of advanced training in epilepsy/EEG in 2009.

A native of Massachusetts, she was excited to settle in New England with her husband, originally from New Jersey, when she joined Hartford Hospital in 2009. They are the parents of two boys, age four and nine months.



Center of excellence

Hartford Hospital is creating a multidisciplinary Neuroscience Center to treat the estimated 18,000 central and northern Connecticut residents—plus another 11,000 from the southern and northwest regions of the state—who have been diagnosed with epilepsy. Nearly 9,700 of them have “medically refractory epilepsy,” which means they don’t have complete seizure control despite treatment with antiepileptic drugs.

Hartford Hospital physicians pinpoint regions of abnormal brain activity with functional MRI (fMRI) and highly sophisticated PET imaging, brain scans, angiograms to map the blood vessels, speech and language evaluation and neuropsychological testing. The Institute of Living’s Olin Neuropsychiatric Research Center provides a state-of-the-art fMRI scanner and electrophysiology equipment to create colorful images that reveal where the brain “lights up” during a seizure.

“Our neurosurgical team is dedicated to collaborating with other specialists to provide high-quality medical and surgical care for complex or severe epilepsy,” says Inam Kureshi, M.D., chief of the Department of Neurosurgery. “Hartford Hospital has committed resources to developing a multidisciplinary program to treat even the most difficult cases right here in Hartford.”

Sharp and spiking waves

“When anti-seizure medications don’t work, we do a detailed work-up with specific tests to confirm the diagnosis,” says Dr. Schuyler. “About 30 percent of people with epilepsy still continue to have seizures with even the best available medications. These are patients for whom we will now be able to offer alternative treatments which could

dramatically reduce or even cure their seizures altogether.”

The percentage of people with refractory epilepsy has not decreased despite the introduction of nine new FDA-approved anti-epileptic medications since 1993. Recurrent seizures are believed to cause progressive brain injury, resulting in loss of cognitive ability and “kindling” new seizures in the affected region of the brain.

EEG (brain wave) tests show whether abnormal electrical activity is generalized across the brain—common in people whose seizures begin in childhood—or localized to a single spot in the brain. Brain waves are typically recorded for a half hour, although some patients must be monitored over the course of several days to determine exactly where their seizures arise.

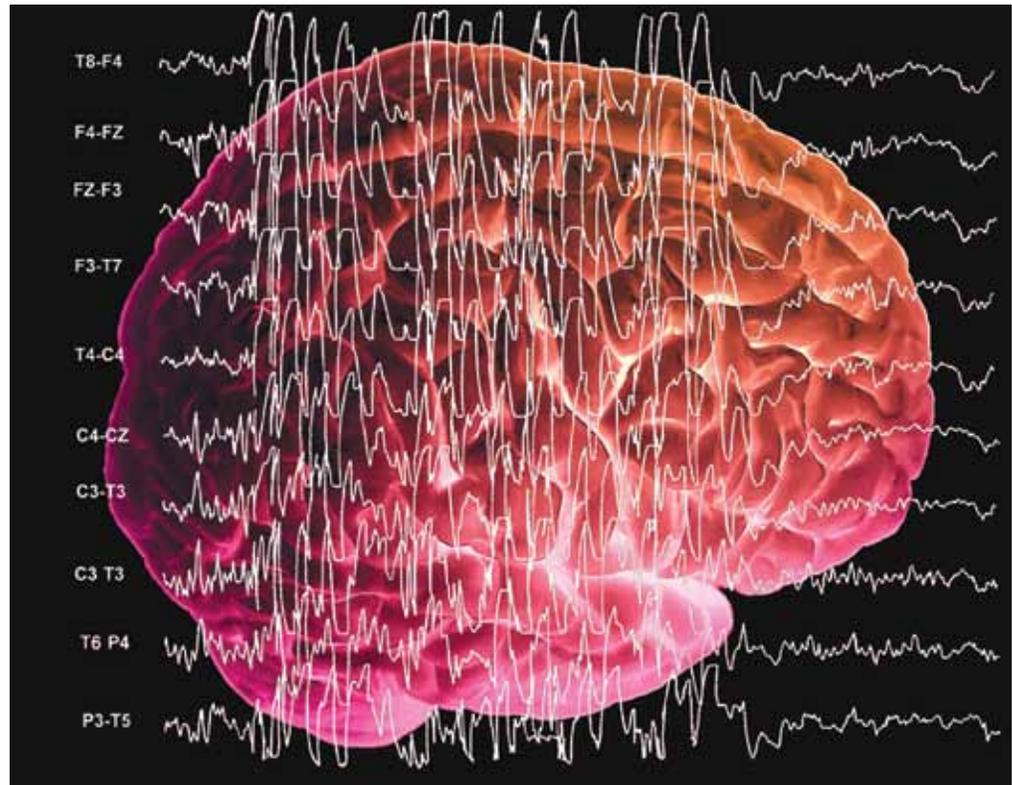
“Sometimes people have a single spot in the brain—caused by a stroke, traumatic injury, brain tumor or developmental malformation—that makes them prone to having seizures,” says Dr. Schuyler. “We already have a renowned Stroke Center with advanced technologies, so a state-of-the-art epilepsy center was the next logical step.”

Nerve stimulation

Some patients with refractory epilepsy who aren’t candidates for surgery can benefit from a surgically implanted device called a *vagus nerve stimulator*. “The device is placed just below the collarbone like a pacemaker,” says Dr. Schuyler. “Stimulating the vagus nerve with low-level current is not a cure for epilepsy, although it has been shown to reduce seizure frequency.”

New treatments are on the horizon. “Researchers are studying a ‘neuropacemaker’ implanted permanently in the brain that can sense seizure activity before it

Pictured right is an electroencephalogram (EEG) showing brain waves in a 17-year-old patient with epilepsy, superimposed on a three-dimensional MRI image of the brain (side view).



Although innovative brain surgery can ‘cure’ the disorder when a lesion or brain tumor can be pinpointed, most people rely on medications to control symptoms. The availability of new treatments means that all patients with medically refractory seizures should be referred to a specialized epilepsy center for evaluation.

begins,” says Dr. Killory. “Neurons are electrical nodes in the brain that respond to either excitatory or inhibitory signals.”

Although innovative brain surgery can “cure” the disorder when a lesion or brain tumor can be pinpointed, most people rely on medications to control symptoms. The availability of new treatments means that all patients with medically refractory seizures should be referred to a specialized epilepsy center for evaluation.

Life-altering surgery

People with epilepsy have two to three times greater mortality risk and an even greater chance of dying if the disease is poorly controlled. What’s known as “sudden unexplained death in epilepsy” accounts for half of the increased mortality rate. Scientists don’t fully understand why seizures can be deadly, but believe that epilepsy somehow disrupts brain function, breathing and heart rhythms.

Surgery is most effective for epilepsy patients with partial (focal) seizures that occur in a limited area

of the brain. “We have the best outcomes and an 80 percent seizure-free rate when the seizures can be localized to a focal area of the brain,” says Dr. Killory. “Epilepsy surgery can be curative when the part of the brain where the abnormal activity originates can be surgically removed to achieve total control of the disease.”

Deep within the temporal lobe of the brain lies the hippocampus, a structure central to the formation of new memories. Just above are regions exquisitely specialized for language, visual-spatial tasks and verbal memory, nestled within intricate webs of delicate blood vessels. Dr. Killory thoroughly maps the brain before navigating within these “eloquent” areas to avoid disrupting vital motor, sensory or cognitive functions.

