

A U T U M N
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

the OBESITY epidemic

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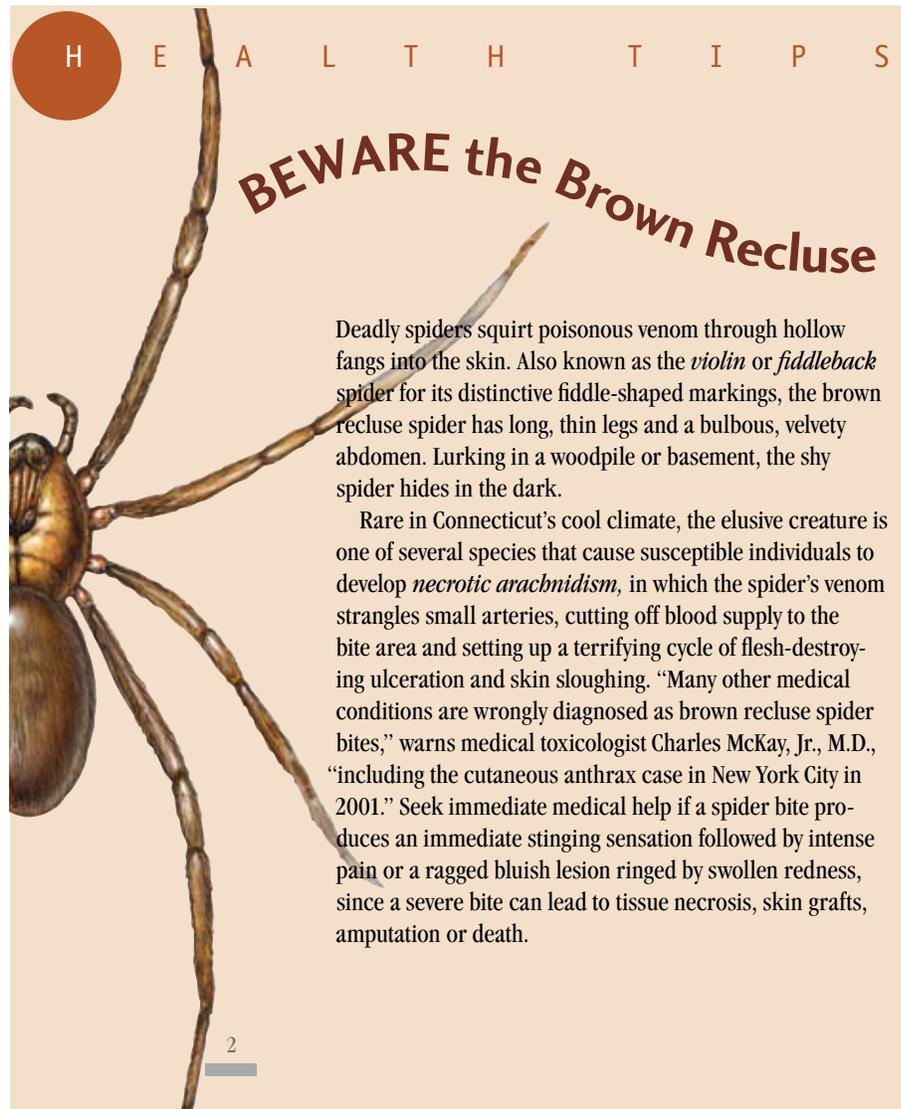
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ROUNDS is a quarterly publication of Hartford Hospital. It is not intended to provide medical advice on individual health matters. Please consult your physician for any health concerns.

Teaching Excellence

Hartford Hospital provides comprehensive clinical educational rotation opportunities for University of Connecticut (UConn) third- and fourth-year medical students in most of the medical specialties. Similar advanced educational opportunities are offered to residents and fellows participating in University-sponsored graduate medical education programs in addition to individuals participating in Hartford Hospital-sponsored programs in radiology, psychiatry, pathology and dentistry.

"Hartford Hospital is a major academic teaching hospital that provides clinical rotations in most of the medical and surgical specialties for medical students, residents, and fellows," says Vice President for Academic Affairs Neil S. Yeston, M.D., of Hartford Hospital, a professor of surgery at UConn. "Research and education are essential for our commitment to deliver superior patient care. In addition, our ability to attract the 'best and the brightest' (physicians) is in no small measure the result of these two activities that are at the core of our mission and vision. Moreover, each year graduating residents and fellows are asked to rank the quality of their clinical and educational experience at all of the affiliated hospitals where they receive training—Hartford Hospital consistently has been at the top of the list."



Deadly spiders squirt poisonous venom through hollow fangs into the skin. Also known as the *violin* or *fiddleback* spider for its distinctive fiddle-shaped markings, the brown recluse spider has long, thin legs and a bulbous, velvety abdomen. Lurking in a woodpile or basement, the shy spider hides in the dark.

Rare in Connecticut's cool climate, the elusive creature is one of several species that cause susceptible individuals to develop *necrotic arachnidism*, in which the spider's venom strangles small arteries, cutting off blood supply to the bite area and setting up a terrifying cycle of flesh-destroying ulceration and skin sloughing. "Many other medical conditions are wrongly diagnosed as brown recluse spider bites," warns medical toxicologist Charles McKay, Jr., M.D., "including the cutaneous anthrax case in New York City in 2001." Seek immediate medical help if a spider bite produces an immediate stinging sensation followed by intense pain or a ragged bluish lesion ringed by swollen redness, since a severe bite can lead to tissue necrosis, skin grafts, amputation or death.

Imaging the Future

Hartford Hospital's 3D Image Laboratory

"The imaging and access we have at Hartford Hospital are totally unique in the state."



Before navigating the body's unknown terrain, surgeons study the inner landscape. In Hartford Hospital's 3D Laboratory, the same technology used by NASA to beam satellite images back to earth creates a three-dimensional contour map of everything that lies beneath the skin.

Innovations in the speed and sophistication of digital imaging have revolutionized the clarity and resolution of medical CT, MRI and PET/CT scans, revealing organs, musculature, bones and blood vessels in exquisite anatomical detail. Physicians can strip away skin and muscle, spin the skeleton, rotate organs or zero in on suspicious lesions. Misshapen veins, blocked arteries, bulging aneurysms and hidden tumors all give up their secrets.

In a single rotation lasting about a third of a second, the hospital's LightSpeed VCT scanner acquires 64 "slices" of anatomical data, many times faster than conventional multi-slice CT ("cat") scanners. The VCT (the "V" stands for volume) captures a beating heart in five heartbeats or an organ in a single second. Hartford Hospital has also spearheaded advances in 3D MRI technology to image parts of the body—the heart and vascular (circulatory) system—in motion.

"The human eye can't easily assimilate nuanced images from slices of two-dimensional data," explains Barry Stein,

M.D., an interventionalist who is the director of Cardiovascular MRI and CT, and director of the hospital's Advanced Imaging Analysis and 3D Laboratory.

That's where the computer comes in. "Think of multiple slices of bread," says Dr. Stein. "Assembling all the slices creates a whole loaf. Instead of a thousand flat slices, the computer compiles segments into an animated image that is not only three-dimensional, but truly four-dimensional—we capture an image moving and changing over time."

In the twilight darkness of the 3D lab, ultra-fast microprocessors whirr quietly as physicians scrutinize high-resolution digitized images on a wall of flat-screen monitors overhead. Using sophisticated software tools, radiologists manipulate an image to study an irregularly shaped tumor or map its precise spatial relationship to nearby vital organs, or zoom in to view an aneurysm with more accuracy than an invasive angiogram.

Doctors not only view the images in the 3D lab, but can also call up archived images remotely on workstations in the emergency department or operating room, or even on office or home computers. "Wherever you are, image-display is available on demand," says Dr. Stein. "The imaging and access we have at Hartford Hospital are totally unique in the state."

