

# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Autumn 2012

## A New Twist

Treating colorectal  
cancer with precision  
da Vinci robotics

# 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.

## Advancing Medicine: Stories of Hope and Healing

Hartford Hospital's continuing series, *Advancing Medicine*, airs on Hartford's CBS affiliate, WFSB Channel 3. Stay tuned after each half-hour show to chat online or by phone, with our experts. Join us on Dec. 6 at 7:30 p.m. for a special holiday miracles episode. After the show, Hartford Hospital physicians will be live in the WFSB studios to take your calls and questions. Watch for upcoming shows by visiting [www.harthosp.org/AdvancingMedicine](http://www.harthosp.org/AdvancingMedicine).

## Dr. Hiroyoshi Takata, Cardiac Surgery Pioneer, Retires

Hiroyoshi Takata, M.D., who helped to shape Hartford Hospital's cardiac surgery program, retired on Oct. 1. Born in Kobe, Japan, he trained at Kobe University and completed an internship at a nearby U.S. Naval Hospital. His program coordinator, a New Haven physician, encouraged Dr. Takata to train in Connecticut. After interning at the Hospital of Saint Raphael, he arrived at Hartford Hospital in 1966.

Hartford Hospital was then establishing its national reputation as a center for open-heart surgery. By 1984, when Henry Low, M.D., performed the state's first successful heart transplant, Dr. Takata was at his side. He also performed open-heart surgery on Dr. Low.

Dr. Takata and his family established a small clinic in Kobe in 1980, which has become the 350-bed Takata Kamitani Hospital. Over the years, he has traveled regularly to Japan to support the hospital and to help train physicians.

During nearly a half-century of service to Hartford Hospital, Dr. Takata touched many lives. Richard and Jane Lublin have made a generous lead gift to help establish the Hiroyoshi Takata, MD Fund for Cardiovascular Surgery. To learn more, call 860-545-2322 or donate online at [giving.harthosp.org/takata](http://giving.harthosp.org/takata).



## New Family Health Center in South Windsor

A new Hartford Hospital Family Health Center located at 1559 Sullivan Ave. in South Windsor will open in October. The LEED-certified satellite office will provide urgent care and a full spectrum of clinical services and wellness education to the South Windsor community. Many advanced health care treatments and technologies will be provided, from urgent care to primary care and rehabilitative services. A high-tech education center will offer support groups and more.



## Correction

Dr. Alexander R. Gaudio is practicing full-time with Eye Disease Consultants LLC, which has offices at 85 Seymour Street (Medical Office Building), Suite 522, Hartford and at 1043 Farmington Ave., West Hartford. His practice status was given incorrectly in the 2011 Hartford Hospital Community Benefit Report.

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# A New Look at a MedSpa

Beauty may be only skin deep, but nothing tops a flawless face. Younger-looking skin can now be yours in the safety of the Hartford Specialists medical spa (MedSpa) in the Farmington Valley.

A medical office building in Farmington provides a private, convenient setting for laser hair removal and medical skin care treatments for facial rejuvenation, anti-aging and skin care. Eyebrow tattoos and lash thickening are also available to enhance the look of eyes.

## Medical Spa

The MedSpa offers laser skin tightening, anti-aging treatments and skin revitalizing services for women and men. Medical professionals can improve frown lines in the brow with Botox injections, approved by the Food and Drug Administration (FDA) in 2002.

Microdermabrasion is a noninvasive procedure that whisks away dead cells as it exfoliates the top layer of skin. A variety of facial peels can help smooth acne scars, erase wrinkles or improve sun-damaged skin. One skin-revitalizing facial is designed especially for men.

The HydraFacial™ treatment removes dead skin cells and extracts impurities while simultaneously bathing the new skin with hydrating and moisturizing serum. The treatment is soothing, refreshing, non-invasive and non-irritating, providing instant results with no discomfort or downtime. The HydraFacial™ treatment improves the appearance of fine lines, wrinkles, enlarged pores, oily or acne-prone skin, hyperpigmentation and brown spots. It is safe for all skin tones and types, including rosacea.

The highly trained aesthetician is expert in facials and mineral-based makeup. “A woman can go back to work looking great after spending her lunch hour having microdermabrasion,” says aesthetician Connie Santilli. “We also offer convenient evening appointments.”

## Laser Light

In the past, the only remedies for unwanted hair were plucking, shaving, waxing or chemical depilatories. Now the laser rids you of unwanted hair with only minimal discomfort.

The MedSpa's powerful, yet nearly painless GentleMAX Laser is FDA-approved. The machine's highly focused beam selectively targets hair follicles and heats them with laser energy, while simultaneously delivering a cooling burst of icy spray.

Nurses perform skin tightening and treatments to lessen the appearance of unsightly veins. The laser can eradicate spider veins, as well as remove hair. Blotchy

dark areas on the skin or sun-related age spots often disappear—although it may take several sessions, depending on the treatment and the condition of your skin.

Clearance from your dermatologist—to make sure an unsightly lesion isn't cancerous or precancerous—is required before any laser procedure to remove it. In addition to hair removal and age spot removal, the laser can also be used to tighten loose or sagging skin.



## Plastic Surgery

“Cosmetic surgery goes beyond laser treatments and chemical peels,” says Alan Babigian, M.D., a plastic and reconstructive surgeon with Hartford Specialists. “While laser skin-tightening is less invasive, our group of five board-certified surgeons can perform surgical face-lifts or brow lifts for longer-lasting results.”

Injectable fillers firm facial wrinkles and lessen folds around the nose and mouth. “Botox injections relax the muscles and smooth superficial lines in the upper face,” says Dr. Babigian. “We also give Juvéderm gel injections to temporarily improve laugh lines and give the face a younger appearance.”

Surgery is performed at both Hartford Hospital and the West Hartford Surgery Center in Blue Back Square.

For more information, visit [www.hsmedspa.org](http://www.hsmedspa.org).



# Colorectal Cancer Surgery

# Robotics on the Cutting Edge



The colon, or large intestine, is the body's waste pipe. Six feet long and three inches in diameter, the colon bends and twists its way across the abdomen, eventually curving down to the rectum. Cancers of the colon and rectum, collectively known as "colorectal" cancer, are tumors that develop in the colon or rectum (end of the colon).

Colorectal cancer strikes an estimated 140,000 Americans and kills more than 50,000 annually. It's the second leading cause of death from cancer in the United States, exceeded only by lung cancer.

Five-year survival rates are high when colorectal cancer is caught early, but drop sharply if the cancer is widespread. More than a million colorectal cancer survivors are alive today in the United States, thanks to early diagnosis and lifesaving surgery.

Most colorectal cancers develop from tiny polyps that only have the potential to become cancerous over time. More than 80 percent of colorectal tumors develop from so-called *adenomatous* polyps, gland-like growths that begin in the mucous membrane that lines the large intestine. Although benign polyps can easily be snipped off during a routine colonoscopy, a tumor can turn deadly when it invades deeper tissues or spreads to distant organs.

## Colorectal Cancer

In its early stages, colorectal cancer has no symptoms. The American Cancer Society recommends that people with no known risk factors be screened for colorectal cancer with colonoscopy or other methods beginning at age 50. Those with a family history of the disease should be screened earlier.