“Surgery can decrease or even eliminate seizures in people with a common type of epilepsy that affects the temporal lobe,” says Dr. Killory, “but fewer than one percent of patients with medically refractory epilepsy are referred to an epilepsy center.”



Dr. Andrew Caputo (left)
and Dr. Daniel Mastella

Get a Grip on Arthritis of the Hand

Gnarled, arthritic hands reveal the ravages of time. Painfully deformed finger joints unmask the destructive effects of wear and tear on the joints. More than 27 million Americans suffer from *osteoarthritis*, the most common type of degenerative joint disease, making it a leading cause of disability in adults. Chronic joint pain and arthritis afflict nearly 70 million people in the United States.

Arthritis results from loss of cartilage that acts as a cushion for the bones of the hand. As the disease progresses, sufferers lose more and more of the cartilage layer that provides a smooth gliding surface for the joints. The body leaks fluid into the lining of the joints as it tries to compensate for lost cartilage. Swollen fingers and knuckles signal the effects of joint-damaging deterioration.

“Patients often report sore fingers or sharp pain during activity, followed by a dull ache afterward,” says Daniel J. Mastella, M.D., an orthopedic surgeon at The Hand Center. “We tell mechanics to use tools and to wear gloves to protect their hands and keep them limber. Work gloves don’t have to be big and bulky.”

Not all patients with arthritis have the degenerative form of the disease. *Rheumatoid* arthritis—the autoimmune form of the disease—results from a body-wide inflammatory over-reaction that occurs when the body’s normally protective defense system goes awry. Specialists called *rheumatologists* can begin early, aggressive treatment with “disease-modifying” drugs to prevent potentially crippling joint damage in patients with the autoimmune form of the disease.

“Thanks to new medications, the incidence of surgery has significantly decreased among rheumatoid arthritis patients,” says Andrew E. Caputo, M.D., an orthopedic surgeon with Orthopedic Associates of Hartford who specializes in problems of the hand and wrist. “Drugs given by injection or infusion—Enbrel, Humira and Remicade—can reduce inflammation, relieve pain and slow the progression of the disease.”

“Disease-modifying drugs mean that fewer people can expect to develop the hand deformities that were once typical of rheumatoid arthritis patients,” adds Dr. Mastella. While the newer drugs help an estimated 1.5 million people with rheumatoid arthritis, *osteoarthritis* is up to 20 times more likely to strike an aging individual.

Deep, aching pain and stiffness, especially in the morning, along with a feeling of warmth in the joints, often indicate the onset of *osteoarthritis*. As the disease progresses, sufferers develop reddened bumps,

or cysts, on the joints at the ends of the fingers and an agonizing feeling that joint bones are grinding against each other. Eventually, arthritic hands become crooked and disfigured.

“Arthritis is especially common at the base of the thumb where it joins the wrist,” says Dr. Caputo. “Pain and weakness often worsen with activities that involve pinching, such as opening jars, grasping a coffee cup or turning a key in a door.”

The large joints in the hand at the base of each finger act as complex hinge joints and are important for both power-grip and grasping. “The middle knuckles have to deal with angular tensile loads,” explains Dr. Mastella. “Just think about picking up a 100-pound weight with your hand.”

Hand specialists initially treat *osteoarthritis* with pain-killing medications and physical therapy. “We consider treatment with oral medications like acetaminophen (Tylenol) or non-steroidal anti-inflammatory drugs like ibuprofen or naproxen,” says Dr. Caputo. “Splints, topical gels and cortisone shots—lasting up to three months—can provide temporary relief. Surgery is generally considered a last resort to relieve pain, stiffness and swelling and restore function to the affected joint.”

Hand surgery is often performed using minimally invasive *arthroscopic* techniques. “Surgical repair helps manage pain and restore joint function,” says Dr. Mastella. “We operate to remove a painful bone spur or fuse the joints closest to the fingertips. We can also reconstruct joints with the patient’s own tissues or use artificial materials for joint replacement.”

In a procedure called *tendon arthroplasty*, the surgeon transplants a tendon from the forearm. Unlike simply fusing the joint together, the technique relieves pain while allowing the thumb joint to retain some movement. “While some people have no symptoms despite visible signs of arthritis on X-rays,” says Dr. Caputo, “about 70 percent of people over 65 suffer pain as their joints begin to wear out.”

Today at Hartford Hospital, *arthroplasty* (joint replacement) is widely used to treat arthritis and severe joint problems that affect the hand. Innovative implants made from cobalt-chromium-molybdenum alloys and ultra-high-molecular-weight polyethylene have revolutionized joint replacement surgery. Surgery involves replacing the damaged joint with an artificial one held in place with bone cement for lasting durability.

Coming Home



“When I was in the hospital, I vowed I would get out,” recalls Marsha Linehan, Ph.D., who spent more than two years as a patient at the Institute of Living (IOL) during the early 1960s. “But I also vowed I would come back and get everybody else out too.”

Today, at age 68, Dr. Linehan has fulfilled her life’s purpose over a long career as an acclaimed psychologist, research scientist, author and professor of psychology and psychiatry at the University of Washington. In 1993, she developed dialectical behavior therapy (DBT), the only evidence-based treatment shown to be effective in treating the emotional dysfunction called “borderline personality disorder.”

But it was her own experience as a suicidal 17-year-old—diagnosed with schizophrenia and kept in seclusion to keep her from harming herself—that inspired her search for a better way to help others suffering emotional storms. In June, she made a triumphant return to the IOL, where she admitted publicly for the first time that she had been a patient there.

In 1961, when she was 17, she suffered such debilitating headaches that her family sent her to a psychiatrist, who suggested an evaluation at the IOL. She left her home in Tulsa, Okla., expecting to stay only a couple of weeks. “When I arrived at the Institute of Living, no one knew what to do with me,” she says. “I completely fell apart. I lost control and they lost control of me.”

She had never been away from home before. “They gave me a young resident psychiatrist, Dr. John O’Brien, who had no idea how to help me,” she recalls. “Behavioral therapy didn’t exist. They gave me drugs, cold packs to calm me down and electroconvulsive therapy, which in those days meant full seizures from electrodes attached to both sides of my brain.”

To this day, she has amnesia about her hospital stay, but she says Dr. O’Brien saved her life by keeping her safe from herself. “He saw the good in me,” she says. “He was the first person who I experienced as loving me. It was not a love affair, but I had the experience of being loved. He loved me in the same way I love my patients.”

When she finally left the hospital, she began to study psychology, researching ways to help others struggling with suicidal behaviors. The groundbreaking treatment she ultimately developed came from her own suffering and a transformative spiritual experience. As she struggled to master her wild urges, she practiced “radical acceptance” of her life each day.

While praying one day at Chicago’s Cenacle Retreat Center, she suddenly felt divine love wash over her. “I went in as one person and walked out as another,” she recalls. “I believe it was the experience of being loved by God.”

Paradoxically, that wonderful feeling disappeared when she tried to hold onto it. “Once you have a spiritual experience, you can’t recapture the feeling,” she says. “Just as you can’t change your life by yelling, screaming and demanding change.”

Decades passed. She published widely, studied in a postdoctoral program in behavioral therapy and combined day-to-day skills with Zen meditation to create a new kind of cognitive behavioral therapy to help desperate people learn to love and accept themselves. Today, Dr. Linehan’s methods are used for borderline personality disorder, suicidal thinking, substance abuse, post-traumatic stress and eating disorders.