Five months after his successful weight-loss surgery, John Rexroad of Killingworth credits Dr. Darren Tishler with helping him lose 100 pounds. The 47-year-old business owner no longer has trouble fitting into airline seats or restaurant booths. Hartford Hospital's active support group was invaluable to the self-described "stress eater," who had hypertension, high cholesterol and early diabetes when he tipped the scales at over 300 pounds. With encouragement from dad, Rexroad's daughter will soon undergo the surgery.



Waging War on Obesity

Americans are bulging over their belts, stretching their spandex to the bursting point. Across the nation, waistlines are widening—and obesity-related health care costs are soaring. Diabetes, cardiovascular disease and cancers linked to obesity are reducing life expectancy and forcing hospitals to super-size beds and wheelchairs.

In 1998, the World Health Organization warned that obesity had become a global epidemic. Approximately 127 million Americans are overweight and 60 million are obese, according to the latest data from the National Institutes of Health. Morbid obesity—generally more than 100 pounds over ideal weight—afflicts nine million Americans.

Obesity affects every organ system, disrupts endocrine function, weakens joints and muscles, taxes hearts and overburdens lungs. Excess weight accounts for an estimated 70 percent of the diabetes risk in the United States. Dense fatty tissue makes diagnostic X-rays difficult to read, while obese patients find it nearly impossible to squeeze into CT scanners or MRI tubes. Overweight individuals endure workplace discrimination, cruel stares, and agonies of remorse about their inability to stick to a diet.

The Diabetes Crisis

Obesity prevalence has doubled since 1980, afflicting more than 30 percent of Americans—nearly a third of all adults in the United States. In lockstep with obesity, diabetes is skyrocketing around the globe.

“Obesity is increasing in this country at a dramatic rate,” says Kiran R. Ubriani, M.D., an endocrinologist with Connecticut Multispecialty Group. “Since obesity is such a strong risk factor for diabetes, preventing obesity may potentially avert subsequent diabetes.”

Nestled just behind the stomach is the pancreas, which makes the insulin that allows the body to utilize glucose (sugar) in food for energy. Diabetes sufferers either can't make enough insulin or can't use the hormone effectively. Obese individuals tend to have insulin resistance, which means that it takes more insulin for the body to respond normally.

Diabetes affects an estimated 20 million Americans, with more than five million unaware that they have the disease. Even with treatment, diabetes can lead to cardiovascular disease, kidney failure, nerve damage, erectile dysfunction, stroke, blindness and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

Type 1 diabetes usually strikes in childhood, when the body produces too little insulin to regulate blood sugar levels. Type 1 diabetes is a lifelong endocrine disorder whose symptoms include excessive thirst, frequent urination, weight loss, blurred vision and fatigue.

Type 2 diabetes, which accounts for more than 90 percent of all diabetes cases, can arise at any age when the body loses its ability to utilize insulin properly. Warning signs of type 2 diabetes include drowsiness, itching, excess weight, tingling numb-

continues on next page

Risks of Obesity

- Type 2 diabetes
- Metabolic syndrome
- Cardiovascular disease
- Hypertension
- Stroke
- Poor circulation
- Erectile dysfunction
- Infertility
- Breast, ovarian, colon and uterine cancer
- Breast cancer recurrence
- Osteoarthritis
- Joint-replacement surgery
- Post-surgical complications
- Gallbladder disease
- Sleep apnea and respiratory problems
- Gastroesophageal reflux disease (GERD)
- Urinary incontinence

PHYSICIAN PROFILE

Kiran R. Ubriani, M.D.

Dr. Ubriani recently joined Connecticut Multispecialty Group as an endocrinologist specializing in diabetes and metabolic disorders. She received her Board certification in Internal Medicine in 2003 and in Endocrinology, Diabetes and Metabolism in 2005. She earned her B.A. in biology at Wellesley College. A graduate of the medical school at the State University of New York at Syracuse, Dr. Ubriani did her residency in internal medicine and pediatrics at the Medical College of Virginia, followed by a fellowship in endocrinology and metabolism at the University of Pittsburgh Medical Center.

While completing her schoolwork and medical training, Dr. Ubriani was an active volunteer at a clinic for homeless people called Salt City Hope in Syracuse, and as a trained counselor at a free HIV clinic that provides counseling and testing. An avid runner, she completed the famed Marine Corps marathon, held in Arlington, Virginia, which annually draws more than 18,000 runners. She is currently training to run 13.1 miles in the upcoming Hartford half-marathon in October.



ness in the feet, skin infections and slow healing. An overweight person is 10 times more likely to develop type 2 diabetes than is someone of normal weight.

Even more worrisome is the epidemic of overweight kids. “Rates of obesity and type 2 diabetes are rising significantly in children,” says Dr. Ubriani. Since 1980, the number of overweight adolescents has tripled in the United States.

“Physicians are seeing very young people—even children—with type 2 diabetes,” adds Darren Tishler, M.D., director of Hartford Hospital’s surgical weight-loss program. “It used to be called adult-onset diabetes because people developed the disease later in life. People whose parents developed diabetes at 50 are now being diagnosed at age 25.”

“The rate of diabetes has gone up, as expected, with increased obesity,” notes Dr. Ubriani. “Surprisingly, the rate of undiagnosed diabetes has stayed the same despite more diabetes awareness programs. We need to do a better job of screening anyone who is overweight or obese, has a sedentary lifestyle or a family history of diabetes. African Americans and Hispanic Americans are at high risk for diabetes, as are those over age 65, and women with a history of diabetes during pregnancy.”

Diabetes increases the risk of developing cardiovascular disease, even when glucose levels are under control. Poorly controlled diabetes during pregnancy can lead to complications for both mother and baby. About three-quarters of people with diabetes die of some form of heart or blood vessel disease. Metabolic syndrome—marked by obesity, high cholesterol, high blood pressure and high blood sugar—often precedes diabetes.

Diabetes also reduces circulation and damages nerves in the feet. Painful and debilitating neuropathy, or nerve impairment, causes diabetics to lose feeling in their feet. Because the disease slows healing, even a simple blister or a minor injury can lead to a life-threatening infection. Each year in the United States, 85,000 lower limbs are amputated because of complications of diabetes, says Larry A. Suecof, D.P.M., a podiatrist who specializes in diabetic and vascular foot care. At Hartford Hospital’s Center for Wound Healing and Hyperbaric Medicine, innovative treatments for diabetic wounds include growth-factor medications, bio-engineered skin substitutes, and hyperbaric oxygen in the only chamber of its kind located within a medical facility in the New England region.

Rapid and tight control of blood sugar is critical to avoiding complications from untreated diabetes. When blood sugar levels spike to dangerous highs, diabetics risk damage to blood vessels and nerves, and ultimately diabetic coma and death. Over time, high blood sugar levels increase the risk of infection, while nerve damage causes stomach problems and loss of sexual function.

The Diabetes LifeCare program, which stresses self-management of the disease, grew out of the Diabetes Control and Complications Trial, a 10-year research study that showed that better control of blood sugar decreases long-term complications. With support from Hartford Hospital donors, the collaborative program blends continuing education

DNA-Guided Medicine

“One-third of patients develop diabetes as a direct result of treatment for schizophrenia or other major psychiatric illness,” says Gualberto Ruaño, M.D., Ph.D., president and founder of the biomedical firm Genomas. The company has received funding from the National Institutes of Health (NIH) to understand why certain schizophrenia medications trigger diabetes.

So-called “atypical” antipsychotic drugs for major psychiatric disorders are FDA-approved for schizophrenia, bipolar disorder and psychotic depression, and now are increasingly being prescribed for other psychoses, dementia and obsessive-compulsive disorder in both adults and children.

The atypical antipsychotics frequently cause rapid weight gain leading to metabolic changes and diabetes. Brand-name drugs linked to obesity include Zyprexa, Clozaril, Risperdal, Seroquel, Geodon and Abilify.

Genomas is creating diagnostic systems for “DNA-guided” medicine to help physicians tailor medications to an individual’s genetic markers. “Genomas is exploring ways to prevent metabolic syndrome and diabetes by identifying genetic markers in the blood for both risk and protection,” says Dr. Ruaño.