"The risk of developing colorectal cancer increases with age," says Jeffrey Nestler, M.D., director of Hartford Hospital's Division of Gastroenterology. "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 may be at especially high risk and should start screening at an even earlier age."

"Anyone with rectal bleeding or abdominal pain should see a physician right away," says colorectal surgeon William V. Sardella, M.D., of Hartford Specialists. "Changes in bowel habits or unexplained weight loss may be symptoms of colorectal cancer."

Colorectal cancer metastasizes to the liver in a significant number of Americans diagnosed with the disease every year. In some cases, liver tumors can be removed surgically. In other cases, interventional radiologists use minimally invasive procedures to deliver a tumor-busting blast of energy directly to the cancer.

"Hartford Hospital performs a high volume of colorectal cancer surgeries," says colorectal surgeon Paul V. Vignati, M.D., of Hartford Specialists. "We work closely with gastroenterologists and oncologists when patients need chemotherapy or radiation therapy. Our collaborative and multidisciplinary approach assures the best outcomes."

Smaller scars, reduced pain, minimal blood loss and shorter recovery times are the benefits of minimally invasive surgery at Hartford Hospital. Now, with the addition of robotics, surgeons are bringing their expertise to a wide range of colorectal cancers, in cooperation with a multidisciplinary gastrointestinal (GI) team.

"Our colorectal surgeons and surgical oncologists do a great job caring for colorectal cancer patients," says Andrew L. Salner, M.D., director of the Helen & Harry Gray Cancer Center. "They work with an incredible comprehensive colorectal cancer team to ensure that each patient has an individually tailored plan of care. Other team members include the GI nurse navigator, genetic counselor, medical and radiation oncologists, GI imaging radiologists, GI



The risk of developing colorectal cancer increases with age.





Colorectal surgeons, Dr. William Sardella (left) and Dr. Paul Vignati

pathologists, research nurse, social workers and other GI specialists, all of whom work closely together to coordinate the best care for each colorectal cancer patient.”

### Clues in the Genome

A national genome-wide study, The Cancer Genome Atlas (TCGA), found similar genetic changes in tumors of both the colon and rectum. Researchers identified 32 different cancer-causing mutations that dam-

age chromosomes and disrupt vital signaling pathways. Faulty genes alter protein synthesis and cause DNA repair to go awry. “Hartford Hospital is now part of TCGA, in view of our expertise in collecting tissue samples for genomic analysis,” says Dr. Salner. “We are the only TCGA participant in Connecticut.” The burgeoning science of genomics is driving research into treatments tailored to a cancer patient’s personal genetic blueprint. Pharmaceutical firms are

studying genes, enzymes and growth factor receptors, seeking novel drugs aimed at colorectal cancer targets.

Lynch syndrome, an inherited cancer syndrome that strikes men and women of all ethnicities, dramatically raises the risk of developing cancer at a young age. “Hartford Hospital pathologists examine all surgically removed colon and rectal tumors to screen for the disorder,” says Dr. Sardella. “Families with Lynch syndrome are at high risk for



digestive tract cancers, particularly of the colon and rectum.”

Even a small change in a single gene can dramatically raise the risk of developing colorectal cancer. If the Lynch syndrome mutation is found, the patient’s relatives are tested to see whether they also carry the genetic defect. People with the gene mutation can reduce the risk of developing or dying from cancer by having earlier and more frequent cancer screenings and colonoscopies.

Colorectal cancer survivors can help prevent a recurrence by avoiding red meat, fatty foods and rich desserts after surgery, chemotherapy or radiation. Research showed that patients who consumed a high-fat diet after colorectal cancer treatment were three times more likely to have their cancer return than those who ate mostly fish, poultry, fruits and vegetables.

Aspirin has been shown to benefit colorectal cancer patients whose tumors express an enzyme called COX-2. Those patients were about 30 percent less likely to die from cancer than their peers if they regularly took aspirin after their diagnosis. Hartford Hospital physicians are currently participating in a clinical trial to see whether the cholesterol-lowering statin drug rosuvastatin (Crestor) can prevent a recurrence of early colorectal cancer.

## Colorectal Cancer Surgery

In the late 1990s, Hartford Hospital surgeons pioneered the hand-assisted laparoscopic colectomy (colon tumor removal) technique now used by physicians around the world. The hospital leads the region in minimally invasive colorectal cancer surgery.

Minimally invasive techniques allow physicians to perform life-saving surgery with faster recovery and less risk of blood loss than conventional “open” methods. Hartford Hospital’s commitment to innovation provides the most sophisticated medical technology available anywhere. High-tech tools offer advanced techniques for 3D imaging, performing a biopsy or removing a colorectal tumor.

Whenever possible, surgeons avoid lengthy incisions in the abdominal wall, instead making small slits in the skin for a camera and laparoscopic instruments. Sliding a fiberoptic scope through an opening the size of a buttonhole is far less disruptive to delicate tissues than a long incision made by a surgeon’s scalpel.

“Over the years, colorectal surgeons at Hartford Hospital have performed more than 3,500 laparoscopic colorectal procedures,” says Dr. Sardella, who is participating in a pilot study of colorectal robotics with Dr. Vignati and Christine M. Bartus, M.D., of the Hospital of Central Connecticut. Although minimally invasive techniques have revolutionized nearly every surgical specialty, colorectal surgeons at Hartford Specialists have only recently begun to use robotics for select patients. Eventually all of Hartford Hospital’s colorectal surgeons will be trained on the da Vinci robot.

The robot combines high-definition vision with streamlined surgical instruments to take surgery beyond the limits of conventional procedures. By overcoming the challenges of traditional open and laparoscopic surgery, colorectal surgeons can operate through only a few small incisions with more precision, dexterity and control than ever before.

The robot’s versatility gives the surgeons the ability to rotate instruments even more freely than the human hand. “The articulated robotic arms are particularly useful when working in a tight space,” adds Dr. Vignati. “We can manipulate instruments using “endowrists” that twist and turn through the full range of motion.”

The robot may be a valuable surgical tool for treating inflammatory bowel disease or ulcerative colitis, as well as colorectal cancer. “The robot is at its best in a focused area,” adds Dr. Sardella. “The robot has the advantage of remaining perfectly steady during complex and repetitive procedures, such as repairing pelvic floor prolapses.”

Both Drs. Sardella and Vignati have performed thousands of proce-

dures in their more than 20 years as colorectal surgeons. “We’re uniquely positioned to compare robotics to laparoscopy,” says Dr. Sardella. “We believe the surgical robot’s tools and attachments can offer potential advantages over laparoscopy when working within the pelvis.”

## Putting the Robot to the Test

Robotic-assisted techniques have revolutionized surgical control and precision. The multiple instrument arms of the spider-like robot and a camera are inserted through the navel and three small incisions in the patient’s abdomen.

Seated at a remote console a short distance from the patient, the surgeon studies high-definition 3D images in a viewfinder while cutting and sealing blood vessels with robotic precision. Three robotic arms snip and stitch, in tandem with the movements of his hands, as his feet operate bright yellow and blue foot pedals. The oversize video screen linked to the camera in the patient’s abdomen provides close-up, real-time anatomical views.