“I never promise my patients they’ll have a miracle,” she says. “I had to learn how to accept my own emotional instability. If you practice radical acceptance of yourself, your life and the world as it is, you will be transformed.”





Mind and Memory

Drug-Free ADHD Treatment for Teenagers

Teenagers with attention-deficit hyperactivity disorder (ADHD) struggle to concentrate or even sit still. School becomes a battleground of distractibility and defiance as kids labeled “lazy” or “disruptive” try to overcome serious learning and memory difficulties. ADHD causes a stunning lack of focus, learning and behavioral problems, hyperactivity and impulsivity.

Ten years ago, people argued over whether ADHD was “real” or not. Today, the National Institutes of Health (NIH) calls ADHD the most common behavioral disorder among children. Although ADHD afflicts both boys and girls, more boys are diagnosed with ADHD.

Since 2001, researchers at the Olin Neuropsychiatry Research Center at the Institute of Living (IOL) have used functional magnetic resonance imaging (fMRI) to map the regions of the brain and measure activity in the frontal lobes, the seat of many higher-order cognitive functions. Neuroimaging reveals significant anatomical and structural differences in the brains of people with ADHD.

In laboratories worldwide, researchers have begun to identify how stimulant medications work to change brain function and reduce ADHD symptoms. But many important questions remain. Particularly important is the need to find non-drug treatments, given concerns among parents about side-effects and unknown long-term effects on their children’s health from years of daily medication use.

With new NIH funding, Olin Center researchers are investigating changes in brain function when teenagers with ADHD engage in computer-based training—a treatment that does not involve medications. The effectiveness of this promising new therapy has been

supported in some clinical trials, but little is known about how or why it works.

“We’re looking for kids between the age of 13 and 18 with ADHD to validate this recently developed non-drug treatment,” says Michael C. Stevens, Ph.D., director of the Clinical Neuroscience and Development Laboratory at the Olin Center and director of Child and Adolescent Research at the IOL. “Our goal is to study teenagers with significant hyperactive, impulsive, and inattentive behavior to determine how the treatment is changing brain function.”

The treatment is based upon exercises designed to strengthen “working memory.” Many people with ADHD have moderate to serious weaknesses in working memory that can be documented with clinical testing. One example of working memory is the ability to keep something like a phone number in the mind for a short period of time (from several seconds to a few minutes) before using the information to make a call.

“The treatment consists of drills that help kids practice holding information in the mind and manipulating it to solve problems,” says Dr. Stevens. “It’s actually just a video game, designed with therapeutic exercises. The ‘game’ helps to keep them plugging away for an half an hour a day, five days a week until the recommended dose of ‘treatment’ has been reached after five weeks.”

The IOL research team is combining neuropsychological testing and state-of-the-art, non-invasive, clinical neuroscience tools (fMRI) to examine and correlate brain activity changes with working memory training. The study will compare brain activity before and after treatment to see how at-home, computer-based, intensive drills alter brain function to strengthen cognitive abilities and reduce ADHD symptoms. For the first time ever, the NIH is funding ADHD non-drug treatment research backed up by fMRI imaging.



Dr. Michael Stevens

Researchers are now recruiting teenagers between the ages of 13 and 18 to participate in ADHD research. Results should be available in late 2012. For more information, call Alexandra Gaynor at (860) 545-7888 or visit www.harthosp.org/adhd.

Colorectal cancer strikes an estimated 140,000 Americans and kills nearly 50,000 each year. Cancers of the colon and rectum together are the third leading cause of death from cancer in the United States. Yet more than a million colorectal cancer survivors are alive today in the United States, thanks to preventive screening and lifesaving surgery.

Although colorectal cancer can be deadly once it invades deeper tissues or spreads to distant organs, it often begins with a tiny polyp that can easily be snipped off during a routine procedure called a colonoscopy. A colonoscope—a long, flexible instrument with a lighted fiberoptic camera at its tip—allows physicians to scrutinize the entire length of the large intestine for abnormal growths.

Most colorectal cancers develop from benign polyps that only have the potential to become cancerous over time. In its early stages, colorectal cancer has no symptoms. The American Cancer Society (ACS) recommends that individuals at normal risk for colon cancer be screened for the disease with colonoscopy or other methods beginning at age 50. Those with a family history of the disease should be screened earlier.

“Research has shown the life-saving benefits of routine screening for both men and women,” says Jeffrey Nestler, M.D., of Connecticut GI, chief of Hartford Hospital’s Division of Gastroenterology, “but there are disparities in screening rates among different states and ethnic groups. In Connecticut, about 75 percent of people over age 50 are routinely screened, which is higher than the national average. Lower socioeconomic groups and minorities have lower screening rates and higher mortality rates.”

Hartford Hospital’s gastrointestinal specialists offer experience and expertise in diagnosing and treating a wide range of colorectal cancers. Screening techniques include colonoscopy, flexible sigmoidoscopy (to look at the lower third of the colon), digital rectal exam, radiologic imaging and a noninvasive fecal occult blood test

Don't be afraid to find out

Routine Cancer Screening Can Save Your Life



to detect bleeding that can't be seen with the naked eye.

“The risk of developing colorectal cancer increases with age,” adds Dr. Nestler. “Routine screening, beginning at age 50 and continuing at regular intervals at least until age 75, has been proven to save lives. Research suggests that African Americans should start screening at an even earlier age.”

The good news is that between 2003 and 2007, the number of Americans between the ages of 50 and 75 who had ever had a colonoscopy or other screening test jumped from 52 percent to 65 percent, according to the Centers for Disease Control and Prevention.

In regions with the highest rates of screening, the chances of dying from colorectal cancer are markedly reduced. The death rate from colorectal cancer has dropped by 33 percent in the Northeast over the past decade. For every one percent increase in the rate of complete colonoscopy, the chance of death has been shown to decrease by three percent.

Before a routine colonoscopy, patients typically drink only clear liquids

for one day and then take laxatives to cleanse the bowel. If your physician finds a polyp or other lesion, it can be removed during the procedure.

The colonoscopy itself is safe and easy. “Over the past four years at Hartford Hospital, we have seen the introduction of newer anesthetics that are safe and effective,” says Dr. Nestler. “These anesthetics have swift onset and allow patients to wake up feeling fine.”

More than 15,000 colonoscopies are performed each year at Hartford Hospital by gastroenterologists, endoscopists and colorectal surgeons. Ask your primary care physician if you should have a routine colonoscopy.

To learn more about colonoscopy, visit www.harthosp.org/Gastroenterology/GastroenterologyServices/Colonoscopy.

What's that test for?

Why does your primary care physician order blood tests? What is your doctor looking for in those lavender-topped vials of blood?

A complete blood count (CBC) is used as a broad screening test to check for anemia (iron deficiency), infection and other diseases, says internal medicine specialist Peter Sereny, M.D., of Hartford Medical Group, South Main Street, West Hartford. Your doctor will typically order a CBC for a routine physical exam or if you're suffering from unexplained fatigue, weakness, bruising or bleeding.

Anemia (iron deficiency) is caused by blood loss from heavy periods, ulcers, certain medications, inherited disorders and chronic or acute kidney failure. "Anemia has many causes," says Dr. Sereny. "The CBC alone can give your physician a very good indication of the cause of your anemia."

Listed below is a sampling of common tests used for a routine physical or to diagnose several diseases, but it's not a comprehensive list of all the tests your doctor may order.

