



ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Spring 2012

Old Heart. New Life.

A revolutionary valve replacement procedure gives older heart patients another chance.



ROUNDS

Hartford Hospital's Wellness Magazine

Rounds Advisory Board:

Adrienne Bentman, MD
James Blazar
Joseph Klimek, MD
Stuart Markowitz, MD
Andrew Salner, MD
Linda Taylor, MD

Editor

Lee Monroe
Director of Marketing

Designer

Clare Philips

Writer

Jane Bradley

Photography

Lanny Nagler

Cill Russo

Calendar Coordinator

Kevin Kniss

Hartford Hospital

80 Seymour Street
Hartford, CT 06102-5037
860-545-5000

Health Referral Service

860-545-1888 or

(800) 545-7664

www.harthosp.org

1-800-DOCTORS

Satellite Offices

Avon Wellness Center

100 Simsbury Road

Glastonbury Health Care Center

704 Hebron Avenue

Hartford Hospital Family

Health Center

339 West Main Street, Avon

Hartford Hospital Family

Health Center

100 Hazard Avenue, Enfield

Helen & Harry Gray Cancer Center

Fisher Road, Avon

Wethersfield Health Care Center

1260 Silas Deane Highway

Windsor Health Care Center

1060 Day Hill Road

West Hartford Surgery Center

Blue Back Square

65 Memorial Road

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.

5,000 Robotic Surgeries and Counting...

On February 2, Joseph "Peppie" Wagner, M.D., performed Hartford Hospital's 5,000th robotic surgery. In 2003, Dr. Wagner introduced the da Vinci Surgical System to Hartford Hospital, the first medical center in Connecticut to bring robotics into the operating room.

Today, Hartford Hospital is among the top 10 robotic surgery centers in the country and the largest in New England. Hartford Hospital physicians now perform more than 1,000 robotic cases annually using the hospital's seven Intuitive Surgical robots.

Pioneering Vascular Robotics Research at Hartford Hospital

Hartford Hospital's Center for Education, Simulation and Innovation (CESI), a world-class hub for advanced research and training in robotics, has installed a preclinical vascular robotic system. The hospital is one of only two sites in the United States to install the innovative system.

"The robotic catheter system has changed the way we perform complex cardiac procedures," says Steven Zweibel, M.D., director of Cardiac Electrophysiology. "As a result, we are now offering our patients a greater range of minimally invasive cardiac procedures."

"It's our intention to create an institutional focus on endovascular and cardiovascular robotics," says CESI Medical Director Steven Shichman, M.D. "Our robotic technology capability has positioned us to become one of the leading endovascular and cardiovascular robotics programs in the world."



Dr. Steven Zweibel

Helen & Harry Gray Cancer Center Commendation

The Commission on Cancer of the American College of Surgeons has granted Three-Year Accreditation with Commendation to Hartford Hospital's Helen & Harry Gray Cancer Center. Accreditation is given only to facilities that provide the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance.



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 June 28 at 7:30 p.m. for *Saving the Spine*, as we follow courageous patients who rely on Hartford Hospital's experts to diagnose and treat painful spine disorders—from degenerative issues to tumor removal. (See Special Events on page 23.) Watch for upcoming shows by visiting www.harthosp.org/AdvancingMedicine.

Hartford HealthCare on the Air

Hartford HealthCare recently launched a monthly radio series, "HealthCare Matters," on WTIC-AM (1080). The live radio series aims to further the conversation about health care. What works? What doesn't? And how can we bridge the gap? The program, which will air on April 22, May 20 and June 17 at 11 a.m., is hosted by Elliot Joseph, president and CEO of Hartford HealthCare, and Rebecca Stewart, director of media relations.

The hospital's new "Medical Rounds" segment airs Wednesday evenings at 5:45 on WFSB-TV's Eyewitness News. Hartford Hospital experts will be available to talk to viewers after the broadcast during a live phone and web chat. For more information, visit www.wfsb.com.

The “Sunshine” Vitamin

Vitamin D can be absorbed from food or just by spending 20 minutes outdoors on a sunny day. Sunlight triggers production of the hormone in the body.

An estimated 40 to 75 percent of Americans are deficient in vitamin D. In a northern state like Connecticut, vitamin D synthesis is reduced because of the angle of the sun's rays. The sun's radiation is not strong enough for the body to synthesize the hormone from November to April.

Few foods are naturally high in vitamin D, except herring, salmon, tuna and shiitake mushrooms. Milk and “fortified” yogurt, oatmeal, cereals and orange juice provide most of the vitamin D in the American diet. Once vitamin D is acquired, it is stored in the body's liver or fat for later use. Dark-skinned individuals, older adults, obese individuals and post-menopausal women are at a greater risk for vitamin D deficiency.

Vitamin D deficiency has been linked to multiple sclerosis, rheumatoid arthritis, diabetes (types 1 and 2), heart disease, high blood pressure, dementia, cancer and infectious diseases. The hormone is vital to cell growth, the immune system, neuromuscular function and genetic expression. According to the National Institutes of Health, vitamin D may help prevent colon, prostate and breast cancers.

Should You Be Tested?

Ask your primary care physician or obstetrician-gynecologist to test your serum vitamin D level. It typically takes four to six days to obtain the test result. Fasting is unnecessary, although it's preferable.

25-Hydroxyvitamin D	Result
<20 ng/mL	Deficient
20-30 ng/mL	Insufficient
>32 ng/mL	Optimal

Should You Take Vitamin D?

According to the Institute of Medicine, the recommended daily allowance (RDA) is 600 IU for adults age 70 or under and 800 IU for those over age 70. Many physicians believe the threshold is too low and suggest 2,000 IU daily. For every 100 IU of vitamin D ingested, the blood level of

25-hydroxyvitamin D increases by 1 ng/mL. Your daily intake should not exceed the established upper limit of 4,000 IU, unless prescribed by a physician.

Vitamin D₃, or *cholecalciferol*, is a fat-soluble hormone acquired by eating Vitamin D-rich foods or by taking supplements. Vitamin D contributes directly to bone health by promoting the absorption of calcium. When vitamin D levels are low, calcium can't be adequately absorbed.

If your vitamin D levels are optimal, you don't need additional supplementation as long as your diet and sun exposure remain stable. While vitamin D levels greater than 150 ng/mL are considered toxic and can lead to many potentially harmful adverse events, vitamin D deficiency should be corrected as soon as possible.

Should You Wear Sunscreen?

A sunscreen with an SPF 8 rating can lower vitamin D production by 95 percent. Allowing sun exposure for a maximum of 20 minutes before applying sunscreen ensures that your body synthesizes vitamin D, while keeping your risk of skin cancer low.

Sun exposure for 20 minutes per day yields 10,000 IU of vitamin D. Recommended direct sunlight exposure is 20 minutes at least three times a week, with a UV Index of at least three.

Will You Participate?

Hartford Hospital's Department of Preventive Cardiology is studying the effects of vitamin D₃ supplementation (400 IU vs. 4,000 IU) on blood pressure. The study is seeking healthy adults between 18 and 50 years old, with blood pressure greater than 120/80 mm Hg and vitamin D insufficiency (less than 25 ng/mL), who are not currently being treated with blood pressure-lowering medications.

You can have your vitamin D levels tested for free. Research participants will receive \$25 for the initial blood draw and \$150 for their time if they qualify and complete the study.

Call study coordinator Amanda Zaleski at 860-545-3454 or visit www.daylightstudy.org for more information.