With funding from NIH and Hartford Hospital grants, Genomas is collaborating with John W. Goethe, M.D., director of the Burlingame Center for Psychiatric Research and Education at the Institute of Living, to investigate genetic links to metabolic syndrome—obesity, high cholesterol and high blood sugar—in patients taking anti-psychotic drugs.

“The Institute of Living is at the forefront nationally in research into how these powerful drugs affect not just the brain, but the whole body,” says Dr. Ruaño. “We work closely with psychiatrists to select the best option to treat their mental illness without adding the risk of diabetes.”

Call (860) 545-7329 to participate in a study on Zyprexa and weight gain.

classes, special events, support groups and counseling sessions to help individuals achieve control over their diabetes.

As researchers seek ways to combat the devastating long-term effects of the disease, innovative treatments are making life easier for diabetics. Needles have become smaller and thinner, reducing pain at injection sites. “For those who already have diabetes, inhaled insulin is an exciting new treatment,” says Dr. Ubriani. “For the first time, patients can give themselves insulin without an injection. The short-acting powder form of insulin is inhaled to help lower blood sugar levels after meals. Other new drug classes include glucagon-like peptide (GLP-1) agonists that appear to stimulate the body’s ability to produce insulin in response to elevated levels of blood glucose, while promoting weight loss.”

Hartford Hospital is incubating the technology of Genomas, a company that is developing novel diagnostic products to aid in treating metabolic syndrome in partnership with Paul Thompson, M.D., director of Cardiology at Hartford Hospital. “Our goal is to go beyond drug therapy,” says Gualberto Ruaño, M.D., Ph.D., president of Genomas. “We want to prevent obesity.”

Morbid Obesity

When supervised dieting, exercise and behavior modification fail, weight-loss surgery offers new hope for morbidly obese patients who often tip the scales at 300 pounds or more. “Weight-loss surgery can often alleviate obesity-related conditions like diabetes, high blood pressure and high cholesterol relatively quickly,” says Dr. Tishler, director of Hartford Hospital’s weight-loss surgery program. “The sooner someone has surgery after a diagnosis of diabetes, the better. Surgery may reduce the need for insulin or eliminate diabetes medications altogether.”

Weight-loss surgery is performed using minimally invasive laparoscopic techniques that require only tiny incisions. For those who prefer a reversible procedure rather than the permanent Roux-en-Y gastric bypass, Dr. Tishler employs the adjustable LAP-BAND technique that requires no cutting of the stomach or intestine. “Even a slower weight loss after LAP-BAND surgery dramatically improves glyce-mic control,” says Dr. Tishler. “Nothing works better for diabetes than significant long-term weight loss.”

Are You Obese?

Waist circumference measurement and body mass index (BMI) can help you estimate body fat. A high-risk waistline is 35 inches or higher for women, and 40 inches or higher for men. BMI is calculated in kg/m². Multiply weight in pounds by 703, divide by height in inches, then divide again by height in inches.

BMI

- 25 to 30 = overweight
- 30+ = obese
- 35+ = morbidly obese

SIR-Spheres:

Living Longer with Liver Cancer



Jack Foster, M.D.



“The Dana Farber doctors told us Dr. Jack Foster was the man to see in the Northeast.”

Arthur Cores has always been a lucky guy. At 23, he co-founded the Boston Chicken chain—rotisserie birds and home-cooked mashed potatoes were a fast-food innovation—and by 35 had cashed out and retired. Still, when he was diagnosed with metastatic liver cancer, the 45-year-old faced a grim prognosis.

“Three years ago, it didn’t look good,” recalls Cores. “Even after radiation and chemotherapy, the tumor was still growing in my liver. My oncologist at Dana-Farber Cancer Institute in Boston said my only hope was a procedure in which doctors inject tiny radioactive spheres into the bloodstream to destroy tumors.”

Cores was lucky enough to have a physician for a spouse. “The Dana Farber doctors told us Dr. Jack Foster was the man to see in the Northeast,” recalls Cores’ partner, John Yee, M.D. Jack Foster, M.D., an interventional radiologist with Hartford Hospital and Jefferson Radiology, brought the SIR-Spheres® procedure to New England in 2003.

“My PET scan after treatment showed no detectable cancer,” adds Cores. “The scan can’t detect very tiny spots, but I can be re-treated if necessary.”

“As a physician, I was impressed with everything about Hartford Hospital,” says Dr. Yee. “Dr. Foster was warm and professional. The team approach in the radiology department provided wonderful patient care.”

At Hartford Hospital, interventional radiologists collaborate with radiation oncologists to bring new approaches to treating liver cancer. The team provides comprehensive care for cancer patients with tumors that start in the liver (primary cancers) or those that spread there from other parts of the body (metastatic liver cancer). Liver cancer has been notoriously difficult to treat because the delicate organ cannot be bombarded with too much conventional radiation or harmful doses of chemotherapy.

Specialists offer individually tailored treatment approaches, including hepatic resectional surgery, liver transplant, cryoablation, chemoembolization (injection of high concentrations of chemotherapy into the liver and blockage of the blood supply to give the chemotherapy maximum impact), external irradiation utilizing intensity modulated therapy and now Selective Internal Radiation (SIR)-Sphere therapy.

The innovative therapy delivers a tumor-busting blast of radiation directly to the cancer. Tiny spheri-

cal plastic beads tightly bound with a radioisotope called yttrium-90 are used to selectively irradiate tumors without damaging sensitive structures. Angiography identifies the tumor’s feeding vessels to pinpoint delivery with minimal toxicity. Radiation oncologists take repeated scans to measure the volume of the tumor and fine-tune the dose. Before injecting the radioisotope—usually as a single dose—the interventional radiologist blocks off collateral blood vessels that could carry harmful radioactivity to other organs.

“SIR-Spheres are delivered through a catheter directly to the hepatic artery, where they are selectively trapped in tumor blood vessels and don’t stick in normal blood vessels,” says director of radiation oncology Andrew L. Salner, M.D., who heads the Cancer Program at the Helen & Harry Gray Cancer Center. “Because radiation isotopes are targeted directly to the tumor, the radiation dose can be 8–10 times higher than would be possible with external radiation.”

Spurred by a worldwide surge in hepatitis B and C infections, primary liver cancer rates are rising. Once rare in the U.S., a hepatitis-linked liver cancer called hepatoma is becoming more prevalent. “Hepatoma is now the most common cancer in the world,” says Dr. Foster. “People infected with hepatitis B and C typically have a 10- to 15-year latency period before cancer develops, and may have no symptoms until a tumor has reached considerable size.”

SIR-Spheres are FDA-approved for colorectal cancer liver metastases. Cancer spreads to the liver in a significant number of the nearly 150,000 Americans diagnosed with colorectal cancer every year, but few liver tumors can be surgically removed. “Metastatic liver cancer can significantly affect a patient’s longevity and sense of well-being,” says Dr. Salner. “Microspheres therapy has emerged as a treatment for patients with advanced liver cancer when other treatment options have failed.”

“SIR-Spheres have been proven to extend patient survival times for one of the deadliest forms of cancer,” adds Dr. Foster. “In the past we were able to offer patients few treatment options. Now we have a palliative therapy that doubles life expectancy while allowing patients to maintain a good quality of life.”

Tell Someone!

New Vaccine Prevents Cervical Cancer



More than half of all sexually active individuals have been infected with one or more types of human papillomavirus (HPV), usually in their teens and 20s. While most are relatively harmless, high-risk HPV strains 16 and 18 can cause cervical cancer.

“Gardasil is the first vaccine specifically designed to prevent cancer,” explains gynecologist Linda Taylor, M.D. “The vaccine protects against the most common HPV strains that cause cervical, vulvar and vaginal cancers, as well as genital warts. HPV 16 and 18 are responsible for 65 to 70 percent of cervical cancers, while strains 6 and 11 cause 80 percent of genital warts.”