TEST • CBC

The CBC measures both white and red blood counts, as well as how the various cells are distributed (the differential). *Anemia* is a low red blood cell count. Indicators in the CBC help your doctor diagnose the cause of anemia. High or low white blood cell counts and differentials can signal infection, inflammation, allergic reactions or cancer. The CBC also may include a measurement of your *platelets*, vital for blood clotting. Your *hemoglobin* and *hematocrit* tests are specific measures of red blood cell quantity in the sample.



TEST • Creatinine

Creatinine evaluates kidney function. Creatinine levels are abnormally high in people with impaired kidney function (acute or chronic kidney failure), severe muscle injury, dehydration, heart attack or congestive heart failure.

TEST • eGFR

Although creatinine used to be the "gold standard" for diagnosing kidney disease, Dr. Sereny says physicians now rely more on the estimated Glomerular Filtration Rate (eGFR) to measure the functional capacity of the kidney.

TEST • BUN

The blood urea nitrogen test is used to evaluate kidney function and help diagnose kidney disease. It also helps to differenti-

ate dehydration from true kidney failure. The test is often ordered as part of a basic metabolic panel.

TEST • Glucose

Blood glucose (blood sugar) levels are part of a metabolic panel that helps your doctor screen for diabetes or pre-diabetes. The A1C test is now used to assess the efficacy of diabetes treatment.

TEST • Cholesterol

The lipid profile ("good" HDL cholesterol and "bad" LDL cholesterol) helps estimate a healthy person's risk of developing heart disease.

Healthy total cholesterol: < 200 mg/dL

Risky total cholesterol: > 240 mg/dL

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

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

TEST • Triglycerides

Blood tests for triglycerides are part of the lipid profile used to identify the risk of developing heart disease.

Healthy: < 150 mg/dL

Risky: > 200 mg/dL

WHAT'S GOING AROUND...News & Breakthroughs

Garlic's Good

New research confirms the healthful benefits of allium vegetables such as onions, garlic and scallions. Preliminary studies suggest that eating garlic may reduce the risk of developing several types of cancer. A study from the National Cancer Institute found that eating approximately two teaspoons or more of garlic, onions or scallions a day was associated with a significantly lower risk of prostate cancer.

Sad Stroke Link

Women who suffer from depression may also be at increased risk for a stroke, reports the journal *Stroke*. The Nurses' Health Study, which has followed 80,000 American women since the mid-1970s, showed that those with a history of depression had a 29 percent higher risk of stroke. Depressed women were more likely to have high blood pressure, heart disease and diabetes.

Get Moving!

Researchers at the Northwestern University Feinberg School of Medicine found that most osteoarthritis sufferers do not engage in any meaningful physical activity in a typical week, contradicting what many arthritis patients themselves report. Although activity has been shown to help ease joint pain and stiffness, only 13 percent of men and eight percent of women met federal exercise guidelines.

Tanning Addiction?

People who regularly use tanning beds experience brain-activity changes during tanning sessions that mimic patterns of drug addiction, say researchers at the University of Texas Southwestern Medical Center. The addictive potential of exposure to ultraviolet rays may help explain why many people disregard warnings about skin cancer. Nearly 30 million Americans tan indoors every year.

Hartford Hospital Attracts Top Talent

We welcome some of the newest members of our Hartford Hospital Medical Staff. For more information on these and other physicians at Hartford Hospital, visit our website at www.harthosp.org or call the Health Referral Service at 860-545-1888.



Rheumatology

John A. Vischio, M.D.

Dr. Vischio earned his medical degree at Ross University School of Medicine in 2006 and completed his residency in Internal Medicine at the University of Connecticut Health Center (2006–2009), followed by a fellowship in Rheumatology at the University of Connecticut Health Center (2009–2011). He is board-certified in Internal Medicine.



Otorhinolaryngology

Carl W. Moeller, M.D.

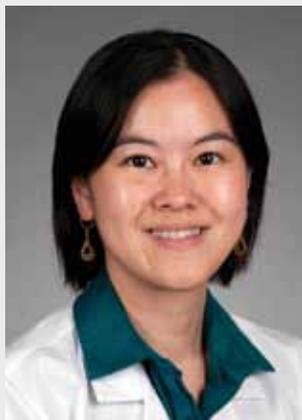
Dr. Moeller graduated from the Stritch School of Medicine at Loyola University in Chicago (2002-2006), followed by residency training in Otorhinolaryngology (Ear, Nose and Throat) at Loyola University Medical Center (2006–2011) and at the Edward Hines, Jr. Veterans Affairs Hospital (2006–2011).



Family Medicine

Theresa M. Suozzi, M.D.

Dr. Suozzi, who graduated from Indiana University School of Medicine in 2006, completed her residency in Family Medicine (2006–2009) at Saint Anthony Hospital North in Westminster, Colorado. She is board-certified in Family Medicine.



Transplant Hepatology

Xiaoyi (Cheri) Ye, M.D.

Dr. Ye graduated from medical school at the State University of New York – Downstate in 2005, followed by a residency in Internal Medicine at the University of California, San Diego in 2008. She completed her fellowship training at the University of California, San Diego in Nephrology (2008–2010) and Kidney Transplant (2010–2011). She is board-certified in Internal Medicine and Nephrology.



Neurosurgery

Brendan D. Killory, M.D.

Dr. Killory has joined Hartford Hospital as Director, Epilepsy and Functional Neurosurgery. After graduating from medical school at Columbia University College of Physicians and Surgeons in 2004, he completed his residency in Neurosurgery at Barrow Neurological Institute (2005-2011) in Phoenix, Arizona, where he was Chief Resident (2010–2011). He completed his training with a fellowship in Epilepsy Research at Yale University School of Medicine (2010–2011).

Calendar



Hartford Hospital Programs & Events From October 1, 2011 Through January 15, 2012

Anxiety Disorders Center _____	16	Professional Development _____	22
Cancer Program _____	16	Rehabilitation/Excercise/Wellness _____	16
• Support Groups		Safety Education _____	21
Clinical Professional Programs _____	22	Screenings _____	22
• EMS Education		Special Events _____	23
• Allied Health		Support Groups _____	22
Diabetes Lifecare _____	17	Volunteers _____	22
Domestic Violence _____	19	• Blood Drive	
Surgical Weight Loss Programs _____	21	Wellness/Integrative Medicine _____	18-19
Healthy Hearts _____	16	• Reiki Healing Touch	
• Stop Smoking for Life Programs		• Prepare for Surgery	
• Stress Management and Counseling		• Yoga	
Mental Health _____	17	Women's Health Issues _____	20-21
• Bereavement Support		• Parent Education Classes	
• Bipolar Disorder		• Parent-Baby Series	
• Schizophrenia Program		• Exercise for Expectant and New Moms	
Nutrition Counseling _____	17		

To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.

Cancer Program

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 10/6, 11/3, 12/1 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

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. **Schedule:** From 5:30 to 7:00 p.m. at the Helen & Harry Gray Cancer Center. To register, call 860-545-3781. Fee applies.