Aortic Valve Replacement: When Open-Heart Surgery Isn't an Option



Transcatheter aortic valve replacement (TAVR) has been shown to improve the lifespan of patients with aortic valve narrowing, or stenosis, who have been told they can't have surgery. While not everyone is a candidate for TAVR, the recent FDA approval means that it's appropriate for frail or elderly patients who are too sick to have open-heart surgery.

—Ray McKay, M.D.
Interventional Cardiologist



Hartford Hospital's cardiac surgeons were the first in the region to perform open-heart surgery on a beating heart and pioneered the use of robotics for coronary bypass surgery. Now Hartford Hospital is offering an innovative, non-surgical alternative for aortic valve replacement in patients who aren't healthy enough for open-heart surgery.

The heart beats an estimated 2.5 billion times over a lifetime. The fist-size organ pumps about five thousand quarts of blood through the arteries and veins every day. The aortic valve opens only in one direction—like a one-way gate—allowing blood to flow forward, but not backward. Blood pumps through the aortic valve with every beat of the heart.

The aortic valve plays a critical role in regulating blood flow from the left ventricle to the aorta, the largest artery in the body. With advancing age, many people develop aortic valve narrowing, or stenosis, of the opening of the heart's major valve. Narrowing of the valve can result from a build-up of calcium, fatty cholesterol deposits, genetics or age.

The diseased valve disrupts the vital flow of blood to the heart, lungs and brain. The weakened heart struggles to pump enough blood through the smaller valve opening, leading to fainting, chest pain, heart failure, irregular heart rhythms (arrhythmias), or cardiac arrest. Moreover, when the valve doesn't fully close, blood begins to leak backward through the valve, forcing the heart to work even harder.

New Hope for Quality of Life

The first patient to undergo the innovative procedure was Anthony J. Lombardi, a 91-year-old Wethersfield resident who lives alone with a white Maltese dog named "Tiger Woods." His cardiologist warned that if his aortic valve wasn't replaced, he was likely to die or suffer serious, irreversible worsening of his health.

Lombardi's niece became worried when he suffered a half dozen faint-

ing spells last fall. "The cardiologist said the problem was progressive," his niece says. "He had to give up driving because he never knew when he might pass out. The new procedure was a real lifesaver. Now he's getting stronger each day."

"Before the procedure I was so short of breath I had to sleep on the couch," recalls Lombardi. "Now I'm feeling good. The doctors here do a wonderful job—they don't overlook anything. When I saw my cardiologist two weeks after the procedure, he eliminated a lot of the pills I used to take every day."

Lombardi was lucky. His cardiologist, Anthony F. LaSala, M.D., of Cardiac Care Associates, knew the Hartford Hospital team was gearing up to become the first hospital in the region to offer "transcatheter aortic heart valve replacement" (TAVR). In November, the Food and Drug Administration (FDA) approved the device for patients with inoperable aortic valve stenosis.

Aortic Valve Stenosis

"Patients should ask their doctors about TAVR because they may have been told in the past that nothing could be done to fix their aortic valve stenosis," says Ray McKay, M.D., an interventional cardiologist who was instrumental in bringing the procedure to Hartford Hospital.

Millions of patients worldwide have benefited from balloon angioplasty and coronary stents to open blocked coronary arteries, using catheters inserted through a small incision in the groin. TAVR relies on a similar technique, but requires a much larger catheter tipped with an inflatable balloon. With the recent development of the flexible TAVR catheter delivery system, physicians are now able to thread an aortic valve replacement device from the femoral artery in the groin up through the blood vessels to the heart.

"We're guided by combined fluoroscopy (X-ray) and echocardiography as we push the delivery system up



The sturdy transcatheter aortic replacement valve (TAVR) is made from high-performance materials. The human heart beats about 60 times a minute—about 31.5 million beats per year.

through the iliac artery and deploy the new valve,” adds Dr. McKay.

The “SAPIEN” valve from Edwards Lifesciences is the first FDA-approved TAVR. Once the device springs into place, it remains anchored securely within the diseased valve. The device needs to be sturdy because the human heart beats about 60 times a minute—about 31.5 million beats per year.

Replacing a Valve Without Surgery

“Surgery to replace the aortic valve is an effective treatment for severe aortic valve stenosis, but we know it’s not an option for everyone,” says Paul Thompson, M.D., chief of Cardiology. “We are the first in the region to offer the TAVR procedure to our patients. We know it will have a significant impact on patient care throughout Connecticut and beyond because it offers hope to those who cannot undergo open heart surgery.”

“TAVR gives us an opportunity for an unusual collaboration with colleagues from interventional cardiology, anesthesiology and many other specialties,” says David J. Underhill, M.D., a cardiac surgeon with Hartford Specialists, who eagerly embraced the multidisciplinary approach. “Minimally invasive techniques are especially safe for older and sicker patients. TAVR has the potential to revolutionize treatment for someone with a critical aortic valve condition who wouldn’t survive a ‘classic’ operation. If the aortic valve isn’t replaced, about 30 to 50 percent would be dead within a year.”

In elderly patients, severe aortic stenosis is often caused by the buildup of calcium (mineral deposits) on the flexible “leaflets” that move rhythmically with each throb of the heart. Over time, the aortic valve’s leaflets become stiff, reducing their ability to open and close. When the leaflets don’t open fully, the heart must work harder to push blood

through the aortic valve and out to the rest of the body.

“As their diseased valves weaken, candidates for transcatheter aortic valve replacement will probably be hospitalized repeatedly,” says interventional cardiologist Immad Sadiq, M.D. “TAVR not only has the potential to improve their quality of life, but also the quantity, by prolonging their lives. We’re actively looking for more inoperable patients who would benefit from the TAVR procedure.”

“This therapy really opens up great potential for those who otherwise would have an untreatable condition,” says Francis J. Kiernan, M.D., director of the Cardiac Catheterization Laboratory at Hartford Hospital. “People with aortic valve stenosis experience chest pain, fainting or shortness of breath with activity. When the valve narrows to a pinhole, blood pumping out of the heart can’t reach the brain. It’s a relatively common disorder.”

Multidisciplinary Collaboration

When Hartford Hospital’s team successfully performed three transcatheter aortic valve replacements in early February, it was the first non-surgical replacement of the aortic valve using the SAPIEN heart valve to take place in Connecticut. Successful deployment of the device draws on the expertise of physicians from many specialties. Hartford Hospital’s collaborative team includes cardiac surgeons, interventional cardiologists, echocardiographers, clinical cardiologists, radiologists, anesthesiologists, perfusionists, intensivists, nurses and technicians.

“The new valve is designed to replace a patient’s diseased aortic valve without the use of a heart-lung machine,” says anesthesiologist Rabi

Panigrahi, M.D. “TAVR patients must have serious medical issues in order to qualify for the procedure, so we must monitor them very carefully.”

According to TAVR administrative coordinator Marcin Dada, M.D., all TAVR patients are first carefully evaluated to determine whether they are candidates for surgical aortic valve replacement. To be eligible for TAVR, the prospective patient must have a greater than 50 percent risk of death with traditional aortic valve replacement (with open-heart surgery) and an expected 80 percent risk of death within two years with medical therapy alone.

“In a national trial, TAVR was shown to be superior to maximal medical therapy for patients with severe critical aortic valve stenosis who were deemed inoperable,” says Robert C. Hagberg, M.D., chief of Cardiac Surgery. The procedure is performed under general anesthesia, but takes less time than conventional valve replacement surgery. “These patients are usually medically challenging because of advanced age or debilitating conditions,” says anesthesiologist Marbelia Gonzalez, M.D. “Transcatheter delivery of the device means there’s very little pain, so we don’t need as many inhalation agents or narcotics afterward.”