Although not life-threatening, genital warts are difficult to eradicate and frequently recur if the HPV virus persists. The Pap test detects abnormal cells on the cervix before cancer can develop, but the new Gardasil vaccine could dramatically reduce the nearly 4,000 cervical cancer deaths in the United States each year.

The Food and Drug Administration (FDA) recommends that females ages 11 to 26 be given a series of three vaccinations. Despite opposition from some conservative groups, the FDA approved the vaccine for girls as young as 9. The vaccine is most effective when given to girls prior to becoming sexually active. Gardasil should not be given to pregnant women or women who plan to become pregnant within the next six months.

“You allow your daughter to be vaccinated for Hepatitis B,” says Dr. Taylor, “so why wouldn’t you protect her against HPV? They’re both sexually transmitted diseases. Eventually I hope the FDA will expand the recommendation to include males as well as any individual at risk.”

WHAT'S GOING AROUND...News & Breakthroughs

Sausage Links

The more processed meat you eat, the more likely you are to get stomach cancer, warns the *Journal of the National Cancer Institute*. While no one has proven that processed meats *cause* cancer, 15 studies linked stomach cancer with bacon, sausage, hot dogs, salami, ham and smoked or cured meat. Studies didn't adjust for infection with *Helicobacter pylori*, a significant cause of ulcer disease, known to raise stomach cancer risk.

IVIg vs. Alzheimer's

Long used to treat immune disorders and a type of leukemia, IVIg (intravenous immunoglobulin or gamma globulin) is a thick soup of antibodies made from blood plasma. While still experimental, researchers at New York-Presbyterian/Weill Cornell Medical Center's Memory Disorders Program hope IVIg may slow the mental decline of Alzheimer's disease by clearing amyloid deposits that disrupt nerve function in aging brains.

Sugar Shock

Drinking an extra can of sugary soda daily can add up to a weight gain of 15 pounds in a single year, say Harvard School of Public Health researchers. Soda packs on pounds a lot faster than milk does, experts warn, and the average Americans gets about 50% more calories daily from soda than from milk. A 12-ounce can of soda is equivalent to 10 teaspoons of table sugar.

Scleroderma Success

The drug Cytoxin modestly slowed skin thickening and deterioration of lung function in scleroderma sufferers, reports the *New England Journal of Medicine*. Ongoing research is adding to the arsenal of drugs and chemotherapy to treat the skin-stiffening autoimmune disorder, which can scar lungs and ravage internal organs. Stem cell transplants, while still experimental and expensive, show promise for the 300,000 Americans with the disease.

Why Johnny Won't Go to School



Then the whining schoolboy,
with his satchel

And shining morning face,
creeping like snail

Unwillingly to school.

— Shakespeare, *As You Like It*

More than a quarter of children refuse to go to school at some point, but persistent defiance brings frantic phone calls, truancy officers and desperate parents. School refusal is not a psychiatric diagnosis, although kids who refuse to go to school often show signs of anxiety or other mental health problems.

Approximately one to two percent of both boys and girls—and as many as six percent of children receiving mental health services—refuse to attend classes or remain in school for an entire day without a support person present. While clingy younger kids may want to stay home with mom or fear riding a school bus, teenagers may have complex social reasons for avoiding school.

With support from Hartford Hospital donors, the Anxiety Disorders Center at the Institute of Living (IOL) not only provides treatment, but also conducts research into problems that have been little studied. “Ours is one of only a handful of school refusal programs,” says David F. Tolin, Ph.D., director of the Anxiety Disorders Center. “Children often show a rapid response to daily treatment. Our goal is to get kids back to school as quickly as possible rather than stretching once-a-week treatment over months.”

The intensive school refusal program is a collaboration between the Anxiety Disorders Center and the Grace S. Webb School, a private special education facility at the IOL. School refusers work with a therapist to develop strategies—gradual exposure to feared situations, skills training and anxiety management—for transitioning back to school. Members of the IOL treatment team may even accompany the student to public

school. By the beginning of the second week, it is expected that the child will begin to attend school at least some of the time.

Research shows that cognitive-behavioral therapy (CBT) can be an effective psychological treatment for anxiety and behavioral disorders, particularly when intervention occurs early. Exposure-based CBT is the most effective known psychological treatment for anxiety disorders. “The objective is to gain mastery over a difficult social situation,” says Dr. Tolin. “Role-playing allows students to practice social skills, while CBT helps them learn to think in a logical, rational manner.”

School can be boring for some, while at home skateboards and the Xbox beckon. To combat school refusal, parents must learn to set limits and use privileges as rewards for school attendance. “Parents can make staying home less enjoyable,” says Dr. Tolin. “When adults take the TV, stereo, electronic games and computer out of the child’s room and make kids do chores if they stay home, they’ll often *want* to go to school.”

While school refusal tends to peak at ages 5-6 and 10-11, corresponding with entry into first grade or transitioning into middle school, the IOL program targets intractable truants who are age 12 or older. The cost of the program is billed directly to the public school system. “School refusal is often a way of seeking attention from parents,” says Dr. Tolin, “but without treatment, it may have lifelong consequences. School refusers are less likely to go to college, and are more likely to have occupational and marital problems, to behave criminally and abuse alcohol, or to experience chronic anxiety or depression.”



CALENDAR

Hartford Hospital Programs & Events From September 15 through December 15, 2006

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

CANCER PROGRAM

Brain Tumor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** 1st Thursday of each month from 5:30 to 7:00 p.m. on 10/5, 11/2, 12/7—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. FREE.

Support Groups for Women with Cancer

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

• **Breast Cancer Support Group**

3rd Thursday of each month on 9/21, 10/19, 11/16. Call Diane Ward, RN at (860) 545-3781. FREE.

• **Ovarian Cancer Support Group**

4th Tuesday of each month on 9/26, 10/24, 11/28. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

New Beginnings

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call (860) 545-1888. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Diane Ward, RN at (860) 545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** 1st Tuesday of each month from 7:00 to 9:30 p.m. on 10/3, 11/7, 12/5. Registration is not required. Call (860) 545-3790 if you have any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. **Schedule:** 4th Thursday of each month on 9/28, 10/26, 11/16, 12/14. Registration required. Call (860) 545-2715. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment. Registration is required. Call Charmain Ali, LCSW at (860) 545-2954. **Schedule:** 10/2, 11/6, 12/4 from 11:00 a.m. to 12:30 p.m. FREE.

HEALTHY HEARTS

Stop Smoking for Life Programs Call (860) 545-3127 for registration and information.

• **Smoke Free/Why Weight?**

This is a 6-week program for those who wish to quit smoking while maintaining their weight. Meets at Hartford Hospital, 85 Jefferson Street #704. Registration is required. **Schedule:** Wednesdays from 5:00 to 6:00 p.m. from 10/14 to 11/18. FEE: \$150.

• **Breathe Easy Support Group**

A community education and relapse prevention group for smokers and ex-smokers. Facilitated by a smoking cessation specialist. **Schedule:** The first Wednesday of the month on 10/4, 11/1, 12/6 from 6:00 to 7:00 p.m. at Hartford Hospital, 85 Jefferson Street #704, Hartford. FREE.

• **Individual Smoking Cessation Counseling**

One-to-one smoking cessation counseling is available to smokers of all ages, including pregnant women and teens. By appointment only. Call (860) 545-3127. FEE: \$150 for 3 sessions.

• **Work-Site Smoking Cessation Group**

A six-week quit smoking support group brought directly to your employees. Prices vary depending on location and number of participants. Call (860) 545-3127 for more information.

Counseling and Stress Management

One-to-one counseling with a health psychologist for people struggling with psychological issues related to a medical illness. By appointment only. Call (860) 545-3127. FEE: Sliding scale.