Ovarian Cancer Support Group

Schedule: Fourth Tuesday of each month from 7:00 to 8:00 p.m. on 10/27, 11/25, 12/22 at the Helen & Harry Gray Cancer Center. To register, call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

New Beginnings

A six-week program for men and women during transition from an acute cancer battle to the challenges of survivorship. It will help patients take a pro-active approach to maintaining and improving their physical, nutritional and mental well-being. **Schedule:** From 5:30 to 7:00 p.m. at the Helen & Harry Gray Cancer Center. To register, 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 online support and information. Computers are loaned, at no cost, to patients who do not have their own. Call 860-545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 10:00 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. Call 860-524-2715 for schedule. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, this is a program for women who are undergoing cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment. **Schedule:** First Monday of each month from 11:30 a.m. to 1:30 p.m. on 10/3, 11/7, 12/5, 1/2. Offered in Spanish in October and December. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Light dinner provided. **Schedule:** From 6:00 to 7:30 p.m. at the Helen & Harry Gray Cancer Center in Hartford or in Avon. Registration is required. FREE.

Hartford (Taylor Conference Room—snacks provided)

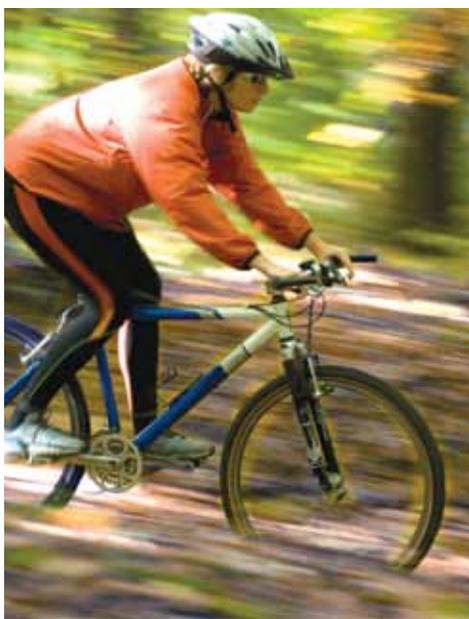
10/11 “Prepare for Surgery, Heal Faster”
Alice Moore, RN, MA, RMT

11/8 Reiki Healing Touch
Alice Moore, RN, MA, RMT

Avon (80 Fisher Drive—beverages provided)

10/12 Therapeutic Touch
Karen Kramer, RN, HNC, MA

11/9 Reiki Healing Touch
Alice Moore, RN, MA, RMT



Healthy Hearts

Stop Smoking for Life Program

For schedule and to register, call 860-545-3127 or email: stopsmoking@harthosp.org.

Resources for Smokers—Community Education Group

This monthly program is open to smokers, and anyone who wants to help someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support offered at Hartford Hospital in West Hartford.

Smoke Free for Life Group Support

Support and reinforcement to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 4:00 to 5:00 p.m. on 10/6, 10/13, 10/20, 10/17, 11/3, 11/10. 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. FREE.

Stress Management for Cardiac Patients

Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. 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 recovery. Sessions are offered in West Hartford at Blue Back Square.

Rehabilitation/Exercise/Wellness

Cardiac Rehabilitation Classes

EKG monitored exercise class, education and counseling for individuals who have recently experienced a cardiac event or require risk factor modification. 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.

Pilates Classes

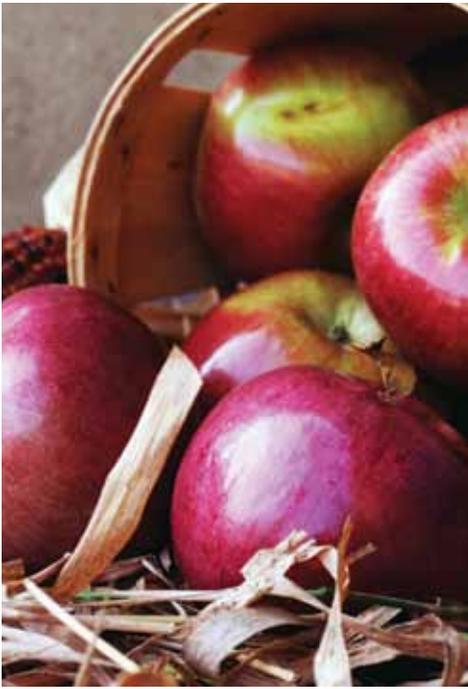
Conditioning program combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at 860-667-5480 for a location near you. FEE: \$150 for 10 mat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

Anxiety Disorders Center

Anxiety Disorders Group

Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Learn strategies to manage anxiety in a supportive and respectful environment. Facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.



Mental Health

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 860-545-4500. FREE.

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. Call 860-545-7202 for more information. 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:** From 1:00 to 2:15 p.m. on the second and fourth Monday at 85 Jefferson Street #116 on 11/14, 11/28, 12/12, 12/26, 1/9. Call 860-545-2290 for information. FREE.

Bipolar Disorder—An Introduction

(Lawrence Haber, Ph.D., Director of the Family Resource Center) This program is for family members and friends of individuals who have bipolar or a related disorder. Learn about this disorder and its treatment with specific suggestions to help family and friends cope. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month on 10/18, 11/15, 12/20, 1/17. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

Schizophrenia Program

The following free support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. **Registration is not required unless noted.** For more information or directions, call Mary Cameron at 860-545-7665.

- **Schizophrenia—Introduction to the Disorder**

(Lawrence Haber, Ph.D., Director of the Family Resource Center) Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. Content repeats and family members may attend any session. **Schedule:** from 5:15 to 6:30 p.m. on the first Tuesday of each month on 10/4, 11/1, 12/6, 1/3. FREE.

- **Managing Schizophrenia**

This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. **Schedule:** From 5:15 to 6:30 p.m. on 11/8. Call 860-545-7665 for more information. FREE.

- **Crisis Management for Individuals with Schizophrenia**

Learn how to handle difficulties that arise when a crisis develops. **Schedule:** From 5:15 to 6:30 p.m. on 12/13. FREE.

- **Support Group for Families Dealing with Major Mental Illness**

Share your successes and struggles in loving and living with someone who has schizophrenia. **Schedule:** From 5:15 to 6:30 p.m. on the first and third Thursday of each month, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15, 1/5, 1/19. 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 Thursday from 5:30 to 6:30 p.m. in the Center Building. FREE.

- **Introduction to Mental Health Benefits and Services for Severe Mental Illness**

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. on 1/10. 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. Might be covered by insurance.

Diabetes LifeCare Programs

Diabetes Education Classes

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. A physician referral is required. Please contact your physician to make arrangements.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing your concerns (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. A physician referral is required. Please contact your physician to make arrangements.

Diabetes Support Group:

Meets in the Education Room at 1260 Silas Deane Highway in Wethersfield from 7:00 to 8:30 PM on the following dates:

10/4—"Seeing Is Believing: Discover What Your Numbers Mean" (Beth Caffrey, MPH, RD, CDE, Christie Gemme, RN, BSN, CDE)

12/6—"Out in the Trenches--Dining Out" (Molly Kirschner RD, CDE, CD-N, 2008-2009 Educator of the Year for the Connecticut Association of Diabetes Educators)

Healthy Living with Diabetes—Celebrating 25 Years of Caring

Join us on Saturday, November 5th from 8:30 a.m. to 12 noon at Hartford Hospital's Heublein Hall, in the Education Resource Center at 560 Hudson Street. Dr. Donna Polk, director of Preventive Cardiology and local chef/author, Terry Walters will be featured speakers. A light breakfast will be served. Registration is required. Call Health Referral Services at 860-545-1888. FREE.



Wellness/Integrative Medicine

Register online at www.harthosp.org/classes or call 860-545-1888.