“During the procedure, we perform transesophageal echocardiography (TEE) to ensure the accurate placement of the aortic valve replacement in the annular ring,” adds Justin Lundbye, M.D., medical director of the Cardiac Intensive Care Unit and director of the Cardiology Hospitalist Program at Hartford Hospital. “We monitor the placement of the valve in real time as the interventional cardiologists manipulate the catheter into place and dilate the valve with increasingly larger balloons.”

Robert C. Hagberg, M.D.



Standard surgical aortic valve replacement is still the ‘gold standard’ treatment for aortic stenosis with excellent short and long-term outcomes, even in patients in their 80s or 90s. TAVR allows us to perform aortic valve replacement in a minimally invasive manner in extreme risk patients who would otherwise not be candidates for standard surgical aortic valve replacement because of their medical conditions or extreme frailty.

—Robert Hagberg, M.D.
Chief of Cardiac Surgery



Robert C. Hagberg, M.D., the new chief of Cardiac Surgery, recently joined Hartford Hospital from Beth Israel Deaconess Medical Center/Harvard Medical School in Boston.

He is a nationally renowned surgeon, researcher and educator whose arrival will contribute to cardiac surgery research at Hartford Hospital, expand the portfolio of cardiac surgical procedures and help us train the next generation of advanced heart surgeons.

His current research interests include minimally invasive cardiac surgery, including techniques for cardiac resynchronization therapy, mitral valve repair, treatment for atrial fibrillation, stent grafting of the thoracic aorta and percutaneous valve techniques.

Dr. Hagberg earned his M.S. degree at Stanford University and his medical degree from the Stanford University School of Medicine. He completed his training in general surgery as an intern and resident at Massachusetts General Hospital and was a cardiothoracic surgery fellow at Stanford. He also trained in cardiac transplantation for a year as a post-doctoral research scholar at Stanford.

As an educator, he has been deeply involved in teaching the clinical practice of cardiac surgery to Harvard medical students and general surgical residents, as well as cardiothoracic surgical residents and fellows. He is a member of a number of regional, national and international medical societies and has received several honors and awards for his work as a clinician and researcher.

In addition to his professional expertise, Dr. Hagberg, a native of Springfield, Mass., was an award-winning swimmer at South Hadley High School. He received a full athletic scholarship in swimming at Stanford and was a collegiate All American. He still swims regularly for fitness.

The TAVR Team



Front row (l to r): Agnes Nalepa, APRN; Jeanne Bodett, RN; Dr. Charles Primiano; Dr. Raymond McKay; Dr. Francis Kiernan; Dr. Firas Almahasneh. Middle row: Alexander Campbell, RN; Beverly Mendes, APRN; Carlos Vaz, RCIS; Nancy Krupowies, RDCS; Katie Wandzy RDCS, Lynda Murphy, Dr. Rabi Panigrahi. Back row: Dr. Talhat Azemi, Dr. Ahmad Feras Elbash; Daryl Wardwell, RN; Alex Almeida, RCIS; Dr. Donna Polk; Dr. Immad Sadiq; Tom Schirmer, RN; Dr. Robert Spillane; Steven Monteiro, RN; Dr. Marcin Dada. Not pictured: Dr. Brett Duncan, Dr. Marbelia Gonzalez, Dr. John Granquist, Dr. Jonathan Hammond, Dr. Kevin Keating, Dr. Justin Lundbye, Dr. Paul Preissler, Dr. David Underhill; Tracy Bennour, RN; Jennifer Bissonnette, CCP; Deborah Decarlo; Gary Flemmings, CVT; Linda Freeman-Bosco, APRN; Ken Jeleniowski, CCP; Ashley Jones, CST; Michele Kolios, RN; Michael Lusignan, RTR; Steven Monteiro, RN; Frank Palumbo, RT; Angela Pinkerton; Tammy Sajkowicz, APRN; Lesley Stephen, RN; Cindy Wisniowski, RN;

“We all work simultaneously,” adds cardiologist Donna M. Polk, M.D., director of Preventive Cardiology at Hartford Hospital. “There are about 20 people in the room. We’re monitoring echocardiographic readings as the interventional cardiologists and cardiac catheterization specialists deploy the device using X-ray fluoroscopy. The hybrid operating suite is already prepared with a perfusionist standing by in case we need to convert to an open-heart cardiac procedure.”

Visualizing the Way Forward

Innovations in imaging give physicians the ability to view the heart in exquisite detail.

Hartford Hospital’s 64-slice LightSpeed VCT scanner creates an intricate high-definition image of the valve plane and arteries. In a single rotation lasting about a third of a second, the VCT captures 64 “slices” of anatomical data. The innovative imaging system—so fast that it can capture images of a beating heart and coronary arteries in only five seconds—

gives the TAVR team physicians a roadmap to the heart.

Minimally invasive procedures like TAVR require careful planning and dynamic high-resolution images. “We perform a thorough preoperative assessment of the access route with advanced visualization of the aorta to facilitate the deployment and positioning of the TAVR device,” says vascular and interventional radiologist Robert Spillane, M.D., of the Department of Radiology. “Is the patient a candidate for TAVR? Can the device be delivered through the iliac artery?”

Hartford Hospital’s advanced 3D imaging technology makes it possible for surgeons and cardiologists to plan a detour to avoid twisted or misshapen abdominal arteries. “One patient had a corkscrew in the left iliac artery, so the team decided to approach the heart from the right,” says Dr. Spillane. “The hospital’s longstanding investment in 3D imaging equipment, computing power and infrastructure ensures precise mapping of the anatomy. The team knew about the

bend in the artery before they ever put the patient to sleep.”

“Ten years ago cardiac surgeons had to cut ribs to perform a valve repair, but now we are collaborating with interventional cardiologists to deliver a new aortic valve without surgery,” adds Dr. Underhill. “Right now, the procedure is only available for patients who otherwise wouldn’t survive more than a year or two. I believe the FDA will eventually approve the technique for other high-risk patients.”

“We need to get the word out to cardiologists in the community about this new option for patients who otherwise couldn’t be helped because they’re not candidates for surgery,” says cardiac surgeon Paul Preissler, M.D. “Until now, these patients had no other options. We want family members to know that elderly patients with serious health problems may be candidates for non-surgical aortic valve replacement and longer, happier lives.”

For more information, call 860-545-1888 or visit www.harthosp.org/TAVR.

Migraine Myths

How Headaches Happen

Even in ancient civilizations, humans suffered disabling migraines. The word *migraine* comes from the Greek word for headache. The philosopher Plato advised: *You must begin by curing the soul...*

Although everyone occasionally has a headache, a migraine typically causes intense throbbing pain on one or both sides of the head, along with nausea, vomiting, numbness, weakness and sensitivity to light, noise or smells. A milder “tension-type” headache is a sensation of pressing and tightening on both sides of the head without nausea or light sensitivity.

Obesity is associated with the development of chronic migraine. Over a third of all American adults are obese, which means that chronic migraine may be on the rise. More than 30 million Americans suffer from migraines. “Today there are preventative medications and lifestyle changes that can stave off headaches,” says neurologist Tanya R. Bilchik, M.D., of the Hartford Headache Center. “Don’t skip meals, get enough sleep, avoid triggers and learn to manage stress.”

Myth: Migraines are a mystery.

Fact: Migraines often begin early in childhood in people with a family history of the disorder. Scientists have identified “triggers” that can cause recurring headaches in those susceptible to migraines because of genetic influences or stress. Physical or emotional abuse in childhood has been linked to headaches in later life. Common migraine triggers include red wine, chocolate, caffeine, sex, pregnancy, menstruation, birth control pills, depression, fatigue or physical and emotional stress.

Myth: More males than females suffer from migraines.