Colorectal surgeons remove tumors lodged in the muscular wall of the intestine or slice out a cancerous segment of the colon, seamlessly reattaching the ends. “These can be very long operations,” says Dr. Vignati. “The robot offers the ergonomic benefit of allowing us to sit rather than stand for hours.”

Hartford Hospital surgeons have pioneered many innovative robotic procedures since 2003, when Hartford Hospital became the first medical center in Connecticut to acquire the revolutionary da Vinci robot. Today, Hartford Hospital is among the top 10 robotic surgery centers in the country and the largest in New England. Hartford Hospital physicians have performed more than 5,000 robotic cases using the hospital’s seven surgical robots.

For more information about robotic surgery at Hartford Hospital, visit our website at: [www.harthosp.org/robotics/AboutRoboticSurgery/](http://www.harthosp.org/robotics/AboutRoboticSurgery/).



# A Cure for Hepatitis C



*Dr. Colin Swales, director of Transplant Hepatology, in Hartford Hospital's Comprehensive Liver Center.*



**B**efore 1992, blood donated for transfusions wasn't screened. Soldiers and sailors lined up to receive multiple-dose vaccines, got tattoos in back alleys or shared razors in barracks. Baby boomers who decades ago used intravenous drugs or snorted cocaine through plastic straws never knew they were infected with hepatitis C—and the liver-destroying virus is still lurking silently in their cells.

Hepatitis is a family of viruses. The most common types of hepatitis are A, B and C. Notorious for closing restaurants, hepatitis A (infectious hepatitis) is spread by contaminated food or water. Hepatitis B and C are spread through bodily fluids, sexual contact or from mother to child. Vaccines are available for hepatitis A and B, but not C.

Depending on the type, hepatitis can go away or become chronic. About 75 to 85 percent of people who become infected with the Hepatitis C virus develop a lifelong infection.

Since hepatitis C can linger in the body for years without symptoms, people are shocked to learn they have the disease. Most contracted the virus in the 1970s or 1980s.

Everyone born between 1945 and 1965 should have a one-time blood test, according to the Centers for Disease Control and Prevention (CDC). Now that treatment is available, the screening guidelines are expected to identify more than 800,000 infections and save 120,000 lives nationwide.

Baby boomers account for more than 2 million of the 3.2 million Americans infected with hepatitis C. Left untreated, the infection can lead to cirrhosis (scarring), liver failure and liver cancer. Hepatitis C kills more than 15,000 Americans each year as a result of liver damage or cancer.

"Some patients engaged in risky behavior in their party days," says hepatologist Colin T. Swales, M.D. "The disease is transmitted mainly by blood exposure, but 10 percent of patients have no idea how they were infected. They may simply have shared a toothbrush with someone. The good news is that unlike many viral infections, hepatitis C can be cured."

Last spring, the Food and Drug Administration (FDA) approved several new antiviral drugs. "The newer drugs target the virus cell," explains hepatologist Michael M. Einstein, M.D. "In combination with weekly injections of immune-boosting interferon, the new medications can clear the body of hepatitis C virus altogether."

Hartford Hospital's Comprehensive Liver Center offers multidisciplinary treatment of patients with hepatitis, cirrhosis and liver cancer. Armed with new medications—and with new classes of drugs in the pipeline—liver disease specialists can now cure patients who have previously failed treatment.

"We've seen a revolution in hepatitis C treatment," says Dr. Rolland Dickson, M.D., the Liver Center's medical director. "It's an extremely exciting time to be working in the field of hepatology. The new drugs are amazing, but our comprehensive center also offers a dedicated team of surgeons, interventional radiologists and other specialists to manage people who have already progressed to cirrhosis or liver cancer."

Cirrhosis is a chronic disease that overwhelms the liver's ability to heal and regenerate. Once the liver begins to fail, a transplant may be the only option. "Cirrhosis causes degenerative and irreversible changes in the liver," explains hepatologist Jonathan Israel, M.D. "Early treatment can often slow its progression, but fibrous tissue permanently scars the liver."

"I worried for years about facing a terrible death from liver failure," says Debbie (not her real name), a Navy veteran who is now 53. "Now my whole life has changed. After a year of treatment, every trace of virus is gone."

For more information, visit our website at: [www.harthosp.org/Liver/Hepatitis/](http://www.harthosp.org/Liver/Hepatitis/).

# Fighting Fat: The Best Way to Stave Off Diabetes



**H**as your doctor told you to drop a few pounds? Excess fat quietly ravages the insulin-producing cells of a small but powerful organ lying just behind the stomach. Those extra pounds you're lugging around—especially in your belly—may be destroying your pancreas.

When your pancreas stops producing insulin, the body loses its ability to use the glucose in food for energy. Type 1 diabetes usually develops in childhood, but can be diagnosed at any age. Type 2 diabetes, often linked to excess weight, and a family history of diabetes, can develop at any age. In type 2, the pancreas produces insulin but the body becomes resistant to its effects.

As insulin resistance builds and outpaces the pancreas, fasting blood sugar (glucose) levels can soar. Rising blood sugar increases cardiovascular disease risk. The “triple threat”—high blood pressure, high blood sugar and obesity—doubles your risk of a heart attack or stroke.

“My doctor told me I was prediabetic last year,” says Nancy (not her real name), who recently attended a series of Diabetes LifeCare education classes. “Now I have type 2 diabetes. Since my diagnosis, I have lost 25 pounds. I count the carbohydrates in every meal and take medication. Whenever I stick my finger to test my blood sugar, I think, ‘Why didn’t I just lose weight sooner?’”

“Crash dieting simply isn’t sustainable,” says endocrinologist Elisabeth Fasy, M.D. “The only way to lose weight and keep it off is to cut back on desserts, sugary beverages, cheese and meat—while eating more fruits and vegetables. A study in the *New England Journal of Medicine* found that people initially lost weight on ‘no carb’ diets, but slow, steady weight loss was safer and more lasting.”

The good news for people at risk for diabetes is that losing weight prevents the life-altering disease. Diabetes afflicts an estimated 26 million people in the United States, including seven million who haven’t yet been diagnosed with the disorder. Dramatic weight loss is possible with lifestyle changes.

“Avoid packaged foods and ‘energy’ drinks,” says Dr. Fasy. “An apple has a lot more vitamins and fiber than a granola bar. The healthy, plant-based fat in a slice of avocado or a couple of tablespoons of nuts can often make you feel less hungry. Even if you have diabetes, you can still eat fruit in moderation.”

For more information, visit [www.hartfordmedicalgroup.com](http://www.hartfordmedicalgroup.com).

## PHYSICIAN PROFILE

### Elisabeth A. Fasy, M.D.

Elisabeth A. Fasy, M.D. is an endocrinologist at the West Hartford–South Main office of the Hartford Medical Group (HMG). Endocrinology is the branch of medicine that treats disorders that affect hormones and the metabolism, among many other functions.

Dr. Fasy, who is board-certified in Endocrinology, Diabetes and Metabolism, is a member of the Endocrine Society and a fellow of the American Association for Clinical Endocrinologists.

She earned her undergraduate degree, *magna cum laude*, at the College of the Holy Cross and her medical degree from the University of Massachusetts Medical School, Worcester, Mass., in 1994. She completed her residency in Internal Medicine at the University of North Carolina in 1997, and her fellowship in Endocrinology and Metabolism at the University of Virginia in 2000.