Cardiac Maintenance/Wellness Exercise Program

Provides exercise and education programs ranging from medically supervised to a more self-directed program depending on your specific needs. Activities include aerobic training with a variety of fitness equipment as well as flexibility and weight training. FEE: 2 times per week—\$48/month; 3 times per week—\$65/month at Hartford Hospital's Conklin Building. To become a member, call (860) 545-1888.

Yoga

A variety of classes geared for the yoga enthusiast. Classes are held at Healthtrax Wellness Studio at Hartford Hospital's Wellness Center in Avon. Call (860) 284-1190 for schedule and registration information.



DIABETES LIFE CARE PROGRAMS

Diabetes Education Classes

Self-care education and support for adults with diabetes. Learn about diabetes and develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. Day and evening classes in English or Spanish. For more information call (860) 545-1888.

Spanish Diabetes Support Group (Amigos en Salud)—FREE

Conducted in Spanish. Carmen Aponte, DCHW (Diabetes Community Health Worker), will discuss physical activity, meal planning strategies, adherence to medications and how to meet the diabetes standards of care. Opportunity to network with other patients. **Schedule:** First Wednesday of each month on 10/4, 11/1, 12/6 from 10:00 to 11:30 a.m. in Hartford Hospital Dining Rooms A, B.

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive on-going support from other adults with diabetes. Free monthly support and education is offered at Hartford Hospital's Windsor Health Care Center. To register, call Health Referral Service at (860) 545-1888.

10/30 Diabetic Foot Care
presented by Dr. Ashley Shepard

12/11 To be determined

REHABILITATION

Pulmonary Rehabilitation Classes

Comprehensive multidisciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other disorders. Primary goal is to restore patient to the highest possible level of independent function as well as to help alleviate shortness of breath. **Schedule:** Tuesday and Thursday (twice a week for 10 weeks) from 12:00 to 2:00 p.m. or 1:00 to 3:00 p.m. at Hartford Hospital's Conklin Building. Valet parking is available. Covered by most insurance plans. Call (860) 545-3637.

MENTAL HEALTH

Bereavement Support Group—Hartford

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health-Care Hospice, this program is open to families and caregivers who have lost a loved one.

Schedule: From 1:00 to 2:15 p.m. on 9/25, 10/9, 10/23, 11/13, 11/27, 12/11, 12/18 at 85 Jefferson St. in Room 116. Call (860) 545-2290. FREE.

Bereavement Support Group for Spouses (Age 55+)

For people 55 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month on 9/26, 10/24, 11/28 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700.

Bereavement Support Group for Spouses (Age 35–55)

For people age 35–55 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 9/19, 10/17, 11/21 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700.

Family/Friend Education on Eating Disorders (F.E.E.D.)

This support group is for family and friends of individuals with eating disorders. F.E.E.D. is designed to provide information about eating disorders and to create a forum where concerns of family and friends can be shared. **Schedule:** First Thursday of the month 6:00 to 7:00 p.m. on 10/5, 11/2, 12/7 at The Institute of Living's Braceland Building Activity Room (1st floor #51). Registration is **not** required. For more information, call (860) 545-7203. FREE.

Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call (860) 545-1888. FREE.



Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support. **Schedule:** The last Monday of each month on 9/25, 10/30, 11/27 from 1:00 to 2:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For information call (860) 658-3700. FREE.

Schizophrenia Program

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

• **Schizophrenia Anonymous**

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday evening from 5:30 to 6:30 p.m.

• **Schizophrenia—Introduction to the Disorder**

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month from 5:15 to 6:30 p.m. on 10/3, 11/7, 12/5.

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

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. **Schedule:** From 5:15 to 6:30 p.m. on 9/21, 10/5, 10/19, 11/2, 11/16, 12/7 from 5:15 to 6:30 p.m.

• **Sibling Support Group**

Siblings of individuals who have schizophrenia, bipolar illness or a related disorder share their success and struggles in living, with or growing up with someone who has a major mental illness. Facilitated by Rick Lautenbach, Ph.D. **Schedule:** 3rd Wednesday of the month on 9/20, 10/18, 11/15 from 5:15 to 6:30 p.m.

• **Functional Implications of Schizophrenia**

Learn the impact that symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** From 5:15 to 6:30 p.m. on 11/14.

• **Medication Compliance Strategies**

Perhaps the biggest family concern in dealing with schizophrenia is helping the patient follow the recommended treatment plan, particularly taking medication. Learn ways to enhance cooperation with treatment. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** From 5:15 to 6:30 p.m. on 12/12.

• **The World of Work for a Person with a Severe Mental Illness**

Learn about helping a person with schizophrenia obtain and keep a meaningful job. Conducted by Sherry Marconi, Director of Rehab Services. Information on vocational counseling, support services and resources. **Schedule:** From 5:15 to 6:30 p.m. on 10/10.

• **Understanding Bipolar Disorder**

Does someone you know or love have bipolar disorder? Lawrence C. Haber, Ph.D., Director of the Family Resource Center, will discuss this disease, its causes and treatments in both adults and children and how to live with and support someone with this illness. **Schedule:** 3rd Tuesday of each month on 9/19, 10/17, 11/15 in Hartford from 5:15 to 6:30 p.m.

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Acupuncture, Reiki and Massage Therapy

Need to increase your energy, reduce stress, control pain and many other health conditions? Acupuncture, Reiki and massage therapy provide these and many other benefits. For a referral to hospital-affiliated practitioners in your area, call Health Referral Services at (860) 545-1888 or toll-free (800) 545-7664. For information on complementary therapies, visit the Integrative Medicine website at www.harthosp.org/IntMed.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn 5 steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25 through the Integrative Medicine Department. Call (860) 545-4444.

Reiki Healing Touch—Level 1

Learn a gentle hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. Can be used for self-care or with family, friends and patients. **Schedule:** 9:00 a.m. to 5:30 p.m. on 9/28, 10/12, 10/26, 11/9, 11/30 or 12/21 in Hartford. FEE: \$150 (Hartford Hospital employees \$120; Reiki Volunteers \$75). Nursing CEUs and Medical CMEs available.

Baby Massage Instructor Certification

Provides hands-on experience, demonstration of proper technique and additional information and support. Participants will receive the *Loving Your Newborn* video and the instructor's manual. CEU's available for nurses and massage therapists. **Schedule:** 11/2 from 8:00 a.m. to 4:30 p.m. in Hartford. Please call (860) 545-4444 for more information or to register.

Therapeutic Touch—Full Basic Class

If you would like to learn a technique that can help you and others decrease stress, ease pain, accelerate healing and enhance general well being, learn Therapeutic Touch. **Schedule:** 11/17 from 9:30 a.m. to 8:30 p.m. in Newington. FEE: \$150 (\$120 for HH employees); Nursing CEUs available.

Therapeutic Touch—Practice Group

Activities include meditation; discussion and hands-on exchange facilitated by Karen Kramer, certified holistic nurse working in the Cardiac ICU and an advanced practitioner, instructor and validator for the Hospitals' Therapeutic Touch Programs. **Schedule:** 9/25 from 4:30 to 6:30 p.m. (experienced users only 4:30 to 5:30; all experience levels 5:30 to 6:30) at Hartford Hospital. To register call (860) 545-1888. **FREE.**

Pilates Classes

Conditioning program that combines elements of yoga, weight training, and gymnastics to improve posture, flexibility, tone, and strength. For people of all ages and abilities. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. **FEE:** \$150 for 10 mat sessions.

Living Your Life on Purpose

Do you feel directionless in your life or in your job/career? Do you want to feel more meaning and purpose every day? Identifying your heart's true desires will unleash power to accomplish things in ways that may surprise you! (See *Introductory program listed under Lunch & Learn—Hartford.*) **Schedule:** Glastonbury on 10/22 from 9:00 a.m. to 5:00 p.m. **FEE:** \$99.