Fact: Before age 10, boys and girls are equally likely to get migraines. After puberty, migraines affect girls three times more often than boys. The typical adult migraine sufferer is a woman under age 40.

Myth: Migraines usually last an hour or two.

Fact: Migraines can last for hours or days. Migraines can occur several times a week or once every couple of years. “We’re seeing more patients with ‘chronic’ migraines that happen 15 or more days a month for more than three months,” says Dr. Bilchik. “About 3.2 million people in the USA suffer from chronic migraine.”



Myth: Most migraines are preceded by an “aura.”

Fact: The telltale migraine aura involves visual, sensory or speech symptoms that strike just before blinding pain. “Some people see twinkling lights, zigzags or spreading blind spots,” says Dr. Bilchik, “but only about 15 percent of migraine sufferers experience aura.”

Myth: Numbness always signals a stroke.

Fact: A migraine may be mistaken for a stroke. While sudden numbness or visual loss can signal a stroke, most migraines strike young women with few cardiovascular risk factors. Numbness in an arm or leg—or on one side of the face—may be a symptom of a migraine. Seek immediate medical evaluation by a physician to rule out a stroke.

Myth: Most headaches are caused by sinus infections.

Fact: “Many patients have been misdiagnosed as having ‘sinus’ headaches,” says Dr. Bilchik. “Recurrent moderately severe headaches without fever or nasal discharge are likely to be migraines.”

Myth: Migraine medications don’t work.

Fact: “We prescribe one of several migraine-specific drugs,” says Dr. Bilchik. “Medications for migraine prevention include blood pressure drugs, anti-seizure medications and antidepressants. Triptans are one of the classes of migraine-specific medications used for acute treatment. Overuse of painkillers or Excedrin can cause a ‘rebound’ effect that makes migraines worse. Patients with chronic migraines who don’t improve after trying many different preventative medications sometimes improve with Botox injections.”

Fighting Skin Cancer

Hartford Hospital's Melanoma and Skin Cancer Program

Melanoma, a potentially deadly skin cancer, is rising in incidence faster than any other cancer in the United States. The disease now strikes everyone from aging Baby Boomers to youthful tanning salon regulars.

Melanoma is now the most common form of cancer among young adults in their late 20s. The good news is that when caught early, melanoma can be successfully treated with a survival rate of nearly 100 percent.

Hartford Hospital's Melanoma and Skin Cancer Program brings together experts across many disciplines for the treatment of early stage, advanced and metastatic disease.

Through this program, high-risk patients are identified, treated and counseled. Patients are seen within one week. Conferences ensure a true multidisciplinary approach, with robust collaboration, communication and coordination of care.

"Our team approach is especially valuable when a skin cancer diagnosis is ambiguous," says Andrew L. Salner, M.D., director of the Helen & Harry Gray Cancer Center. "We offer a comprehensive program with expertise in dermatology, pathology, oncology and surgery. Our dedicated group includes plastic surgeons who perform extensive reconstructive surgery and radiation oncologists who target difficult-to-reach tumors or residual cells."

Hartford Hospital's dermatopathologist, Zende Elaba, M.D., specializes in the diagnosis of melanoma and other skin cancers. She is board-certified in anatomic and clinical pathology, as well as in the sub-specialty of dermatopathology.

Early detection is crucial in skin cancer. A suspicious-looking growth is biopsied and the skin sample is reviewed by a dermatopathologist under the microscope. This process of histopathologic analysis (examination of cells) remains the "gold standard" on which diagnosis and treatment decisions are based.

"Skin cancer is the most common cancer, with more than a million new cases each year," says Robert J. Piorkowski, M.D., chief of Surgical Oncology at Hartford Hospital. "The incidence of melanoma is growing by three percent annually. Basal cell cancers can cause significant disability, while squamous cell carcinoma and melanoma can be lethal if not caught early."

The Melanoma and Skin Cancer Program brings together expert radiologists and nuclear medicine physicians experienced in the latest imaging techniques and sentinel node identification. Members of Hartford Hospital's Division of Dermatology provide skin lesion diagnosis, treat selected cancers with Mohs (chemosurgery) and other techniques, and collaborate with other team members.

"We can usually treat localized disease with surgery alone," adds Dr. Piorkowski. "When we're removing a lesion we sometimes see more advanced disease in lymph nodes that drain the melanoma site. Removal of those 'sentinel' nodes can help to stop melanoma from spreading to distant organs."

The Food and Drug Administration (FDA) recently approved two new drugs for the treatment of advanced melanoma, says medical oncologist Robert D. Siegel, M.D., of Oncology Associates. The two drugs—Zelboraf (vemurafenib) and Yervoy (ipilimumab)—are the first drugs to demonstrate a significant response rate in patients with advanced disease. (The brand name is capitalized and the generic is in parentheses.)

Zelboraf is a targeted therapy for metastatic melanoma (cancer that has spread to other part of the body) in patients with a specific type of abnormal BRAF gene. The gene mutation occurs in about 60 percent of melanomas. The other drug, Yervoy, is monoclonal antibody that may help the body to slow or stop the growth of cancer cells.

One way to prevent skin cancer is to avoid tanning salons. "Excessive exposure to ultraviolet (UV) rays causes DNA damage and skin cancer," says Dr. Elaba. "Indoor tanning devices have UV radiation levels that far exceed what is found in nature. Numerous studies have linked the use of tanning devices to an increased risk of skin cancer."

"The sunburned Baby Boomers didn't know they would be prone to developing melanoma later in life," says Dr. Salner. "If you develop a change in a mole or a new skin growth, you should see a physician promptly. Our team approach ensures the best possible care for patients with melanoma and other skin cancers."

For more information, call 860-972-SKIN (7546).



Dr. Zende Elaba



Exploring New Treatments for Depression

Depression tiptoes into the mind, bringing icy despair. The world seems empty and dark. Some sufferers lose their appetite, while others take comfort in overeating. Gnawing worry disrupts sleep, leaving victims feeling fatigued or restless. For many sufferers, the quest for lasting relief is elusive.

Despite the benefits of antidepressant drugs and cognitive behavioral therapy, depression remains the number one cause of disability in the United States. Many people with a depressive illness never seek treatment, according to the National Institute of Mental Health, whose landmark STAR*D trial—one of the largest, independent and most robust studies—found that major depression is often chronic, severe, and associated with other health conditions.

Medication Drawbacks

Effective antidepressant drugs have been available since the mid-1950s, but many people try a series of medications in search of relief. Millions of people around the world have taken both older and newer types of antidepressants. Only about one-third achieved “total recovery” or complete remission of all their symptoms.

The seven-year STAR*D trial found that drugs and psychotherapy don’t completely relieve depressive symptoms in nearly two-thirds of severely depressed patients. Most patients prefer to take a pill than to try cognitive therapy, the study showed. In patients with major depression, neurostimulation techniques such as electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and other innovative treatments can be lifesaving.

Researchers have yet to unravel the biological underpinnings of depression. Patients in the STAR*D trial often became discouraged after trying several drugs or stopped because of intolerable side effects. Although no one knows precisely how the drugs work, a placebo may work just as well as antidepressants, according to a recent “60 Minutes” TV show. No wonder patients are confused.

New Therapies for Depression

Researchers at the Institute of Living (IOL) are working independently and with pharmaceutical companies to in-

vestigate new and better antidepressant medications. Half of depressed patients don’t respond to a trial of a particular antidepressant and as many as 20 percent of patients don’t respond to any antidepressant medication.

“We are now conducting a Phase III trial of one promising new medication and another drug we hope will amplify the effects of first-line treatment,” says Andrew Winokur, M.D., Ph.D., director of the Psychopharmacology Research Unit at the IOL. “Researchers continue to develop new medications, but it takes nearly eight years for a drug to go on the market.”