Dr. Fasy was an Assistant Professor at the University of North Carolina School of Medicine from 2000–2005 and the Emory University School of Medicine from 2006–2007. A native of Rhode Island, she enjoys running with her dog and cycling with her husband and two young children. Dr. Fasy was included on the “Best Doctors” list in the January 2012 issue of *Hartford* magazine and has been named to the national “Best Doctors” list since 2007.



# The Social Brain: Schizophrenia and Autism Spectrum Disorders

Schizophrenia is a dark and disorienting illness that ruins social relationships. People suffering from the psychiatric disorder find it hard to communicate while battling mental confusion and crippling cognitive challenges. Similarly, children with autism have a brain-based developmental disorder that skews their perception of social cues and sensory information.

Traditionally considered separate diagnoses, both schizophrenia and an autism spectrum disorder (ASD) involve core social and communication deficits. Not much is known, however, about exactly how each neurodevelopmental disorder disrupts the brain or how much they may overlap.

“Social interactions are essential for normal human brain development and function,” explains Michal Assaf, M.D., director of the Autism and Functional Mapping Laboratory at the Olin Neuropsychiatry Research Center at the Institute of Living (IOL).

“Schizophrenia and ASD are thought of as separate entities based on clinical symptoms, age of onset and the course of the illness,” says Dr. Assaf, who recently received a \$2.9 million research grant from the National Institute of Mental Health (NIMH) to study social cognition and brain function in schizophrenia and ASD. “Recent evidence suggests a potential overlap.”

To assess the social brain in schizophrenia and ASD, Dr. Assaf uses a technique called functional magnetic resonance imaging (fMRI) and a sophisticated type of electroencephalography (EEG) called “event-related potential” (ERP) to measure brain activity during cognitive processing. The IOL researchers employ a multimodal approach and non-invasive high-tech techniques to compare clinical and functional symptoms common to both schizophrenia and ASD.

Lack of empathy and an inability to interpret social signals are common to

both disorders, although direct comparisons are scarce. “Schizophrenia is a psychotic illness that typically appears in early adulthood,” says Dr. Assaf. “In contrast, children with ASD show core deficits in social and communication skills—typically without psychotic symptoms—before age three.”

Both cognitive neuroscience and advanced neuroimaging methods can be used to map the social brain, including theory of mind (the ability to understand other people’s thoughts and beliefs), social judgment and empathy for others. The study will directly compare a matched group of schizophrenia and ASD patients using a battery of social assessment tools and several neuroimaging tasks that assess different aspects of social cognition.

“If successful, the current study will support the emerging shift in measuring and classifying schizophrenia, ASD and other psychiatric disorders,” says Dr. Assaf. “Looking beyond clinical symptoms to the biological and genetic basis of these apparently different illnesses may someday lead to new treatments.”

*The IOL is seeking adults age 18 to 30 with schizophrenia or ASD for a study of neural activation of brain regions in psychiatric disorders that affect social behavior. To learn more, call Sophy Brocke at 860-545-7138.*



## Treating the Urinary Tract



Urinary incontinence is a relatively common problem that afflicts an estimated 20 million Americans. Although patients are often embarrassed to discuss their symptoms with their doctors, treatments are evolving as a steadily aging population confronts the problem.

About a quarter of women of childbearing age experience urinary incontinence, and the number of sufferers rises sharply when estrogen levels drop at menopause. Being overweight not only raises the risk for heart disease and diabetes, but also for urinary incontinence.

Some women leak a few drops of urine when they cough (stress incontinence), while others feel a strong, sudden urge to urinate just before losing a large amount of urine (urge incontinence). The lives of women who experience both problems are often ruled by frequent bathroom trips and pad changes.

Urinary incontinence is not unique to women. Some men develop urinary incontinence after undergoing a prostatectomy to remove a cancerous prostate gland. “Incontinence after prostatectomy is fairly common and very bothersome, but it can be treated,” says urologist Richard T. Kershen, M.D., of Hartford Specialists, a fellowship-trained expert in voiding dysfunction, female urology and incontinence. “When you suffer from incontinence, it can affect your life in profound ways. We can help patients reclaim their vitality by eliminating the leakage problem.”

Simple behavioral modification and pelvic floor exercises help many patients. Office-based therapies include injection of Botox into the bladder for relief of urge incontinence or a gel-based “bulking agent” into the urethra for relief of stress incontinence.

Dr. Kershen may treat incontinence by surgically implanting an FDA-approved, programmable device to stimulate the nerves that control the bladder and pelvic floor. The treatment can help patients with bladder-emptying difficulties or urinary retention (the feeling that you need to go, but can’t).

“My hope is that patients will come to see me even if a previous medical therapy or prior operation has failed to correct the problem,” says Dr. Kershen. “My patients include people who have had complications from prior surgery, as well as those with neurologic disorders such as multiple sclerosis, Parkinson’s disease, stroke and spinal cord injuries.”

Hartford Hospital is the only medical center in the state to routinely use the hospital’s surgical robot for urologic surgery. The da Vinci robot can be used for pelvic reconstructive surgery to correct problems that lead to incontinence.

## What's Going Around...News & Breakthroughs

### Alzheimer’s Advances

Although drug companies continue to search for genes linked to Alzheimer’s disease, more than 95 percent of people with the disease have no known genetic risk factors. Environment may be a factor. Alzheimer’s disease occurs more often in African-Americans than West Africans of similar age in Nigeria, say Columbia University researchers.

### MomMe App

Hartford Hospital recently launched its all-in-one maternity application (“app”) for moms-to-be and current parents. The free app for smartphones or tablets can be downloaded from Apple iTunes or Google Play. You can use the app to calculate fertile phases on a calendar or keep up with feeding schedules, baby changing times and doctor appointments.

### Bleeding Stroke

Heavy drinkers are at risk for a brain hemorrhage at a much younger age than their peers, reports the journal *Neurology*. French researchers found that those who have four or more alcoholic drinks a day experience bleeding in the brain at an average age of 60, or 14 years earlier than those who aren’t heavy drinkers.

### Frying Fears

Pan-frying red meat may raise the risk of prostate cancer by up to 40 percent, warns a study of 2,000 men in the journal *Carcinogenesis*. Researchers at the University of Southern California and the Cancer Prevention Institute of California linked pan-fried hamburgers to an increased risk of prostate cancer. Pan-frying is riskier than grilling or broiling.



## A Single Shot for Shingles

After lying dormant in the nerves for decades, a childhood infection can reappear with a vengeance. If you've ever had chickenpox, you're at risk for shingles.

The painful skin rash is caused by the varicella-zoster virus, the same virus that causes chickenpox. If age or illness weakens your immune system, the dormant virus can overwhelm your body's defenses and cause shingles.

Ninety-eight percent of American adults have had chickenpox, even if they don't remember having the disease. Years later, shingles may suddenly erupt, usually along one nerve on one side of the body. An estimated one million Americans develop shingles each year.

In 2006, the Food and Drug Administration (FDA) approved the Zostavax vaccine for individuals 60 and older. In 2011, the FDA extended the approval to those between 50 and 59. Shingles can strike at any age, but tends to occur after age 50.