Combating Irritable Bowel Syndrome with Natural Medicine

Vague but common gastrointestinal symptoms may indicate a disorder called irritable bowel syndrome, which is often under-diagnosed and difficult to treat. Dr. Jennifer J. Stagg, a naturopathic physician in Avon, will provide perspectives on the cause of IBS and talk about natural approaches for treatment. **Schedule:** 9/26 in Avon from 7:00 to 8:00 p.m. **FREE.**

A Guide to Healthy Weight through Dietary Choices

Behaviors and attitudes towards eating make a huge difference in maintaining a healthy weight. Dr. Jennifer J. Stagg, a naturopathic physician, in Avon, will cover eating styles related to obesity and the major dietary offenders in the American diet. She will also discuss dietary approaches to achieving and staying at a healthy weight through a low glycemic index diet. **Schedule:** 10/24 from 7:00 to 8:00 p.m. **FREE.**

Understanding and Treating Chronic Pain and Fibromyalgia

Approaches to dealing with fibromyalgia and chronic pain, and how effective diet choices and stress-reducing techniques can help. **Schedule:** Avon on 11/14 from 7:00 to 8:00 p.m. **FREE.**

Natural Approach to Seasonal Affective Disorder (SAD)

Seasonal affective disorder is more common in northern states, significantly impacting the daily activities of many people during the winter months. Dr. Jennifer J. Stagg, a naturopathic physician in Avon, will describe this mood disorder and discuss how it may be treated with natural therapies like botanical medicines, supplements and phototherapy. **Schedule:** Avon on 12/12 from 7:00 to 8:00 p.m. **FREE.**

Movement and Fitness Classes—Dans Kinetics: Shake Your Soul®:

These classes are creative, spirit-filled and energizing, combining the benefits of aerobic exercise with the inner awareness of yoga. Appropriate for all body types and fitness levels. No experience is necessary, just a willingness to have fun! **Schedule:** Newington from 7:00 to 8:15 p.m. Sessions run from 9/13 to 10/11 or 10/18 to 11/15. **Fee:** \$60 per session.

Mindfulness-Based Stress Reduction:

Stressed by life events, illness, pain, worry? This 8-week course modeled after the original acclaimed program at the UMass Stress Reduction Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. Hosted by Dr. Valerie Rossetti, board-certified Anesthesiologist at Hartford Hospital.

Free Orientation: Glastonbury—9/19 from 7:00 to 9:00 p.m.; Hartford—9/21 from 4:00 to 6:00 p.m.

8-Week Program: Glastonbury—9/26 from 7:00 to 9:00 p.m.; Hartford—9/28 from 4:00 to 6:00 p.m. **Fee:** \$220 plus \$65 for materials.

Lunch & Learn Presentations

Bring your lunch and join us. Reservations required. Call (860) 545-1888.

Hartford—LIVE presentations from 12:00 noon to 1:00 p.m. at Hartford Hospital's dining rooms A, B & C. FREE.

9/21 Seven Strategies to Soar

This is the beginning of a new season, and in some ways a new year. We invite you to consider new ways of responding to what life throws you. Learn strategies to shrink stress, swell satisfaction and help you soar with self-confidence and have fun in the process!

10/5 Living Your Life on Purpose

Introduction to a one day seminar being given in Glastonbury on 10/22 (see left column). Learn to identify your heart's true desires and unleash the power to accomplish things in surprising ways.

10/19 New Avenues to Body-Mind Healing

Do you know someone who has a chronic disease such as chronic fatigue syndrome, fibromyalgia, IBS, chronic headaches, mild to moderate anxiety and/or depression, or even just chronically unhappy or unfulfilled? Dr. Nicholas J. Palermo will describe a revolutionary drug-free process and show how you can benefit.

Avon—LIVE presentations from 12:00 noon to 1:00 p.m. at Hartford Hospital's Avon Wellness Center Library, 100 Simsbury Road, Room #205. FREE.

10/6 Type 2 Diabetes—Dietary Advice and Natural Therapies

Dr. Jennifer J. Stagg, a naturopathic physician in Avon will discuss the development, prevention and treatment of blood sugar problems.

11/7 Integrative Medicine for Arthritis Sufferers

Osteoarthritis, or degenerative joint disease, affects a large part of the population over 40. Chiropractor Dr. Mark Stagg, discusses the development and management of osteoarthritis including nutritional supplements, exercise, and physical therapies.

12/5 The Ah-Ha Moment—Finding Insight Through Collage

This popular "hands-on" learning experience uses pictures and words to help us find answers to those nagging problems that we keep locked away. We can express our feelings, and bring health and healing to our mind, body and spirit. Hosted by artist, Kelly Taylor.

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) 545-1888. May be covered by insurance.

Bariatric Surgery Support Group

Required for people who are considering **weight loss** surgery. **Schedule:** From 6:00 to 8:00 p.m. in Hartford. To register for any of these **free** programs, call (860) 545-1888.

9/19 *Alex Cech, MD, Plastic Surgeon*—Plastic surgery after surgical weight loss.

10/24 *Dr. Kevin Tally, Cardiologist*—Keeping the heart healthy.

11/21 *Jennifer Ferrand, Psychologist*—If food isn't where it's at, then what is? A discussion of stressors and coping strategies.

VOLUNTEER SERVICES

Blood Drive

The American Red Cross will conduct a blood drive on 9/19 from 7:00 a.m. to 12:30 p.m. at Hartford Hospital (Education & Resource Center Location). Call (860) 545-1888 to schedule your appointment. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving of your time to help others, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens between the ages of 14 and 18. Training and free parking are provided. For more information, call Volunteer Services at (860) 545-2198 or visit us on-line at www.harthos.org/volsvc

DOMESTIC VIOLENCE

Domestic Violence—Lifesaver Project

The Domestic Violence Prevention Program sponsors two-support groups through the Lifesaver Project. The groups are for women and children who have experienced domestic violence. **Schedule:** First Thursday of each month 10/5, 11/2, 12/7 from 6:30–8:30 p.m. Children may attend with their mothers. Call (860) 545-2796 to register or for more information.

My Avenging Angel Workshop

Living well is the best revenge; yet moving beyond abuse is often difficult for victims of domestic violence and sexual assault. Explore ways to get your life back through writing, creativity and focusing exercises. **Schedule:** Two-week sessions in Wethersfield on 10/14 & 10/21 from 10:00 a.m. to 4:00 p.m. or in Avon on 11/11 & 11/18 from 10:00 a.m. to 4:00 p.m.

Domestic Violence Remembrance Service

This annual service, sponsored by the Hospital's Domestic Violence Prevention Program, is held in memory of domestic violence victims. The public is invited, and names of victims may be submitted to be read during the program. From 12:30 to 1:30 p.m. on 10/19 at the Hartford Hospital Chapel. Contact Kelly Taylor at (860) 545-2417.

WOMEN'S HEALTH ISSUES



El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For information call (860) 545-5398 or (860) 545-1001. FREE.

NEW! Menopause Support Group

The Menopause Clinic at Hartford Hospital's Women's Health Services is conducting a support group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Participants will learn ways to cope with some of the physical and emotional symptoms of menopause. Call (860) 545-1888 for schedule.

Parent Education Classes

Registration is required for all classes. Call (860) 545-1888.

• *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30–8:30 p.m. FEE: \$20 (\$15 if taken as package).

Avon: 9/28, 10/26, 11/16, 12/7

Glastonbury: 10/16, 11/13, 12/11

Hartford: 9/19, 9/25, 10/10, 10/24, 10/30, 11/7, 12/4, 12/12

Wethersfield: 11/8

• *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** 6:30–8:30 p.m. FEE: \$20 (\$15 if taken as package).

Avon: 10/12, 11/9, 12/14

Glastonbury: 9/18, 11/20

Hartford: 9/26, 10/3, 10/17, 10/23, 11/6, 11/14, 12/5

Wethersfield: 10/11, 12/13

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 7:00 to 9:00 p.m. in Avon on 11/2. FEE: \$20 (\$15 if taken as package).

• *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 9/16 in Avon or 11/11 in Wethersfield. FEE: \$50.

• *Cesarean Birth*

If you are anticipating a Cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** Saturday mornings at Hartford Hospital from 9:00 a.m. to 12:00 noon on 10/14 and 12/2. FEE: \$50.