Depression results from a complex interplay of biology, genetics, family history, life experiences and stress. “Those exposed to abuse in childhood are more prone to develop depression in adulthood,” says Dr. Winokur. “The IOL has a long history of clinical trials and research, including a partnership with the biomedical firm Genomas to develop DNA-guided ‘personalized medicine’ for patients who don’t respond to medications.”

Thyrotropin-Releasing Hormone

One promising treatment being investigated by Dr. Winokur is the use of thyrotropin-releasing hormone (TRH) for depression. Clinical trials have validated TRH as a treatment for various disorders, including depression. Although clinical studies have hinted at the potential therapeutic value of TRH injections, Dr. Winokur is excited at the prospect of developing the hormone in pill form.

“Research we have conducted for more than 30 years has produced a great deal of evidence that TRH is an important brain-regulating substance,” says Dr. Winokur. “Although it has traditionally been thought of as the hormone that regulates the secretion of thyroid hormones in the body, it serves an important role in brain activity that we hope will have a positive effect in combination with a standard antidepressant.”

To find out if you meet the criteria to participate in two clinical trials of new antidepressant drugs, call Jennifer at 860-545-7502.

What's That Rash?



“A rash is simply an area of irritated skin,” says Ali Torabzadeh, M.D., or “Dr. T” to his patients at the Hartford Hospital Family Health Center in Avon. “Although the majority of rashes aren’t harmful, only your doctor can determine if the underlying medical cause needs to be treated.”

Rashes can be dry and scaly, red and itchy, wet and warm, crusty and blistered, or flat and painless. Rashes result from many conditions, both infectious and non-infectious. Contact

your doctor if your rash is accompanied by fever, headache, joint pain, joint swelling or redness.

Listed below is a sampling of reasons for a rash. See your primary care physician (PCP) for an accurate diagnosis.

Noninfectious agents

Rashes can result from allergies to food, medication, insect stings, metals (especially nickel), chemicals, skin irritants, sunburn or autoimmune conditions.

Infectious agents

Infection with certain bacteria (impetigo, cellulitis or abscess), viruses (chickenpox, cold sores or measles), fungi (ringworm or athlete’s foot) and skin parasites (lice, bedbugs or scabies) can cause a rash. Lyme disease (from a deer tick bite) causes a flat, red, bull’s-eye rash in 80 percent of cases.

Irritant contact dermatitis

Direct contact with a substance that physically, mechanically or chemically irritates the skin disrupts the normal skin barrier. Mild irritants cause redness, itching or dryness; stronger irritants cause swelling, oozing, pain or blistering at the point of contact. Reducing exposure to soaps, cleansers, detergents or daily-use products often alleviates symptoms. Plants like poison ivy, oak and sumac can cause an itchy rash. Treatment includes over-the-counter corticosteroid cream (hydrocortisone) or prescribed oral steroids.

Eczema

Eczema causes dry, itchy, scaly and red skin in children and adults. Heredity and, infrequently, food allergy may play a role. Symptoms include intense itching and red, scaly patches. Skin can become thicker, darker or scarred from repeated inflammation or scratching. Scratching can cause skin breakage, leading to infection (redness, swelling, pain, warmth and oozing). Eczema symptoms can improve and then flare periodically. Keep the skin moist by applying creams or ointments to dry skin immediately after bathing or showering.

Hives

Hives are bright red, raised, itchy welts, often with a pale center. Hives develop suddenly and disappear after a few hours to a few days. Intense itching is usually the most bothersome symptom. Hives are often caused by viral infections (the common cold), drugs (antibiotics, aspirin, ibuprofen, prescription painkillers) and insect stings. Call 911 if you also have difficulty breathing, chest tightness or swelling in the face or mouth. An eruption of hives from an insect sting or food allergy may indicate a serious condition called *anaphylaxis*, which must be treated as soon as possible.

What's Going Around...News & Breakthroughs

Untangling the Riddle

Alzheimer’s disease spreads like an infection in the brain, report two studies from Columbia and Harvard. Dying brain regions fill with tangled strands of an abnormal protein called tau as the disease progresses. Scientists now think beta amyloid triggers the disease, but tau transmits the “contagion” from nerve cell to nerve cell. Researchers are seeking a tau-blocking antibody.

KRAS Risk

Yale researchers say a genetic marker may help predict the risk of developing ovarian cancer, a disease that’s notoriously hard to detect. The “KRAS-variant” was found in a quarter of all ovarian cancer patients—and up to 61 percent of ovarian cancer patients with a family history of breast and ovarian cancer who don’t have the risky BRCA1 and BRCA2 genes.

A Good Egg

A 2011 U.S. Department of Agriculture study found that eggs are now 14 percent lower in cholesterol than in 2002 (possibly because of healthier feed). Harvard researchers say eating a daily egg won’t increase your cardiovascular disease risk unless you have diabetes. The egg’s nutritious package of B vitamins and protein causes only a negligible rise in serum cholesterol levels.

Y Worry?

Although the human Y (male) chromosome retains only three percent of the 600 genes it once shared with the X chromosome, it’s not going extinct, according to a study in *Nature* from MIT’s Whitehead Institute for Biomedical Research. Earlier researchers had warned of rapid genetic “decay,” but the Y chromosome appears stable, with some genes dating from 300 million years ago.

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.



Radiation Oncology

John J. Coen, M.D.

Dr. Coen cares for patients with all types of cancers but has special expertise in managing prostate and bladder cancer. He also serves as the principal investigator of a national clinical trial investigating bladder-sparing therapy for patients with muscle-invasive bladder cancer. Dr. Coen comes to Hartford from Massachusetts General Hospital in Boston, where he was an attending physician in radiation oncology and where he completed his residency. He was also an assistant professor in radiation oncology at the Harvard Medical School. He completed an internship at the Virginia Mason Medical Center in Seattle and graduated from the University of Massachusetts Medical School in Worcester.



Dermatopathology

Zendee Elaba, M.D.

Dr. Elaba graduated from medical school at the University of the Philippines in Manila in 1998, followed by a residency in dermatology at the University of the East Memorial Medical Center in Quezon City, Philippines, where she was chief resident. She is board-certified in dermatology (Philippines). She completed a residency in anatomic and clinical pathology at Hartford Hospital, where she was chief resident. She completed her fellowship training in surgical pathology at Yale-New Haven Hospital and in dermatopathology at the University of Alabama. She is board-certified in dermatopathology and anatomic and clinical pathology.



Obstetrics & Gynecology/Robotic Surgery

Timothy J. Machon, M.D.

Dr. Machon joins Hartford Hospital as a gynecologist, specializing in robotic surgery. He has been the head of the Northeastern Benign GYN Epicenter for robotic surgery for the past four years. Dr. Machon attended medical school at Temple University in Philadelphia and completed his OB-GYN residency at Lankenau Hospital in Wynnewood, Pennsylvania.



Pain Management

Ricardo J. Taboada, MD

Dr. Taboada is a graduate of the medical school at Universidad Central Del Caribe. He completed a residency in anesthesiology at the University of Puerto Rico School of Medicine and a fellowship in pain management at Tufts University School of Medicine/Baystate Medical Center. He is a member of the American Academy of Pain Medicine, the American Society of Regional Anesthesia and Pain Medicine and the American Society of Anesthesiologists.

Hartford Hospital's Emergency Department Expansion

With approximately 100,000 patient visits each year, Hartford Hospital's Emergency Department (ED) is one of the busiest in New England, serving patients from the entire region regardless of ability to pay. In early 2010, as part of a broad modernization project called "Hartford Hospital 2020," the hospital began renovating and expanding the ED, adding five patient intake rooms, four triage desks, a new discharge area and the "Orange Pod" with 26 new exam spaces.