Expressive Art Classes (No experience necessary)
(Diana Boehnert, MFA)

Expressive ART Creativity Day— Workshop for Caregivers

It's extremely challenging when someone you love is facing a difficult illness, changing our lives for months or even years. This FREE, 1-day workshop will help to redirect your focus and give you insights into what nurtures you during these times. **Schedule:** From 10:00 a.m. to 3:00 p.m. on 12/3 at the Helen & Harry Gray Cancer Center in Avon. Registration required. FREE.

Singing Bowl & Guided Imagery Experience for Everyone

(Diana Boehnert, MFA) Come experience the soulful sounds and vibrational healing tones of the tibetan singing bowls. A guided imagery journey leads to a deeply relaxed state. **Schedule:** From 7:00 to 8:30 p.m. on 11/15 in Windsor. Registration required. FEE: \$20. (Free for cancer survivors.)

Mandala: A Circle is Cast

The Mandala maps the psyche and the cosmos as sacred places that remind us of the sanctity of the universe and the potential for enlightenment in the creative process, creating a protective entity that allows for safe expression while opening a path of light and energy. **Schedule:** From 6:00 to 9:00 p.m. on 10/18 in Windsor. Registration required. Fee: \$25. (Free for cancer survivors.)

SoulCollage® for Everyone

(Diana Boehnert, MFA)

The Soul's Essence

Explore our soul's journey by creating a collaged card. The second most significant card that we need is our soul's essence—how you envision those spiritual aspects of your self integrated into the source of your spiritual nature. Bring a magazine or two. **Schedule:** From 6:00 to 9:00 p.m. on 10/19 in Wethersfield. Registration required. FEE: \$25. (Free for cancer survivors)

Reading the Cards

Creating the SoulCollage® cards is always illuminating, but we may advance that journey into self-discovery through a reading of our cards set in a pattern in response to a question. Bring any of the cards you have made or choose from the many available and join us in the ancient tradition of tapping into our own inner guides. **Schedule:** From 6:00 to 9:00 p.m. on 11/16 in Wethersfield. Registration required. FEE: \$25. (Free for Cancer Survivors).



Baby's First Massage Instructor Training

(Kathy LaMountain, LMT)

Teaches parents the science, benefits and communication techniques of massaging their newborn babies. Upon registration you will receive a lesson plan that you must complete before attending the review workshop. Bring the completed post-test with you (for certification), a pillow and a small doll for practice. The workshop will include reinforcement of the home study materials, practice sessions, as well as a live demonstration with a newborn baby and family. CEUs/ contact hours available with certification. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 11/14 in Wethersfield. Registration required at 860-545-4444. FEE: \$250 (includes home study kit and video).

Cooking Healthy

(Jacqueline Bordanaro, Healthy Eating Specialist)

Each of the four classes will be held at the Whole Foods Market in Glastonbury. **Schedule:** From 6:00 to 7:00 p.m. Registration is required for each session. FREE.

10/12 Fall Fest—Seasonal Dishes

11/2 Healthy Thanksgiving

12/6 Healthy Holidays

Creating Forgiveness in Our Lives

(Dory Dzinski, MAPC, LPC, NCC) Inviting forgiveness into your life allows for more peace and happiness and the release of stress and tension. Learn tools for achieving peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 11/14 in Avon. Registration required. FEE: \$30.

Energize and Relax with QiGong

(PJ Harder, MS)

Mind-body practices are recommended by doctors to help relax, improve balance and flexibility, lower blood pressure and improve the function of immune system. This 5 week practice class combines the gentle, slow, rhythmic movements of Qigong and Tai Chi Easy™. Wear comfortable clothing and be ready to rest your mind, relax your body and increase your energy. **Schedule:** 5-week series on Tuesdays from 10/25 to 11/29 (skips 11/22); 6:00 to 7:00 p.m. at the Helen & Harry Gray Cancer Center in Avon. Registration required. Fee: \$50 for the 5 sessions.

Five Love Languages: Revitalize Your Communication

(Dory Dzinski, MAPC, LPC, NCC)

Do you feel as if some of your relationships are one-sided? As if you are giving but getting very little back? It may simply be because you speak different love languages! This class, based on the work of Gary Chapman, will teach you five different love languages including your own primary and secondary languages. This will help you see your relationships through a different perspective. **Schedule:** From 6:00 to 9:00 p.m. on 10/18 in Avon. Registration required. Fee: \$35.

Hypnosis Classes

(Lisa Zaccheo, BCH, BCI, MA) Classes are held at the Hartford Hospital Avon Wellness Center; 100 Simsbury Road; 7:00-9:00 p.m. Registration is required for each class. Fee: \$25/class.

10/26 Hypnosis: The 'Anti-Diet'

Learn how to release weight without dieting. Traditional diets tackle the problem from the outside in, which is why only 3 percent of them succeed. Hypnosis allows you to understand your relationship with food and your body from the inside out, and is proven to be 30 times more effective than traditional diets.

11/9 Hypnotic Techniques for Pre & Post Surgery

Do you know that over 20 controlled studies found that patients who received hypnosis before or during surgery fared considerably better patients who didn't? Learn how hypnosis can become one of your most powerful healing tools.

12/7 Hypnosis: Oh My Aching Gut

Hypnosis has been proven to be effective in treating Irritable Bowel Syndrome, so if you're not using it maybe it's something worth exploring. There is no need to be in daily pain or discomfort.

Kitchen Dancing for Fun and Health

(Bonita Weisman, LMT and Dancer)

If you think you can't dance, this workshop is for you. We will have fun; work on communication, expression and fearlessness. Bring your favorite CD and wear loose, comfortable clothes. **Schedule:** 4-part series on Tuesdays, from 7:30 to 9:00 p.m. on 11/1, 11/8, 11/15, 11/22 at the Hartford Hospital Newington Campus gym. Bring a fold-up chair and a bottle of water. Fee: \$95 for 4 sessions.

Law of Attraction; What's All the Buzz About?

(Dory Dzinski, MAPC, LPC, NCC)
Have you seen the movie or read the book, *The Secret*? Can you really change anything in your life and have anything you want? This "secret" has been utilized and promoted for decades by top motivators, business people and high performers everywhere. Learn how the Law of Attraction works and how you can use it in all aspects of your life. **Schedule:** From 6:00 to 9:00 p.m. on Tuesday, 12/6 in Avon. Fee: \$35.



Mindfulness Meditation Applications to Health and Healing Seminar

(Randy Kaplan, PhD)

For healthcare professionals, this seminar will incorporate a full course in *Mindfulness Based Stress Reduction (MBSR)* along with weekly presentations on MBSR research in neuroscience, therapeutic and wellness applications. **Schedule:** From 6:00 to 8:30 p.m. on Tuesdays. Required orientation 9/27 and seminars 10/4–11/22; includes an all-day retreat on 11/12 from 9:30 a.m. to 3:30 p.m. at Hartford Hospital's Education Resource Center Formal Lounge; Fee: \$550 (includes course workbook; 5 CDs; 24 CECs-Social Workers, 24 CEUs-Family Therapy, Licensed Counselors, and Medical CMEs pending.



More Life, Less Weight

(PJ Harder, MS, Health Coach)

Discover the missing link to improving your health, wellness and, yes, weight loss. Drawing on personal experience and research, learn steps to balance your life, your weight and live fully! Learn simple self-care practices to build inner strength, vitality and energy. **Schedule:** From 6:00 to 7:30 p.m. on 10/17 in Glastonbury or from 9:30 to 11:00 a.m. on 11/12 in Avon. Fee: \$35.