• *Expectant Grandparents Class*

Gives grandparents the opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety concerns. **Schedule:** From 6:30 to 8:30 p.m. on 12/4 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield from 10:30 a.m. to 12:00 noon on 10/16, 12/18 or from 6:30 to 8:00 p.m. on 9/18, 11/20. FEE: \$25 per baby.

• *Maternity Tours*

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

• *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. FREE.

• **NEW! Pets and Babies**

Concerned about your pet and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your child understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 10/11. FEE: \$25.

• **NEW! Baby Signing: An Introduction**

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for children under 24 months. Format will include demonstrations of songs, rhymes and play activities. **Schedule:** From 6:00 to 7:30 p.m. on 9/27 in Wethersfield and 10/26 in Hartford. FEE: \$25.

• *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This class does not replace a Childbirth class. Call (860) 545-1888 for schedule. FEE: \$35.

• *New Moms Group*

Join an informal gathering where health professionals help you explore the challenges of your new baby. Designed for parents of infants, birth to three months. Topics range from infant care and feeding to parent survival skills. **Schedule:** Avon on 10/6, 11/3, 12/1 from 11:30 a.m. to 12:30 p.m. FEE: \$10 per session.

• *Preparation for Childbirth Class*

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills. Learn to be an active participant in the birth of your baby. We offer a four week series (maternity tour included) or a one-day or two-week option with maternity tours scheduled separately. Classes meet in Avon, Hartford, Wethersfield, Glastonbury or Windsor. Call for schedule. FEE: \$100.

• **The Happiest Baby**

New babies are such a blessing, but they can also bring on sleepless nights and sometimes quite a bit of extra stress. Learn an extraordinary approach to keeping your baby happy. New parents will learn, step-by-step, how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Based on the highly effective new approach pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. FEE: \$65.00/couple includes class, Parent Kit, with your choice of *The Happiest Baby on the Block* VHS or DVD and *Soothing Sounds* CD—a \$40 retail value.) For schedule or more information, call (860) 545-1888.

• **Jewish Beginnings: Childbirth with a Jewish Twist**

This 4-part series offers traditional childbirth preparation, as well as a special class on Jewish rituals and traditions to welcome a child into the community. Childbirth classes will meet at the Avon Wellness Center and *Rituals and Traditions* class will meet at Chai—the Center for Jewish Life in Avon. Call (860) 545-1888 for schedule.

• **Epidural Anesthesia for Labor**

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is done, 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:** Thursdays from 7:00 to 8:00 p.m. 10/5, 11/2, 12/7 at Hartford Hospital. FREE.

• **Sibling Preparation**

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

Pre-school—Saturday 10:00–11:00 a.m. on 10/7, 11/4, 12/2; Thursday 4:00–5:00 p.m. on 9/21, 10/19, 11/9, 12/14

School-age—Saturday 10:00–11:00 a.m. on 9/16, 10/14, 11/11, 12/9; Thursday 4:00–5:00 p.m. on 9/28, 10/26, 11/16. FEE: \$15 per child or \$25/family.

• **Teen Prenatal Classes**

For first-time pregnant teens up to 17 years of age. Combination of prenatal, childbirth preparation, newborn care and a maternity tour. **Schedule:** 6 weekly classes per session. Call (860) 545-1888 for schedule. FREE.

• **Time for Toddlers**

Led by a Pediatric Nurse Practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on various parenting issues. **Schedule:** Wethersfield from 11:15 a.m. to 12:15 p.m. Introduction on 9/6 is FREE. Series from 9/13 to 10/18 or 10/25 to 12/6. FEE: \$50 for series.

Exercise for Expectant and New Moms

• **Prenatal Yoga**

This six-week program is conducted by a certified prenatal yoga instructor. In Avon on Wednesday evenings from 5:30 to 6:45 p.m. Session runs from 10/25 to 12/6. FEE: \$78 for 6-week session.

• **Mama Yoga**

Stretch, strengthen and bond with your baby in this delightful yoga workout. Learn how to incorporate your little one into traditional yoga postures. No previous yoga experience necessary. Please bring a yoga mat, baby blanket, and toys for your little one. **Schedule:** From 10:00 to 11:00 a.m. in Avon from 10/18 to 11/29. FEE: \$78.00 for six-week session.

• **Baby Boot Camp: It's Like Having a Personal Trainer at a Fraction of the Cost**

75-minute workouts combine strength training with cardiovascular drills that help to improve core strength. Motivates moms to get outside with their babies and provides an opportunity to meet other new moms. Classes are held outdoors at the Avon Wellness Center. For information visit www.babybootcamp.com or call (860) 231-1798.



Parent–Baby Series

• **Enjoying Infants Together Series**

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions on various parenting issues and make new friends! **Schedule:** Wethersfield from 10:00 to 11:00 a.m. Introduction on 9/6 is FREE. Series from 9/13 to 10/18 or 10/25 to 12/6. FEE: \$50 for series.

SAFETY EDUCATION

Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with [CT Safe Kids](http://CTSafeKids.com) and the West Hartford Police Department to offer a free class for expectant parents. This class is free, but space is limited. Call Health Referral Services at (860) 545-1888 for schedule and to register.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children. **Schedule:** Hartford Hospital's Education and Resource Center from 6:00 to 9:00 p.m. on 9/20, 10/11, 10/25, 11/8, 11/29, 12/6. Registration is required. Call (860) 545-1888. FEE: \$30.

SCREENINGS/SUPPORT GROUPS*

* Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol

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

Patient Support Groups

• **Mended Hearts Support Group**

For people who have had open heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. on 9/20, 10/18, 11/15 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

• **Transplant Patient Support Group**

Open to all transplant recipients, their significant others, and those waiting for organ transplants. Registration is **not** necessary. First Church of Christ Congregational, 2183 Main Street, Glastonbury. **Schedule:** 4th Thursday of the month at 7:00 p.m. on 9/28, 10/26, 11/16. Call (860) 545-2142. FREE.

• **Kidney Transplant Orientation Class**

Education to assist in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. **Schedule:** 9/20, 10/18, 10/26, 11/15 from 6:00 to 9:00 p.m. in Hartford Hospital's Dining Rooms A & B. To register, call (860) 545-4368. FREE.

• **ACE—Asthma Group Support**

Education and support for patients with asthma. Learn about asthma, what triggers attacks, which medications you should take and how to control and prevent asthma attacks. **Schedule:** 4th Thursday of each month from 2:00 to 3:00 p.m. in the Brownstone Building's 1st Floor Conference Room on 9/22, 10/27, 11/24. Call (860) 545-1021 to register. FREE.

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

An opportunity to share helpful tips and resources, find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Monday of each month 6:30 to 8:30 p.m. or 3rd Tuesday of each month 1:00 to 3:00 p.m. Registration is not necessary. For more information call Roberta at (860) 658-6637. FREE.

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

Can't come to us? We'll come to you...

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required, however. Call (860) 545-2564 for more information or to make arrangements.

For more information on the following classes or to register on-line, visit our website at www.harthosp.org/ems.

Basic Life Support for Healthcare Providers

Course fee includes textbook pocket mask and course completion cards. **Schedule:** Evening program from 6:00 to 10:00 p.m. Saturday day program from 9:00 a.m. to 5:00 p.m. Registration is required. Call (860) 545-4158. FEE: \$85.

Basic Life Support for Healthcare Providers—Refresher Class

Call (860) 545-4158 for schedule and registration information.

CPR/Heartsaver Instructor Course

Call (860) 545-4158 for schedule and registration information.

EMT—Basic Course

For all pre-hospital emergency medical care providers who will ride on ambulance crews, serve on fire department rescue squads, or work in security or police departments. It covers assessment, stabilization, and transport of medical and trauma emergencies. Course fee covers texts, equipment and supplies. Call (860) 545-2564 for more information or for registration form.