"Patients who have been vaccinated are only half as likely to develop shingles," says Frances Gurtman, M.D., medical director of the West Hartford-South Main office of Hartford Medical Group. "Only one of my patients who had the vaccine later developed shingles—and it was milder than we usually see."

The outbreak usually begins with pain, burning, tingling, or itching, along with flu-like symptoms. At the

same time or a few days later, small, red, fluid-filled blisters appear, usually on the back, chest or abdomen.

"Since shingles can be very painful and debilitating, everyone over 60 should consider getting the vaccine," adds Dr. Gurtman. "The primary exceptions are people with compromised immune systems due to illness or medication."

See your primary care physician promptly if you experience numbness, tingling, itching and pain, which often precede the telltale blistering rash. Antiviral medications such as valacyclovir (Valtrex) can shorten the duration of an outbreak and minimize later pain. According to the Centers for Disease Control and Prevention (CDC), nearly 1 out of every 3 people in the United States will develop shingles during their lifetime. Most people only experience a single bout of shingles, but it is possible to develop an outbreak a second or even a third time.

"If you think you have shingles, call your primary care physician and ask to be seen the same day," says Dr. Gurtman. "Shingles can be treated with antiviral medications, but they work best if given within the first 72 hours of the start of symptoms. If you're over 60, ask your provider if the Zostavax vaccine is appropriate for you."

# Is Your Epilepsy Under Control?

Hartford Hospital's Comprehensive Epilepsy Center becomes a reality.



Hartford Hospital's ambitious plan to create the region's premier epilepsy program is well underway. The new center, slated to open in November, will give epilepsy patients access to coordinated, patient-centered diagnostic, medical and surgical care.

Epilepsy often strikes the temporal lobe of the brain. When abnormal electrical activity suddenly erupts, bursts of energy jam the neural pathways and overwhelm the brain. Seizures can disrupt "eloquent" regions of the brain that control vital functions such as speech, movement and even consciousness.

Epilepsy is the fourth most common neurological disorder in the United States, exceeded only by Alzheimer's disease and stroke. Up to 30 percent of all children 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. About three million Americans

suffer from the chronic neurological disorder.

The Comprehensive Epilepsy Center offers new high-tech tools to diagnose and 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. The percentage of patients with refractory epilepsy has not decreased despite the arrival of nine new FDA-approved antiepileptic drugs since 1993.

In addition to inpatient medical care and surgery, the Center will offer inpatient video-EEG to measure brain wave activity. The Institute of Living's Olin Neuropsychiatric Research Center pinpoints regions of abnormal brain activity with functional MRI (fMRI), which can be combined with highly sophisticated PET imaging, brain scans, angiograms, speech and

language evaluation and neuropsychological testing.

EEG monitoring shows whether abnormal electrical activity is generalized across the brain—common in people whose seizures begin in childhood—or just in one area of the brain. Patients with refractory epilepsy who aren't candidates for surgery may benefit from a surgically implanted device called a vagus nerve stimulator.

Although an implantable neuro-pacemaker is still in clinical trials, new devices available at Hartford Hospital include subdural electrodes and depth electrodes. Nationally, only about one percent of patients with medically refractory epilepsy are referred to an epilepsy center for treatment.

Hartford Hospital wants to improve those odds. Epilepsy patients treated at Hartford Hospital can now take advantage of advanced brain surgery that can "cure" the disorder when it's caused by a lesion or brain tumor. By 2013, the hospital expects to achieve Level-IV status, the highest designation given by the National Association of Epilepsy Centers (NAEC).

# 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](http://www.harthosp.org) or call the Health Referral Service at 860.545.1888.



*Internal Medicine*

## **Judy Chiu, D.O.**

Dr. Chiu received her doctorate in osteopathic medicine from Lake Erie College of Osteopathic Medicine in Erie, PA. She completed her internship and served as associate chief resident and chief resident in the Department of Family Medicine at Good Samaritan Hospital Medical Center, West Islip, NY. She is board-

certified by the American Osteopathic Board of Family Physicians.



*Gastroenterology*

## **Maria Johnson, M.D.**

Dr. Johnson is a medical school graduate of St. George's University-Grenada, West Indies. She completed an internship and residency in internal medicine at the University of Connecticut School of Medicine, where she also served as chief resident. She completed a fellowship in gastroenterology at the University of Connecticut.



*Internal Medicine*

## **Vasanth S. Kainkaryam, M.D.**

Dr. Kainkaryam has joined Hartford Hospital with a specialty in internal medicine and pediatrics. He is a graduate of the University of Rochester School of Medicine and Dentistry. He completed an internship and residency in internal medicine and pediatrics at Baystate Medical Center and Tufts University School of Medicine.



*Breast Surgery*

## **Heather M. King, M.D.**

Dr. King comes to Hartford Hospital from the Women and Infants Hospital/Brown University in Providence, R.I., where she completed a fellowship in breast surgery. She completed internships in general surgery at Saint Raphael's Hospital in New Haven, and Geisinger Medical Center in Danville,

Pa. She did her residency in general surgery at Geisinger Medical Center.

*Cardiology*

## **Daniel G. Kramer, M.D.**

Dr. Kramer, who cares for patients with heart disease, graduated from the University of Massachusetts Medical School and recently completed his residency and fellowship at Tufts Medical Center in Boston.



*Cardiology*

## **Maximilian H. Lee, M.D.**

A graduate of Columbia University College of Physicians and Surgeons, Dr. Lee completed his residency in internal medicine at Tufts Medical Center. He completed his fellowship in cardiovascular diseases at North Shore-LIJ Health Center in Manhasset, NY. Dr. Lee is board-certified by the American Board of Internal Medicine.



*Neurology*

## **Yan Zhang, M.D., Ph.D.**

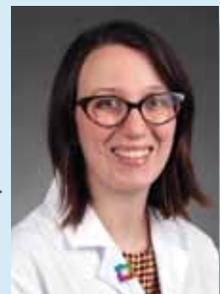
Dr. Zhang received her medical degree from Peking Union Medical College in Beijing, China. She obtained her doctorate in molecular and cellular pharmacology from Stony Brook University in New York. She did her internship at St. Luke's-Roosevelt Hospital Center in New York. She completed her neurology residency at the University of Connecticut and Hartford Hospital. She then pursued fellowship training in epilepsy at Yale Comprehensive Epilepsy Center. She is board-certified by the American Board of Psychiatry and Neurology.



*Obstetrics-Gynecology*

## **Elizabeth O. Purcell, M.D.**

Dr. Purcell is a medical school graduate of Drexel University College of Medicine in Philadelphia. She completed her residency in obstetrics and gynecology at the Johns Hopkins Hospital in Baltimore.



# Calendar



Hartford Hospital Programs & Events From November 12, 2012 Through January 31, 2013

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## Cancer Program

### Cancer Program Support Groups

See page 22 for descriptions

- Brain Tumor Survivors
- Ovarian Cancer
- Prostate Cancer
- Advanced Prostate Cancer

### 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. in Hartford. To register, call 860-545-6000. FEE: \$30/6 sessions.

### 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. in Hartford. 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.

### The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.

## Life After Prostate Cancer

Thursday, November 15  
6:30 to 8:00 p.m.