Reiki Healing Touch—Level I

(Alice Moore, RN, MA, RMT) Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on (choose one date) 10/20 or 11/17 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Therapeutic Touch (Basic)

(Karen Kramer, RN, HNC, MA) Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being for yourself and your loved ones. **Schedule:** From 12:00 to 8:30 p.m. on Saturday, 10/15 at the Helen & Harry Gray Cancer Center in Avon. FEE: \$160.

Tai Chi

(Ken Zaborowski) An ideal exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** Sessions start on the first Tuesday or Friday of each month and pro-rated rates are available if starting mid-month.

Glastonbury – Tuesdays and Fridays from 12:00 to 1:00 p.m.

FEE: \$80/month if 2 times per week or \$45/month if once per week.

Tibetan Bowls Practitioner Level II

(Marie Menut, RN, MA) **Prerequisite:** Level I with Marie. Expand on information gained in Level I using three Tibetan bowls plus tingshaws. **Schedule:** Mondays from 6:00 to 9:00 p.m., 10/17 to 11/7 in Newington. Registration required. FEE: \$150.

Voices: Expressing Yourself through Poetry

(With published poet/humorist, Andy Weil)
Midlife crisis? Life throwing you curve after curve? Writing even for 10 minutes a day about what bothers you leads to better coping and healing strategies. Unburden yourself, feel enlightened and empowered as you discover your inner voice. No prior writing experience needed. Bring a legal sized writing pad, pen and pencil. **Schedule:** From 6:30 to 8:00 p.m. on 10/26, 11/2, (skip 11/9), 11/16, 11/30, 12/7, 12/14 the Helen & Harry Gray Cancer Center in Avon. Registration required. Fee: \$120 for the 6 sessions or \$25 per session.

Yoga Fusion

(Cynthia Ambrose, RYT) Includes meditation, breath work, core strengthening and posture flows. Bring yoga mat, water, and optional blanket. **Schedule:** From 6:00 to 7:15 p.m. on Thursdays in Glastonbury; Registration is required. FEE: \$78 for each series of 5 sessions.

Series 1: 10/6, 10/13, 10/20, 10/27, 11/3

Series 2: 11/10, 11/17, (skip 11/24), 12/1, 12/8, 12/15

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn five 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.

Domestic Violence

My Avenging Angel Workshop

These 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 Avon on 10/1 and 10/8; In Wethersfield on 11/5 and 11/12. Registration is required. Call 860-545-1888. FREE.

Women's Health Issues

El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where you get your health care. Learn how to remain healthy and 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 increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for "no-impact" workouts. Schedule and registration available online at www.harthosp.org/classes or call 860-545-1888. FEE: \$160.

Parent Education Classes

Registration is required for all classes.

Register online at www.harthosp.org/ParentEd or call 860-545-1888.

• Preparing for Multiples

Prepares 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:** From 6:00 to 9:00 p.m. on Thursdays, 10/13 to 10/27 at Hartford Hospital. FEE: \$125.

• Babycare

Understand the 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: 10/27

Glastonbury: 10/5, 11/16

West Hartford: 10/10, 11/14, 12/12, 12/19

Wethersfield: 12/7

• Baby Care for Adopting Families

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention up to 12 months. Appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 10/24. 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.

West Hartford: 10/3, 10/17, 11/7, 12/5

Wethersfield: 10/12, 11/2, 12/14



• Breastfeeding and Returning to Work

Prepares moms to return to work or school while continuing to breastfeed. 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 11/21. FEE: \$25.

• Cesarean Birth

This class prepares you for the experience from pre-admission through recovery at home. Learn 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 10/15 or 12/10 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 10/25 in Glastonbury. FREE.

• Pups and Babies

(Joyce O'Connell, certified animal behaviorist) Are you concerned about your dog and your new baby? Get 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 11/30. 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 11/15 at Hartford Hospital's Avon Wellness Center. FREE.

• Baby Signing: An Introduction

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses 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 11/17 in Wethersfield. FEE: \$35.

• 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, visit www.harthosp.org/ParentEd. 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. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. **Schedule:** Call 860-545-4431. FEE: \$100.

• Preparation for Childbirth

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 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 and Wethersfield. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.

• Hypnobirthing® Class

(Kathy Glucksman, RN, BSN, CHBP) Five-week class for expectant parents/significant others to learn techniques for a safe and more comfortable birthing experience including guided imagery, breathing techniques and self hypnosis. **Schedule:** Mondays from 6:00 to 9:00 p.m., 9/19 to 10/24 (no class on 10/10) or 10/31 to 11/28 in Wethersfield. Registration is required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

• Epidural Anesthesia for Labor

Led by a board-certified anesthesiologist, this class covers what an epidural is, 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 10/6 or 12/1 at Hartford Hospital. FREE.

To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.

• **Comfort Measures for Labor**

Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. **Schedule:** From 10:00 to 11:30 a.m. on 11/12 in West Hartford. FEE: \$35.00.

• **Infant/Newborn Massage for Parents** (Kathy Glucksman, RN, BSN, HBCE)

Designed for parents of newborns up to 8 weeks of age. Learn to offer loving touch to your baby in very specific ways to enhance communication, bonding and interpret baby's cries. Helps baby with digestion, elimination, weight gain and more restful sleep. Bring baby, a thick quilt or blanket, a receiving blanket, extra diaper/wipes and milk. **Schedule:** From 6:30 to 8:00 p.m. on Thursday 10/20, 11/10 or 12/15 in Wethersfield. Registration required. FEE: \$45 per session/couple.

• **Sibling Preparation**

A class to help children prepare for the arrival of a new baby brother or sister. **Schedule:** From 9:30 to 10:30 a.m. on 10/1, 11/5, 12/3 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

Nurturing Connections

(Provided by the Nurturing Families Network)

• **Telephone Support for New Parents**

Volunteers provide education and support when 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 for first-time parents. Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860-972-3201.

• **Prenatal Groups**

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**

Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 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. Wednesdays from 10/26 to 12/7 in Wethersfield. FEE: \$50 for 6-week series.

• **Time for Toddlers**

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. **Schedule:** From 10:00 to 11:00 a.m. Wednesdays 10/26 to 12/7 in Wethersfield. FEE: \$50 for 6-week series.

• **Time for Infants & Toddlers—Saturdays**

This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends. **Schedule:** From 10:00 to 11:30 a.m. on 10/15, 11/19 in Glastonbury. FEE: \$15/class.

Exercise for Expectant and New Moms

• **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. Wednesdays from 10/5 to 10/26 and 11/2 to 11/30 in West Hartford. FEE: \$50/4-week session.



From We to Three:

A Workshop for Expecting Couples

It's true: a baby changes everything. Dr. Sharon Thomason of the *Mom Source, LLC* and her husband, Dr. Andrew Magin, will help you transition together as you move from a couple to a family. They will help you connect your core values to the practical considerations of parenting: time management; balancing family, individual and career demands; and choosing and managing child care providers. **Schedule:** From 9:00 a.m. to 12:00 noon on Saturday, 10/29 in West Hartford. FEE: \$35 per person.

Safety Education

Car Seat Safety

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 11/15 in West Hartford. 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. **Schedule:** From 6:00 to 9:30 p.m. on 10/5, 10/19, 11/2, 11/16, 12/7, 12/21 at Hartford Hospital's Education and Resource Center. FEE: \$45.