Calendar



Hartford Hospital Programs & Events From April 15 Through July 15, 2012

We are in Enfield Now!

Announcing the Hartford Hospital Family Health Center

100 Hazard Avenue, Enfield, CT
www.harthospfamilyhealthcenter.org
860-696-2718



Come to one of our many Educational Events...

- | | | | |
|------|---|----------|--|
| 4/17 | Journey from Mammogram to Treatment: Breast Cancer Management
Patricia DeFusco, MD
Board-certified in Medical Oncology
Madhavi Gorusu, MD
Board-certified in Hematology and Oncology | 5/7 | Surgical Weight Loss Center—New Patient Education
Darren Tishler, MD
Board-certified in Bariatric Surgery
Pavlos Papasavas, MD
Board-certified in Bariatric Surgery |
| 4/18 | Don't Be Afraid to Stop and Smell the Flowers...Your Allergist Can Help
Jigisha P. Morosky, MD
Board-certified in Allergy and Immunology | 5/8 | Hip & Knee Joint Replacement
Durgesh G. Nagarkatti, MD
Board-certified in Orthopedic Surgery |
| 5/3 | Heart Failure: An Overview of a Growing Problem
Kenneth Merkatz, MD
Board-certified in Cardiology | 5/8–5/22 | Diabetes LifeCare Education
Meets weekly. Requires physician referral. |
| 5/1 | Maintaining Your Health as You Age—Engaging the Health Care System
Michael C. Lindberg, MD
Director, Department of Medicine
Board-certified in Internal Medicine and Geriatrics | 5/8 | Mammogram & Manicure |
| | | 5/9 | Crohn's Disease and Ulcerative Colitis
Michelle V. Smedley, MD
Board-certified in Gastroenterology
Joseph A. Cappa, MD
Board-certified in Gastroenterology |
| | | 5/10 | 50 and Diabetic: Risk Factors for Peripheral Arterial Disease
Mohiuddin Cheema, MD
Board-certified in Surgery
Eric Lui, MD
Board-eligible in Podiatry |

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.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

For women who are currently going through breast cancer treatment or have completed their treatment. 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 5/1, 5/8, 5/15, 5/22, 5/29 in Avon. FEE: \$60/6 week session (\$10 for walk-ins).

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.

CHESS—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHESS, 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.

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 5/7, 6/4, 7/2. Offered in Spanish on 6/4. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.

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.

Smoke Free for Life Group

Support and reinforcement to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 4:00 to 5:00 p.m. 5/2, 5/9, 5/16, 5/23, 5/30, 6/6. Call for location. FEE: \$150.

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.

Surgical Weight Loss Programs

Surgical Weight Loss Support Group

See Page 22 for description

New Patient Orientation and 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 Papisavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery, and whether you might be a candidate. 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 4/18, 5/1, 5/16, 5/29, 6/13, 6/26, 7/11

Enfield: From 5:00 to 6:30 p.m. on 5/7, 7/2

Glastonbury: From 5:00 to 6:30 p.m. on 4/26, 6/7

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.

Diabetes LifeCare Programs

Diabetes Support Group—See page 22 for description

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.

Wellness/Integrative Medicine

Register online at www.harthosp.org/classes.

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

Painting Our Nature: A 2-Day Retreat for Everyone

A truly expressive-based painting experience as we play with paint to explore the spiritual essence of our own nature. Light the fire of your creative flame by joining us in this spontaneous weekend of encounters to connect our spirit to the miracles that lay within. Anything goes! **Schedule:** From 9:00 a.m. to 4:00 p.m. on 5/5 and 5/6 at the Avon Cancer Center (must commit to entire weekend). Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$120. Free for cancer survivors. Materials fee of \$10 to be paid to instructor at class.

Baby's First Massage Instructor Training

(Kathy LaMountain, LMT)

Learn to teach 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 6/15 in Wethersfield. Pre-registration required at 860-545-4444. FEE: \$250 (includes home study kit and video).

Newborn Massage Class for Parents

(Kathy Glucksman, RN, BSN, HBCE)

This class is designed for newborns up to 8 weeks of age. You will learn ways to offer loving touch to your baby to enhance communication and bonding while learning to interpret baby's cues and understand time out signals. Learn techniques to help baby with digestion, elimination, weight gain, and sleep. Bring your baby, a thick quilt or blanket, a receiving blanket, extra diapers/wipes and milk. **Schedule:** From 6:30 to 8:00 p.m. on 4/26, 5/24, OR 6/28 in Wethersfield. Registration required. FEE: \$45/session/couple and baby.

Cancer Wellness Support Series—Hartford

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Snacks provided. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Pre-registration required for each session date at www.harthosp.org/intmedclasses. FREE.

- 5/8 **Reiki**
Alice Moore, RN, MA, RMT
- 6/12 **Expressive Art: In the Moment with Mandalas**
Diana Boehnert, MFA
- 7/10 **Tibetan Singing Bowls**
Marie Menu, RN



Cancer Wellness Support Series—Avon

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Beverages provided. **Schedule:** From 1:00 to 2:00 p.m. in the Community Room at the Avon Helen & Harry Gray Cancer Center. Pre-registration required for each session date at www.harthosp.org/intmedclasses. FREE.

- 5/9 **Ayurvedic Medicine**
Cheryl Guertin, LMT, RYT
- 6/13 **Tibetan Singing Bowls and Healing**
Diana Boehnert, MFA
- 7/11 **Hypnosis and Healing**
Lisa Zaccheo, Hypnotist

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 4/17 in Avon. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$30.

Healthy Cooking Classes

(Jacqueline Bordonaro, Healthy Foods Specialist)

Come to these free classes held at Whole Foods Market, 55 Welles St. in Glastonbury. Learn the basics and sample the delightful results of the demonstrations. **Schedule:** From 6:00 to 7:00 p.m.

- 4/17 **Cooking with Healthy Grains**
- 5/15 **Poaching Fruits**
- 6/12 **Building Healthy Salads**

Pre-registration required at www.harthosp.org/intmedclasses. FREE.

HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

5-week class for expectant parents to learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy, childbirth, pre-birth, parenting and the consciousness of the pre-born baby. **Schedule:** Five-week series meets 6:30 to 9:00 p.m. on Mondays from 4/23 to 5/21 in Wethersfield. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis Classes

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

Classes are held from 7:00 to 9:00 p.m. at Avon Healthcare Center. Pre-registration is required for each class. FEE: \$25/class.

5/9 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. Break through your weight release barriers by learning techniques that really work.

6/6 I'm a Non-Smoker, Fresh Air Breather

If you have tried to quit smoking many times and felt it was an impossible struggle, don't despair, there's hope. You will learn why hypnosis has been proven to have a 90 percent success with smoking cessation. Imagine how good you will feel.

4/11 Experience a Powerful Energy Clearing

Do you know that the oldest form of medicine understood health as flowing energy and disease as blocked energy? Do you know that many modern physicians are gradually understanding this? What if you could clear some of the blocks that were causing your disease, whether it's on the mental, emotional or physical level, with a simple yet powerful technique and feel better as a result? Come to this experiential workshop to learn something new and potentially life changing.

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

(Dory Dzinski, MAPC, LPC, NCC)

Have you seen or read *The Secret*? Can you really change anything in your life and have what you want? Many of the world's top motivators, businessmen, and high performers are aware of the key scientific principles at work. We will be making a small Vision Board focused around one of your goals that you will bring home and begin to use immediately to create the life you want! **Schedule:** From 6:00 to 9:00 p.m. on 5/8 at the Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$35.