300 Western Blvd., Glastonbury

Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses, significant others and guests are encouraged to attend. Although anyone is welcome, this seminar is geared specifically for patients who are one year or more post treatment. Presented by board-certified urologist Dr. James Graydon, who specializes in treating erectile dysfunction and bladder control for patients who have undergone treatment for prostate cancer. Call 860-545-1888 to register.

## Healthy Hearts

### Stop Smoking for Life Program

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

### Breathe Easy Relapse Prevention Support Group—See page 22 for description

### 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. Sessions are offered in West Hartford.

### 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.

## 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—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 800-696-2500 for a location near you. FEE: \$150 for 10 mat sessions.

### Parkinson's Exercise Classes

Studies show that patients who participate in regular exercise experience less disability. Learn strategies to improve your mobility, activities of daily living & communication while adapting your environment to work for you. **Schedule:** Sessions run for 6-weeks from 1:00 to 2:00 p.m. every Tuesday and Thursday in Glastonbury. Call 860-291-2789 for additional information and to register. FEE: \$90.00 for 12 meetings.

## Pulmonary Rehabilitation

Comprehensive multi-disciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other breathing disorders. Primary goal is to restore the patient to the highest possible level of independent function as well as to help alleviate shortness of breath. Program meets Tuesday and Thursday afternoons for 10-week sessions. Valet parking available. Covered by most insurance plans. Physician referral is required. Call 860-545-3637 for more information.



## Surgical Weight Loss Programs

**Surgical Weight Loss Support Group—**  
See page 22 for description

### Surgical Weight Loss: Eating Right After Surgery

Whether you are 3 months or 3 years post-surgery, it can be difficult to stick to a healthy eating lifestyle. Get back on track with our nutrition class! Attend a monthly support group for people who have had weight loss surgery through Hartford Hospital's Surgical Weight Loss Program. To register call the Surgical Weight Loss Center at 860-246-2071, option #2.

#### Glastonbury:

From 5:00 to 6:30 p.m. on 11/14

### Surgical Weight Loss: General Education Session

A comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated—bring your ticket. FREE.

**Hartford:** From 3:00 to 5:30 p.m. on 11/14, 11/20, 12/12, 12/18

**Glastonbury:** From 5:00 to 7:00 p.m. on 12/6

## Wellness/Integrative Medicine

Most classes require pre-registration. Register online at [www.harthosp.org/intmedclasses](http://www.harthosp.org/intmedclasses).

### Expressive Art classes

No previous art experience necessary.

#### One Day Free Creativity Retreat for Caregivers

(Diana Boehnert, MFA)

It is a challenging time when we love and care on a daily basis for others who are confronted with an illness. This workshop will help to redirect your focus for a short while but will also give you insights into what nurtures you during these times. **Schedule:** From 10:00 a.m. to 3:00 p.m. on 11/13 in Wethersfield. Lunch included. Pre-registration required. FEE: Free for caregivers.

#### SoulCollage® for Everyone

(Diana Boehnert, MFA)

The SoulCollage® process (authored/originated by Seena Frost) assists us in appreciating positive, challenging, important, and not so important things that we may take for granted. No previous art experience or class attendance is necessary. Bring a magazine or two. Classes meet at the Windsor Healthcare Center. Pre-registration required. FEE: \$25 (free for cancer survivors).

#### Simple Gratitude

Simple gratitude and acts of kindness, toward others and ourselves, cost little but have tremendous power to transform lives. **Schedule:** From 6:00 to 9:00 p.m. on 11/14.

#### The Lightbearer

Let the Lightbearer lead the way into the longer nights of winter when we walk into the shadows and search for treasure. Illuminate your path into the New Year with focus and clarity. **Schedule:** From 6:00 to 9:00 p.m. on 12/12.

#### Cancer Wellness Support Series

(PJ Harder, MS)

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Pre-registration required. FREE.

##### Hartford: 11/13—Healing the Whole Self

From 6:00 to 7:00 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center.

##### Avon: 11/14—Qi Gong Energy Healing

From 1:00 to 2:00 p.m. in the Community Room at the Avon Helen & Harry Gray Cancer Center.

#### Change Your Eating, Change Your Life—After Cancer

(Kathy Beach, MS, ATC)

We will discuss the best cancer fighting foods and how to easily incorporate them into your life, as well as those that should be avoided. Most importantly, we take the time to establish new habits with support every step of the way. **Schedule:** From 7:00 to 9:00 on Thursdays—11/15, 11/29, 12/13 at Avon Family Healthcare Center. Pre-registration required. FEE: \$175.

#### Creating Forgiveness in Our Life

(Dory Dzinski, MAPC, LPC, NCC)

Pain, hurt, and negative emotions take up much room in our hearts. Inviting forgiveness into our life allows a place for more peace and happiness to enter and expand, as well as the release of stress and tension. This safe and gentle workshop presents information and discussion and many tools including a beautiful guided meditation that can be used to reach a place of peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 11/14 in Avon. Pre-registration is required. FEE: \$30.

#### Divorced Women's Empowerment Group

(Dory Dzinski, MAPC, LPC NCC)

Finding yourself alone again can be unsettling when so much has changed in your life. Join others who are single again due to divorce and learn tips for self esteem, coping mechanisms and discovering your individuality. **Schedule:** Meets second Tuesdays from 6:00 to 8:00 p.m. on 11/13, 12/11 at the Hartford Hospital Family Health Center in Avon. Pre-registration required. FREE.

#### Emotional Freedom Technique for Holiday Stress Reduction

(Chris Jacobs, Life Coach)

Learn how to use the Emotional Freedom Technique (EFT), to reduce the stress of the holiday season. EFT is a simple meridian-based approach used around the world to bring about substantial relief from emotional discomfort, even physical pain, often in just minutes. **Schedule:** From 6:00 to 7:30 p.m. on 12/3 at Avon Family Healthcare Center. Pre-registration required. FEE: \$25.

#### Five Love Languages: Revitalize Your Communication

(Dory Dzinski, MAPC, LPC, NCC)

Do you ever feel like some of your relationships are one-sided—as if you are giving and getting very little back? It may simply be because you speak different love languages! From this class based on the work of Gary Chapman, you will learn five different love languages, your own primary and secondary languages, and you will also examine what is being spoken by others in your life, ridding yourself of much frustration, disappointment, and sadness. This class is for spouses (it's really fun to come to this class together), parent-child, siblings, friends, etc. It can change everything! **Schedule:** From 6:00 to 9:00 p.m. on 12/4 at Avon Wellness Center. Pre-registration required. FEE: \$35.



#### Got Cravings?

(Lisa Zaccheo, MA, BCH, BCI)

Cravings for sweets, soda, cigarettes, etc.? Are they so strong that they're in control of you instead of you being in control of them? If so, learn to conquer them once and for all with 2 simple techniques that will put you back on control. **Schedule:** From 7:00 to 9:00 p.m. on 11/15 at Avon Wellness Center. Pre-registration required. FEE: \$25.

#### Grief Support Group

(Dory Dzinski, MAPC, LPC NCC)

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief and be comforted with compassionate listening and understanding. **Schedule:** From 6:00 to 8:00 p.m. on 3rd Mondays, 11/19, 12/17 at Avon Family Healthcare Center. Pre-registration required. (Drop-in or attend all). FREE.