Surgical Weight Loss Programs

Surgical Weight Loss Education Session

Are you obese? Have diets failed you in the past? The Surgical Weight Loss Center will help you 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, and whether you might be a candidate. **Schedule:** Every other Tuesday from 3:00 to 5:30 p.m. on 10/4, 10/18, 11/1, 11/15, 11/29, 12/13, 12/27, 1/10 at Hartford Hospital's Conklin Building Gilman Auditorium. Registration is required. Call 860-246-2071 and select option #2. 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 Sally Strange, RN, Bariatric Nurse Coordinator. **Schedule:** Monthly from 6:00 to 7:30 p.m. on 10/18, 11/15, 12/13 at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. Registration is NOT required. FREE.

Eating Right—After Weight-Loss Surgery

Whether you are 3 months or 3 years post-surgery, it can be difficult to stick to healthy eating. A new support group has been developed to specifically address nutrition issues after surgery. **Schedule:** Monthly (see below) from 5:00 to 6:00 p.m. in Hartford Hospital's Special Dining Room. Registration is required for each session. Call 860-246-2071.

10/26 *Eating Well While Eating Out*

11/16 *Healthy Holiday Eating*

12/21 *Strategies to Stay on Track During the Holidays*

Screenings/Support Groups

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol Screening

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets third Wednesday of each month at 7:15 p.m. on 10/19, 11/16, 12/21 at South Congregational Church, 277 Main 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. From 5:30 to 8:30 p.m. in Hartford Hospital's Special Dining Room. Light dinner provided. For schedule and to register, call Kathy Turner, 860-545-1212. FREE.

Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860-545-4219 for schedule and to register. FREE.

Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Program includes self-help sessions sharing helpful tips, ostomy care and management, medical speakers and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 9:00 p.m. at the West Hartford Senior Center. Call 860-760-6862 for more information. 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. For schedule or to register call 860-545-4368. 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:** Third Tuesday of each month from 1:00 to 3:00 p.m. on 10/18, 11/15, 12/20. Registration is **not** necessary. Call Betty at 860-658-2453 for more information. FREE.

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 your time, 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 older than 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us online at www.harthosp.org/volsvc.

Trauma After-Care Volunteer Training

Designed to offer neighborly support to families who 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. An interview is required prior to training and attendance at two nights of training is mandatory. For 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, please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eeppetel@harthosp.org.



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 additional information or to make arrangements.

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-2564.

- Pediatric First Aid & CPR
- Adult First Aid & CPR with Automated External Defibrillation
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT—Basic Course
- EMT—Intermediate Course
- EMT—Recertification Course
- Core Instructor Program
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-4158.

- Basic Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers—Refresher Class
- CPR Instructor Course

Professional Development

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, go to 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:** Second and fourth 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.

Special Events at Hartford Hospital

REGISTRATION IS REQUIRED for the following events. To register online go to www.harthosp.org/classes or call 860-545-1888; toll free 1-800-545-7664.

Urinary Incontinence and Pelvic Organ Prolapse: Surgical and Non-Surgical Treatment Options

Dr. Adam Steinberg will discuss the various types of incontinence and pelvic organ prolapse, treatment options and the benefits of robotic surgery. **Schedule:** From 6:30 to 7:30 p.m. on Monday, October 10 in Glastonbury and on Thursday, November 10 at the Helen and Harry Gray Cancer Center in Avon. FREE.



Adam Steinberg, DO,
FACOG, FACS
Urogynecology



Jeffrey Factor, MD
Board-certified in Allergy and
Clinical Immunology

What We Need to Know About Food Allergies Today

Why are food allergies increasing in prevalence and severity? What's the difference between an allergy and an adverse reaction? Learn the answers to these and other questions and about exciting breakthroughs in treatment. **Schedule:** From 6:30 to 7:30 p.m. on Tuesday, October 11 in Glastonbury. FREE.

VERTIGO: What Sets Your World Spinning

Join Dr. Marc Eisen and physical therapist, Robert Durbois, to learn about the common causes and treatment of vestibular and balance disorders (dizziness). They will also discuss recent developments in treating hearing loss and how physical therapy can help you. **Schedule:** From 7:00 to 8:00 p.m. on Tuesday, October 18 in Glastonbury. FREE.



Marc Eisen, MD, PhD
Board-certified in
Otolaryngology and
Neurotology



Edward Salerno, MD
Board-certified in Pulmonary
Disease, Internal Medicine and
Critical Care Medicine

Sleep Apnea, Diabetes and the Metabolic Syndrome

There is growing evidence that Obstructive Sleep Apnea may be a risk factor for Type 2 Diabetes and Sleep Apnea has been linked to Metabolic Syndrome. Risk factors of Metabolic Syndrome include high blood pressure, obesity, high cholesterol and insulin resistance. Join Dr. Salerno to learn about obstructive sleep apnea and its causes, medical complications of untreated sleep apnea and current treatment options. **Schedule:** Thursday, November 17 from 6:00 to 7:00 p.m. at Blue Back Square in West Hartford. FREE.





Creative Cook

Roasted Olives and Citrus Fruit with Rosemary

Ingredients

- 3–4 long, fresh rosemary sprigs
- 1 c. green olives (in water)
- 1 c. black olives (in water)
- 3 honeybell (tangelo) oranges, 5 clementines or 4 tangerines
- Handful of kumquats (optional)
- 6 Tbs. extra-virgin olive oil

Place rosemary in a bowl with the olives. Mix with 3 Tbs. olive oil. With a potato peeler, peel one Clementine or similar citrus fruit. Peel just the orange layer. Remove any pith and add the peel to the olive mix. Cut the peeled fruit in halves or quarters; squeeze juice into olive mix.

Cover and marinate for at least one hour (or marinate up to one day ahead). When ready to serve, preheat oven to 475° F.

Cut the remaining citrus into slices and place into an ovenproof dish along with the olive mixture. Drizzle with 3 Tbs. olive oil. Roast for 15–20 minutes and cool slightly before serving.

Squeeze juice from roasted citrus over the top and serve with crusty bread.

1 serving (approximately 1/8
of recipe)

Calories: 163

14.5 grams (total) fat

2 grams saturated

1.5 grams polyunsaturated

11 grams monounsaturated

1 gram protein

7 grams carbohydrate

2 grams fiber

A piquant blend of olives and fruit makes an exotic hors d'oeuvre to serve your guests while you're in the kitchen putting the finishing touches on a holiday meal. Rich in anti-oxidants and fragrant with rosemary, the attractive appetizer can be prepared a day ahead.

The unique fusion of sweet and sharp flavors is a quick and easy dish to make. Even in winter, citrus fruits are readily available and rich in vitamin C, folate, potassium and dietary fiber. Plant-based oils, especially heart-healthy olive oil, have been shown to benefit the cardiovascular system. Although the olive tree originated in Asia, it has been cultivated for more than 3,000 years in Mediterranean countries.

Native to China, kumquats are smooth-skinned, citrus-like fruits. Needlelike sprigs of rosemary, an evergreen herb, add an aromatic accent to the mix and contain phytochemicals, compounds shown to help prevent disease and promote health. Good food choices don't have to be boring or tasteless, says Hartford Hospital dietitian Mary Noon, M.S., RD, CD-N, who recently began analyzing the recipes featured in our quarterly magazine, *Rounds*.

Recipe analyzed by Mary Noon, MS, RD, CD-N.