Meditation as a Life Skill

(Dory Dzinski, MAPC, LPC, NCC)

Learn how meditation can help relieve your anxiety, distraction, internal clutter and give you the ability to listen to your innate wisdom. You will learn how to stay focused, how to open and close your sessions, ways to structure your time, and how to create your sacred space. This class is highly experiential. **Schedule:** From 6:00 to 7:30 p.m. on 2 Mondays—6/4 and 6/11 at the Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$45.

To register online go to www.harthosp.org/classes.

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 4/10, 5/15 (3rd Tuesday in May only), 6/12, 7/10 at the Hartford Hospital Family Health Center in Avon. Pre-registration required at www.harthosp.org/intmedclasses. FEE: FREE.

Mindfulness Based Stress Reduction

(Randy Kaplan, PhD) Stressed by life events, illness, pain, worry? This 8-week course is modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. Learn awareness of breathing, sitting and walking meditation, the "body scan," basic yoga, and techniques of daily living. **Schedule:** From 6:00 to 8:00 p.m. on Tuesdays, (free Orientation on 5/1 required) from 5/8 to 6/26, plus an all day retreat from 9:30 a.m. to 3:30 p.m. on 6/16 in Hartford. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$300 (includes 8 weeks, all day retreat, course workbook and 5 CDS).



More Calm, Less Stress

(PJ Harder, MS)

Learn a natural way for dealing with stress, fear, anxiety and worry that will allow you to let go of habitual patterns of negative, energy-draining thoughts and balance your mental and emotional state of being, so that you can be happy, healthy and live the life that you desire. **Schedule:** From 10:00 a.m. to 12:00 noon on 6/2 at Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$30.

More Life, Less Weight

(PJ Harder, MS)

Discover the missing link to improving your health and wellness while losing weight. Drawing on personal experience and research, learn how to balance your life, weight and feel fully alive and well! Learn simple self-care practices that build your inner strength, vitality and energy. **Schedule:** From 10:00 a.m. to 12:00 noon on 5/26 at Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$30.

Qigong Energy Healing

In this workshop you will learn how to activate your "healer within" and learn simple self-care practices such as Qigong, Chi Self-Massage and Tai Chi Easy™. Mind-body practices have been scientifically proven to boost the immune system, reduce stress, improve cardiovascular health, and more. Experience a variety of slow, gentle relaxation practices. Wear comfortable clothing. **Schedule:** From 10:00 to 11:30 a.m. on 5/19 at the Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$25.

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 4/6, 5/24, or 6/14 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. Pre-registration required at www.harthosp.org/intmedclasses. 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.

Wethersfield – Tuesdays and Thursdays from 3:30 to 4:30 p.m.

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

Therapeutic Touch (TT)

(Karen Kramer, RN, MA)

Pre-registration required at www.harthosp.org/intmedclasses.

Basic Therapeutic Touch

Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being. Based on research and used in hospitals and colleges world-wide, this healing modality can be used for yourself and your loved ones.

Schedule: From 12:00 to 8:30 p.m. on 4/20 at the Avon Cancer Center. FEE: \$160.

Therapeutic Touch (Intermediate)

Expand and sharpen your current basic skills by becoming more aware of chakras, learning to use colors in treatment, and treating with another practitioner. Prerequisite: Basic Therapeutic Touch.

Schedule: Meets 2 days—from 12:00 noon to 6:30 p.m. on Saturday 3/17 and Sunday 3/18 OR from 4:00 to 8:00 p.m. on Friday 6/1 and from 12:00 noon to 6:30 p.m. on Sunday 6/3 at the Avon Cancer Center. FEE: \$160.

Therapeutic Touch for Caregivers

Would you like to "do more" for the person you take care of? Or are you the one being taken care of? Both of you can learn how to improve your well-being, relieve stress, promote healing, and ease pain and ten-

sion in this abbreviated class. **Schedule:** From 12:00 noon to 6:30 p.m. on 5/18 at the Avon Cancer Center. FEE: \$120 (includes caregiver and patient/client).

Tibetan Bowls Practitioner Level I

(Marie Menut, RN, MA) Tibetan Singing Bowls provide sound vibrations that improve energy flow in the body. Learn to use the bowls to assess and treat yourself and others to help achieve relaxation and decrease pain. **Schedule:** From 6:00 to 9:00 p.m. on Mondays, 4/2 to 4/23 in Newington. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$150.

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., 5/7 to 5/28 in Newington. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$150.

Yoga Classes

Gentle Yoga for Cancer Patients

(Kathleen Kiley, Yoga Instructor)

This subtle yet powerful practice encourages deep relaxation through gentle yoga postures, breath work, and meditation. This class is appropriate for those who are at any stage of recovery. Please bring yoga mat, water, and 2 blankets. **Schedule:** From 10:00 to 11:00 a.m. on Mondays, 4/23 to 4/21 OR 6/4 to 7/2 at the Avon Cancer Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$60/5 sessions.

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:** 11:00 to 12:00 noon on 4/24, 5/1, 8, 15, 22, 29 at the Avon Cancer Center. FEE: \$60/6-week session (\$10 for drop-ins).

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.

Connecticut Take Steps

Walk through Great River Park in East Hartford along the beautiful Connecticut River as we come together to raise funds for the fight against digestive diseases. May 12 at 5:00 p.m. Register at www.cctakesteps.org.

To register online go to www.harthosp.org/classes.

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.

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 eeppet@harthosp.org.

Activity and Comfort Cart

Volunteers bring a cart with activities to patients in need of distraction during the day, or a cart with soothing items in the evening. Please submit volunteer application and indicate role of interest.

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. FEE: \$160.

NEW! Chair Yoga

Yoga is for every body, and this series is specially designed for those who have difficulty getting onto the floor because of age, limited mobility or physical restrictions such as knee and hip problems. This class will focus on emotional and mental health as well as learning proper breathing techniques and incorporating guided imagery and guided meditation. All postures are adapted to the chair. **Schedule:** From 9:00 to 10:15 a.m., 5/2 to 5/30 or 6/6 to 6/27 in Avon. FEE: \$50.

NEW! Yoga for Strong Bones

Yoga releases tension in the muscles and strengthens the supporting framework by strengthening bones and stabilizing joints. This class will focus on building strong bones, releasing tension in the muscles and increasing stability and range of motion in the joints, enabling you to enjoy the activities you love! **Schedule:** From 10:30 to 11:45 a.m., 5/2 to 5/30 or 6/6 to 6/27 in Avon. FEE: \$50.



Parent Education Classes

Registration is required for all classes. Register online at 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). **Schedule:** From 6:00 to 9:00 p.m. on Thursdays, 4/19 to 5/3 or 6/28 to 7/12 at Hartford Hospital. 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.

Avon: 5/24

Glastonbury: 5/2, 6/6

Wethersfield: 4/18, 6/20, 7/11

West Hartford: 5/14, 6/11

• 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 4/16, 7/10. FEE: \$35.

• Breastfeeding with Success

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 6/14

Glastonbury: 4/25, 6/27

West Hartford: 5/7, 6/4, 7/9

Wethersfield: 5/23

• 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. on 6/18 in West Hartford. 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 6/16 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 5/23 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 5/30. FEE: \$25.

• Jewish Beginnings

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 8:30 p.m. on 4/18 at the Avon Wellness Center, 100 Simsbury Road. 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 4/19, 6/21 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.

To register online go to www.harthosp.org/classes.

• **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*. **Schedule:** From 7:00 to 9:00 p.m. on 4/24, 6/19 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and *Soothing Sounds* CD.