#### Healing Through Optimal Nutrition

(Kathy Beach, MS, ATC, Health and Nutrition Coach)

Are you a cancer survivor, a family member of a cancer survivor or simply concerned about the alarming rates of cancer in this country? If so, this is the class for you. We will talk about how to create a cancer fighting strategic nutrition plan, discuss the best cancer fighting foods and how to easily incorporate them into your life, while reviewing those that should be avoided. **Schedule:** From 1:00 to 2:00 p.m. on 11/13 at Avon Wellness Center. Pre-registration required. FEE: \$35.

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

### Healthy Cooking Classes

(Caelum R. Massicotte, Whole Foods Healthy Eating Specialist)

Come to these free classes held at Whole Foods Market, 55 Welles St. in Glastonbury.

**Schedule:** From 6:00 to 7:00 p.m. Pre-registration required. FREE.

11/13 *Sushi – (hands on). Great for practicing; no raw fish involved, many options including rice-free versions*

12/11 *Healthy Breakfast Made Easy*

### Homeopathy

(Todd Born, ND)

Class will be an introduction to the theory and uses of this traditional system of medicine that stimulates the body's own abilities to heal itself. Bring your questions! **Schedule:** From 7:00 to 8:00 p.m. on Monday, 12/3 at Avon Wellness Center. Pre-registration required. FREE.

### Inner Fitness for Women

(PJ Harder, MS)

Combines the gentle, rhythmic movements of Qigong and Tai Chi Easy™ to build your inner strength, vitality and energy. Can help to reduce stress, enhance the immune system, increase metabolic function and return your health to a natural state of balance and harmony. **Schedule:** From 6:00 to 7:30 p.m. on 11/12 at Avon Family Healthcare. Pre-registration required. FEE: \$30.

### Laughter Yoga

(Mark Sherry, M.Ed, M.A, B.A, Certified Laughter Yoga Instructor)

Have lots of fun while significantly boosting your immune system and relieving that "lingering stress" we carry around with us all the same! Join us in fun group-focused interactive games that stimulate laughter while promoting positive connections with others. **Schedule:** From 7:00 to 8:00 p.m. on 4 Thursdays—11/29, 12/6, 12/13, 12/20 in Windsor. Pre-registration required. FEE: \$38/4 classes (\$12 drop in fee).

### Reconnecting to Your Self-Healing Wisdom

(PJ Harder, MS)

The truest sense of well-being comes from within and is created through a process of balancing all aspects of life and ourselves—mind, body, heart and soul. Learn how to awaken your natural abilities and reconnect to your inner wisdom of self-care. **Schedule:** From 6:00 to 7:30 p.m. on 12/4 in Glastonbury. Pre-registration required. FEE: \$30.

### Relieve Pain with Hypnosis

(Lisa Zaccheo, BCH, BCI, MA, board-certified hypnotist)

Did you know that in Europe hypnosis is regularly used as an integral part of the pre-surgery anesthetizing process? If hypnosis is strong enough to be used for surgery, imagine what it could do for you in terms of managing your pain. Come learn the science of how hypnosis works within the brain, as well as 3 powerful techniques to help put you in charge of your body's comfort. This class does not include a hypnosis session. **Schedule:** From 7:00 to 9:00 p.m. on 12/5 at Avon Wellness Center. Pre-registration is required. FEE: \$25.



### Therapeutic Touch (Intermediate)

(Karen Kramer, RN, HNC, MA)

Expand and sharpen your current basic TT skills by becoming more aware of chakras, learning to use colors in treatment, and treating with another practitioner. Helps decrease pain, stress, anxiety and accelerates healing. Prerequisite: *Basic Therapeutic Touch*. **Schedule:** From 5:00 to 9:00 p.m. on 11/30 and 12:00 noon to 8:30 p.m. on 12/2 at the Avon Wellness Center. Pre-registration required. 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. on 11/13, 11/16, 11/20, 11/23, 11/27, 11/30 OR 12/4, 12/7, 12/11, 12/14, 12/18, 12/21, 12/28 (skip 12/25).

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

### Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

This class is for women who are currently going through breast cancer treatment or have completed their treatment. The class provides support through a gentle, conscious and restorative yoga practice taking into consideration the specific needs of patients with breast cancer. All are welcome to attend this heartfelt practice. **Schedule:** From 11:00 a.m. to 12:00 noon on Tuesdays—11/27, 12/4, 12/11, 12/18 at Blue Back Square. FEE: \$40/4 week session.

### Yoga Therapy Sessions

(Cheryl Guertin, RYT, LMT)

This one-on-one session incorporates a combination of gentle yoga, hands on bodywork, breathing practices, guided imagery, meditation, aromatherapy, and "bolster-assisted" held postures. Its benefits include stress reduction, a boost for the immunity system, and an increase in well being. No prior experience is necessary. **Schedule:** By appointment. Call Integrative Medicine at 860-545-4444. FEE: \$45.



### 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.

## Women's Health Issues

### 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. Classes held in Wethersfield and Glastonbury. Schedule and registration available online at [www.harthosp.org/classes](http://www.harthosp.org/classes). FEE: \$160.

### Yoga and Meditation for Every Body

Yoga and meditation have been proven to have many benefits for both the body and mind. This gentle series of yoga exercises will stretch and strengthen muscles, release tension and stress in the body, improve range of motion in the joints and help to quiet the mind. All levels of fitness are welcome, as well as those new to yoga. Participants will need to be able to get onto the floor. **Schedule:** From 9:30 to 10:45 a.m. in Avon. FEE: \$50.

## Parent Education Classes

Registration is required for all classes. Register online at [www.harthosp.org/ParentEd](http://www.harthosp.org/ParentEd).

### • 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). Call for schedule. FEE: \$125/3 sessions.



### • 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.

**Wethersfield:** 12/5

**West Hartford:** 11/12, 12/10

### • 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:** 12/13

**Glastonbury:** 11/28

**West Hartford:** 12/3

### • Breastfeeding and Returning to Work

We'll help you by covering such topics as choosing the right breast pump, collecting and storing milk and setting a routine. This class may be taken prenatally or after your baby arrives. Babies are welcome. Call for schedule. 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 12/8 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. Call for schedule. 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 11/14. FEE: \$25.

### • 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. Call for schedule. 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](http://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](http://www.harthosp.org/ParentEd) for schedule and to register. FEE: \$100.

### • The Happiest Baby

Learn approaches 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*. Call for schedule. 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, 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 12/6 in Hartford. FREE.

### • 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:** Call for schedule. FEE: \$35.00.

### • 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 12/8 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.

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

### • 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 in Wethersfield. Call for dates. FEE: \$50 for 6-week series.

### • Time for Toddlers

Led by a pediatric nurse practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. **Schedule:** From 10:00 to 11:00 a.m. Wednesdays in Wethersfield. Call for dates. 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 11/17 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. from 11/7 to 12/5 and 1/2 to 1/23 in West Hartford. FEE: \$50/4-week session.

### • Postnatal Yoga

Designed to help moms reconnect with their bodies and recover from the physical, emotional and energetic impact of childbirth. This all levels class is for mothers of infants to 2 years. This is a mothers-only class and babies/toddlers should be cared for at home by another. **Schedule:** Meets 7:15 to 8:30 p.m. in West Hartford. Call for dates. FEE: \$50/4-week session.