EMT—Intermediate Course

Must present current copy of State of CT EMT-B certification and a current copy of CPR training in adult, infant and child. Registration is required. Call (860) 545-2564 for schedule and registration form.

EMT—Recertification Course

For currently certified EMT-Basics. Includes the recertification practical and written examinations at no additional charge. Results for both exams are available at the end of the last class. Registration required. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Provider Course

AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Refresher Course

For those who have a current card or one which has recently expired. AHA program designed for healthcare providers whose daily occupations demand proficiency in ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Instructor Course

Course includes textbooks. For schedule call (860) 545-2564. Registration is required.

Pediatric Advanced Life Support (PALS)—Provider Course

American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

Pediatric Advanced Life Support (PALS)—Refresher Course

For those who already have a current card or one which has recently expired. American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

School of Allied Health

Careers in Health Fair

Healthcare professionals will discuss their respective fields including an overview of their responsibilities, educational requirements, and salary range. Open to high school students throughout the state and anyone else who would like more information regarding a career in health care. Contact Carol Blands-Lawson at (860) 545-2612 for more information or to register. **Schedule:** From 9:30 a.m. to 12:00 noon on 11/1 in Hartford. FREE.

Medical Terminology

Learn Greek and Latin prefixes, suffixes and terms frequently used in medicine, including abbreviations. This self-study program is available throughout the year. For more information or to register, call (860) 545-3961

Radiation Therapy Program

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. Radiographers can complete this program in 16 months. For more information, call Carol Blanks-Lawson at (860) 545-2611.

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care for the purpose of diagnosis and treatment of disease. Contact the School of Allied Health at (860) 545-3955.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks. This is a didactic and clinical course to prepare students for jobs as phlebotomists. For schedule and an application, visit our website at www.harthosp.org or call (860) 545-2611.

PROFESSIONAL DEVELOPMENT

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking. Develop communication and leadership skills, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 9/28, 10/12, 10/26, 11/9, 11/23, 12/14. FEE: \$39 for 6-month membership.



HealthStar, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-1888 or toll-free at (800) 545-7664 for a listing of our scheduled programs and locations.

Speaker's Bureau

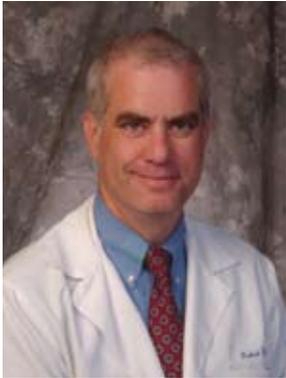
If you are a member of a civic organization, club, school, etc. and are looking for a speaker for your next meeting, call Hartford Hospital's Speaker's Bureau. Physicians, nurses and other healthcare professionals are available to address such topics as Healthy Eating for Seniors, Diabetes Care, Lyme Disease, Stress Management, Smoking Cessation as well as topics that may be of specific interest to your members. For more information, please call 860-545-3901 or toll-free at (800) 545-7664.

Mobile Mammography

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

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following FREE events.



Paving the way for Progress: Clinical Trials in Blood Cancers

Dr. Robert Siegel, medical director of the Cancer Clinical Research Program at Hartford Hospital, will discuss how new drugs are discovered, researched, and approved for treatment. Learn about clinical trials as a possible treatment option, advances in the treatment of blood cancers and how to locate clinical trials that may be right for you. **Schedule:** From 6:00 to 7:30 p.m. on September 19 (5:30 p.m.

sign-in and complimentary dinner) at Hartford Hospital.

Weight Loss Surgery

Join Dr. Darren Tishler, director of Bariatric Surgery, as he discusses Hartford Hospital's Surgical Weight Loss Program. Topics include Laparoscopic Gastric Bypass and the LAP-BAND procedure. Learn who qualifies, what's involved and about lifestyle changes after these procedures. **Schedule:** From 7:00 to 8:00 p.m. in Windsor on September 20; in Avon on October 17 and at Hartford Hospital on November 29.



Looking Younger with Healthier Skin

Learn about new skin tightening treatments, safe and non-invasive wrinkle treatments, botox, restylane and collagen, laser treatment of blood vessels, brown spots and unwanted hair. Join cosmetic dermatologist, Dr. Margaret Bason, on September 21 from 6:30 to 8:00 p.m. in Avon.

Breaking Through the Age Barrier— Getting The Best Cancer Treatment

Dr. Jeffrey Kamradt, oncologist/hematologist at Oncology Associates and Hartford Hospital, will host this free educational program on cancer treatment in older adults. Learn about treatment decisions, communicating with your healthcare team, emotional support and being a partner in your care. **Schedule:** From 6:00 to 7:30 p.m. on October 5.



Stay Upright—Preventing Falls

Dr. Mary King, geriatrics specialist at Hartford Hospital, will explain what causes falls and will identify seven things seniors can do to reduce their risk of falling. She'll also demonstrate simple exercises seniors can do to improve their balance. This presentation is recommended for seniors as well as anyone who cares for them. **Schedule:** From 7:00 to 8:00 p.m. in Avon on October 5 and in Windsor October 19.

Crohn's Disease and Ulcerative Colitis

Presented by Dr. Joseph Cappa and Dr. Michelle Smedley, Board-certified gastroenterologists practicing at Connecticut GI and Hartford Hospital. Learn about the diagnosis, treatment and living with Crohn's and colitis. A question and answer session will follow. **Schedule:** From 7:00 to 8:00 p.m. on September 19 in Avon; October 19 in Wethersfield; November 21 in Glastonbury.



10 Tests That Can Save Your Life

Dr. Elizabeth Evans, an internist practicing in Bloomfield and on staff at Hartford Hospital, will host this presentation. **Schedule:** In Avon on November 7 from 7:00 to 8:00 p.m.

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

Enjoy autumn's rich harvest with this hearty soup recipe from Hartford Hospital's Gastrointestinal (GI) Endoscopy Unit. Among the alarming adverse health effects associated with obesity are rising rates of coronary heart disease, stroke, diabetes and colon cancer. Apples are high in cancer-fighting vitamin C, a form of vitamin A called *beta-carotene*, boron (a trace element that hardens bone) and fiber. As the old adage says, an apple a day can lower blood cholesterol and improve bowel function, while reducing the risk of stroke, prostate cancer, type 2 diabetes and asthma. Pumpkins and winter squash—acorn, Hubbard and butternut—are rich sources of dietary fiber and beta-carotene (the bright orange flesh indicates high beta-carotene content). When choosing squash or pumpkins, look for rich color and a firm, hard skin. Green acorn squash should be a deep, dull green, not shiny or speckled, while butternuts should have a deep, even color.

Harvest Squash and Apple Soup



Ingredients

½ cup chopped onion
 1¾ cup apple cider
 ⅓ cup thinly sliced carrot
 1 tsp. instant chicken bouillon granules
 2 cups cooked and mashed acorn or butternut squash, or 1 can (16 oz.) pumpkin
 1 cup skim milk
 1 tsp. lemon juice
 ¼ tsp. white pepper
 ¼ tsp. ground ginger, or to taste
 black pepper to taste
 fat-free sour cream (approx. 4 oz.)

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

In large pan, cook onions and carrot in cider, covered, for 12 minutes or until very tender. DO NOT DRAIN. Add bouillon, lemon juice, ginger and pepper, and transfer to blender or food processor. Add squash or pumpkin. Blend until smooth. Return mixture to pan. Add milk and bring to a boil, stirring occasionally. Reduce heat and simmer 5-10 minutes or until fully blended. Serve in a bowl, topped with a dollop of sour cream. (Serves 6)

Calories: 94
 Carbohydrate: 15.2 g
 Total fat: 0.21 g
 Protein: 3 g
 Cholesterol: 2.5 g
 Fiber: 2.54 g
 Vitamin A: 507 ug (provides 73% of an adult's DRI)
 Sodium: 248 mg*
 Potassium: 437 mg

* Omit bouillon to reduce to 56 mg of sodium