• **Epidural Anesthesia for Labor**

Led by a board-certified anesthesiologist, this class covers what an epidural is, 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 6/7 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:** From 10:00 to 11:30 a.m. on 5/12 in West Hartford. 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 5/12, 6/9, 7/14 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, 4/11 to 5/16 or 5/23 to 6/27 in Wethersfield. 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, 4/11 to 5/16 or 5/23 to 6/27 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 4/21, 5/19, 6/16 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 5/9 to 5/30 and 6/6 to 6/27 in West Hartford. FEE: \$50/4-week session.

From We to Three: A Workshop for New Parents

Dr. Sharon Thomason of the Mom Source LLC and her husband, Dr. Andrew Magin, will help new parents, with infants under one year, transition from a couple to a family. Focus will be on connecting 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, 6/30 in West Hartford. FEE: \$35 per couple.



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 4/17, 6/26 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 4/25, 5/9, 5/30, 6/6, 6/27, 7/11 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

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.

Mental Health Support Groups—See page 22 for descriptions

- **Peer Support Group**
- **Bereavement Support Group**

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 4/17, 5/15, 6/19, 7/17. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

Schizophrenia Program

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.

Support Groups—See page 22 for descriptions

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

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 5/1, 6/5. 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 5/8. FREE.

To register online go to www.harthosp.org/classes.

Screenings/Support Groups

Blood Pressure/Sugar/Cholesterol Screening

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

Bereavement Support Group

Grief can be a very confusing and difficult road. Join others who are traveling this journey and be comforted with compassionate listening and understanding. **Schedule:** From 6:00 to 8:00 p.m. on 4/16, 5/21, 6/18. Call 860-545-1888 for information. 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 5/3, 6/7, 7/5 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.

Ovarian Cancer Support Group

Schedule: Fourth Tuesday of each month from 7:00 to 8:00 p.m. on 4/24, 5/22, 6/26 in Hartford. To register, call Marcia Caruso-Bergman, RN at 860-545-4463. 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 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

Diabetes LifeCare Program

Diabetes Support Group

Please call Beth Caffrey at 860-545-1941 for dates and more information. 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. **Schedule:** From 4:00 to 5:00 p.m. on 5/2, 6/6. Call for location. 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. Call for schedule. 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.

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 5/8, 6/13 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.

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. on 4/26, 5/24, 6/28 in West Hartford. Please 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.

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 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 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

To register online go to www.harthosp.org/classes.

Special Events at Hartford Hospital

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

What You Need to Know About Peripheral Arterial Disease?

Thursday, April 19 | 7:00 to 8:00 p.m.
Hartford Hospital Family Health Center
339 West Main Street, Avon

Learn what you need to know about peripheral arterial disease. Russell Stein, MD, is fellowship trained in cardiology and board-certified in internal medicine and cardiovascular disease.



Life After Prostate Cancer

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. Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses and 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.

Wednesday, May 24
6:30 to 8:00 p.m.
Hartford Hospital Family Health Center
100 Hazard Avenue, Enfield

Thursday, June 21
6:30 to 8:00 p.m.
Hartford Hospital Family Health Center
339 West Main Street, Avon

How to Treat Arthritis of the Hip and Knee Effectively



Saturday, April 28
10:30 a.m. to 12:00 p.m.
Suffield Senior Center
145 Bridge Street, Suffield

Dr. Paul Murray, a board-certified orthopedic surgeon who specializes in joint replacement surgery, will provide participants with valuable information on arthritis of the hip and knee, including types, symptoms, non-operative and operative management and the latest advances in treatment.



Modern Facial Rejuvenation: The State of the Art

Wednesday, May 30 | 5:00 to 7:00 p.m.
Hartford Hospital Family Health Center
339 West Main Street, Avon

Join Dr. Brook Seeley, board-certified facial plastic surgeon, as he and a panel of experts discuss the latest options for accomplishing natural appearing rejuvenation with minimal downtime.

Living! With Stroke

Our annual conference will address stroke survivors' and caregivers' continuing need for resources and support for living well after stroke. Speakers and exhibitors will cover a variety of topics to enhance your quality of life after stroke. Lunch and valet parking will be provided.

Saturday, May 12
8:30 a.m. to 2:30 p.m.
Hartford Hospital Education & Resource Center
560 Hudson Street, Hartford

Advancing Medicine—Saving the Spine

Thursday, June 28 | 7:30 p.m.
WFSB Channel 3

Don't miss the next episode of *Advancing Medicine* on WFSB. Join us as we follow courageous patients who rely on Hartford Hospital's experts to diagnose and treat their painful spine disorders—from degenerative issues to tumor removal. You will watch their journeys as Hartford Hospital physicians, using the latest technology and incredible medical skill, help patients get their lives back on track. After the show, the physicians will be live in the WFSB studios to take your calls and questions.



Non-Hodgkin's Lymphoma: New Insights & Treatments

Wednesday, May 16
6:00 to 7:30 p.m.
Helen & Harry Gray Cancer Center
80 Fisher Drive, Avon

Dr. Jeffrey Kamradt, a board-certified hematologist and medical oncologist, will provide information on new insights and future directions for treatment of non-Hodgkin's lymphoma. In addition, he will address issues regarding coping with an NHL diagnosis.

For a complete list of special events go to www.harthosp.org/events.

Creative Cook



Stuffed Artichokes

Native to North Africa, the artichoke is an immature thistle that eventually ripens into a large purple flower. The globe-shaped vegetable has been cultivated in the southern Mediterranean region for centuries.

There's an art to preparing and eating artichokes. Once they're cooked, you can easily spread the leaves. Cut out the prickly inner leaves and fuzzy center, called the "choke," leaving the tender "heart" at the bottom. If you want, you can peel off each petal and scrape away the soft inner pulp with your teeth. (Discard the remaining leaf.)

Artichokes are rich in antioxidants, fiber and potassium, and when prepared as described in the recipe are low in sodium and a good source of healthy oils.

Ingredients

4 large artichokes	4 tbs. olive oil
2 cups coarse, freshly toasted breadcrumbs	1 tbs. vinegar
4 garlic cloves	pepper (fresh-ground)
4 plum or Roma tomatoes, chopped	½ cup Pecorino Romano or Parmesan grated cheese
½ cup chopped fresh parsley	2 bay leaves
½ cup chopped fresh basil	lemon juice

Wash and dry artichokes. Cut the stems off the bottom so artichokes stay upright. Slice stems and place in a pot with bay leaves, 2 garlic cloves, 1–2 tbs. lemon juice and 2 tbs. olive oil.

Cut off top quarter of artichoke. Clip the pointed tip of each leaf with kitchen shears or scissors. Remove bottom row of small leaves and discard. Place in pot with stems and other ingredients. Add 1 inch of water. Check frequently to ensure water doesn't boil away and add more water as necessary. Cover and simmer slowly for approximately 50 minutes or until tender. When fully cooked, spread leaves apart to create a center cavity for stuffing. Add stuffing just before serving.

Stuffing: Combine tomatoes, 2 minced garlic cloves, herbs, breadcrumbs, ground pepper, cheese, 2 tbs. olive oil and vinegar. Firmly stuff the artichoke center and between the leaves. Serve warm or at room temperature. Pour remaining liquid over top.

(Serving size: ½ stuffed artichoke)

Calories: 153

Carbohydrate: 16 g

Fiber: 5 g

Protein: 2 g

Fat: 9 g

Saturated fat: 2 g

Trans fat: 0 g

Polyunsaturated fat: 1 g

Monounsaturated fat: 6 g

Cholesterol: 4 mg

Sodium: 236 mg

Potassium: 410 mg

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