## 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 11/27 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 11/28, 12/5, 12/19 in Hartford. This is a non-certification informational class intended for home use only. FEE: \$45.

## 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.

## Mental Health

The following free programs 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 additional information or directions, call Mary Cameron at 860-545-7665.

### 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. FREE.

### Bipolar Disorder—An Introduction

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. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

### Schizophrenia—Introduction to the Disorder

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. Call Mary Cameron at 860-545-7665 for information. FREE.

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

Overview of benefit programs available for individuals with mental health disabilities. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### Depression: An Introduction to the Disorder

This program is 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. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860-545-7665 for more information and dates. 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. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### 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. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### Support Groups—See page 22 for descriptions

- Support Group for Families Dealing with Major Mental Illness
- Peer Support Group—Schizophrenia Anonymous (S.A.)

## 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.

## 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.



## Screenings/Support Groups

### Grief Support Group

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief. Call 860-545-1888 for information. FREE.

### Epilepsy Support Group

This support group is open to anyone affected by epilepsy to gain mutual support, share experiences and to gain knowledge of epilepsy. Sponsored by The Epilepsy Foundation of Connecticut and the Epilepsy Center. **Schedule:** Last Thursday of each month. Call 800-899-3745 to register. FREE.

## Cancer Program

### Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 12/6, 1/3 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.

### Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. Call 860-524-2715 for schedule. 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.

## Cardiology

### 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 7:00 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

## Gastroenterology

### Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions with ostomy nurses, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 8:30 p.m. on 1/24 at the West Hartford Senior Center, 15 Starkel Road. For more information call 860-760-6862. FREE.

## Healthy Hearts

### 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 in Hartford and West Hartford. Call for schedule. FREE.

## Mental Health

### Mental Health 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.

### 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. 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, First floor. FREE.

### Un Grupo De Apoyo Para Las Familias Hispans

El segundo martes de cada mes de 5:00 to 6:00 p.m. Este es un grupo de apoyo para las familias que hablan espanol y que estan preocupados con los asuntos de la salud mental. (Este no es un grupo de tratamiento sino un grupo para los amigos y las familias de una persona que esta sufriendo con una enfermedad mental.) This is a group geared toward supporting and educating friends and family members of those dealing with mental health issues and is not a treatment group. Second Thursday of the month from 5:00 to 6:00 p.m.

## Surgical Weight Loss Program

### 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 at Hartford Hospital's Education & Resource Center, 560 Hudson Street, Hartford. **Schedule:** Monthly from 6:00 to 7:30 p.m. on 12/12 in Hartford. Registration is NOT required. FREE.

## Transplant Program

### 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. 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, Option #4, for schedule and to register. 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.

## 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](http://www.harthosp.org/volsvc).

### Surgical Family Lounge

Looking for mature and organized volunteers with excellent communication skills and basic computer skills to serve as Family Liaisons. They update family members on their loved one's surgery, connect families with physicians and provide support for family members, patients and staff. (The lounge is covered Monday – Friday from 7:00 a.m. to 8:00 p.m.)

### Pet Therapy Volunteers

Certified Pet Therapy teams are needed as visitors on Hartford Hospital's inpatient units, in the lobbies as greeters and at the behavioral campus—*Institute of Living and Grace Webb School*.



## Professional Development

### HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 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.

### 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](http://www.harthosp.org) or call 860-545-2612.

## 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](http://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](http://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



### Medical Rounds on TV

WFSB Channel 3

Viewers are invited to chat online with Hartford Hospital doctors after *Medical Rounds* airs on Eyewitness News on Wednesday evenings.

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

## Creative Cook

Japanese edamame (pronounced *ed-a-mommy*) beans are young soybeans that are harvested when they're tender.

Look for shelled edamame beans in your grocer's freezer. The outer seed pods are too tough to eat because they're picked before the soybeans ripen.

Create a flavorful and protein-rich salad by tossing the edamame beans with wild rice, scallions and dried fruit. Wild rice (also called Indian rice) is not really rice, but a type of grass, so it's gluten-free. You can substitute brown rice for more expensive wild rice.

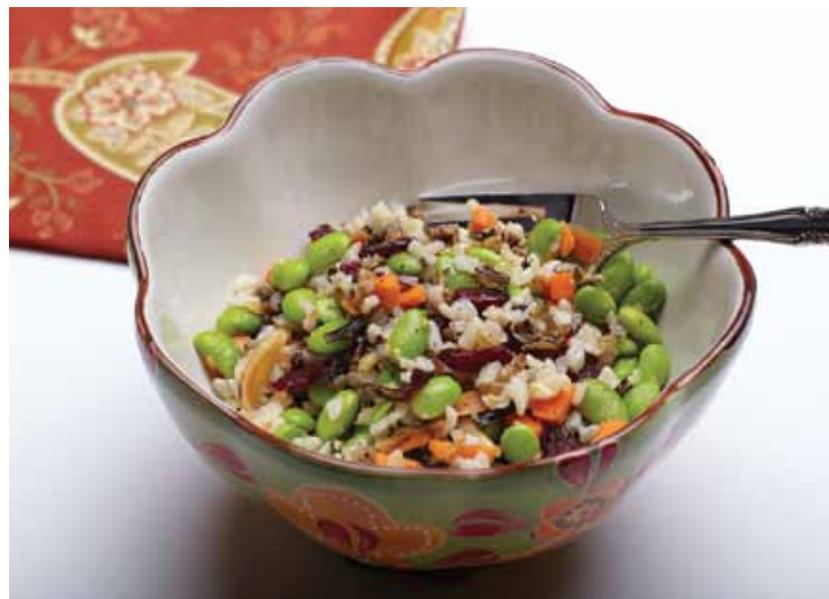
## Edamame Rice Salad

### Ingredients

(Serves 8 as a side dish; 4 as a main dish)

- ½ cup blanched slivered almonds
- 2 Tbs. sesame seeds
- 4 cups cooked wild rice (or wild rice/brown rice mixture)
- 3 medium scallions, thinly sliced (white and light-green parts)
- 2 cups shelled edamame (cooked for 3 minutes)
- 2 medium carrots, peeled and finely diced
- ½ cup dried cranberries
- 3 Tbs. olive oil
- 2 Tbs. toasted sesame oil
- ¼ cup rice vinegar
- 2 tsp. honey
- salt and pepper, to taste

Toast almonds over medium heat in a dry frying pan, stirring frequently until golden brown (about 8–10 minutes). Transfer to large bowl. Toast sesame seeds similarly in frying pan (2–3 minutes). Place in bowl with almonds. Add wild rice (brown rice), scallions, edamame, carrots and cranberries to the bowl. Toss to combine. In a separate bowl, whisk together olive oil, sesame oil, rice vinegar and honey. Drizzle over rice mixture and toss well. Season to taste. Cover and chill for at least one hour.



Calories: 298  
Protein: 10 g  
Carbohydrate: 33 g  
Fiber: 6 g  
Fat: 14 g  
Monounsaturated Fat: 8 g  
Polyunsaturated Fat: 4 g  
Saturated Fat: 2 g  
Potassium: 361 mg  
Sodium: 35 mg (1/16 tsp. salt)

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