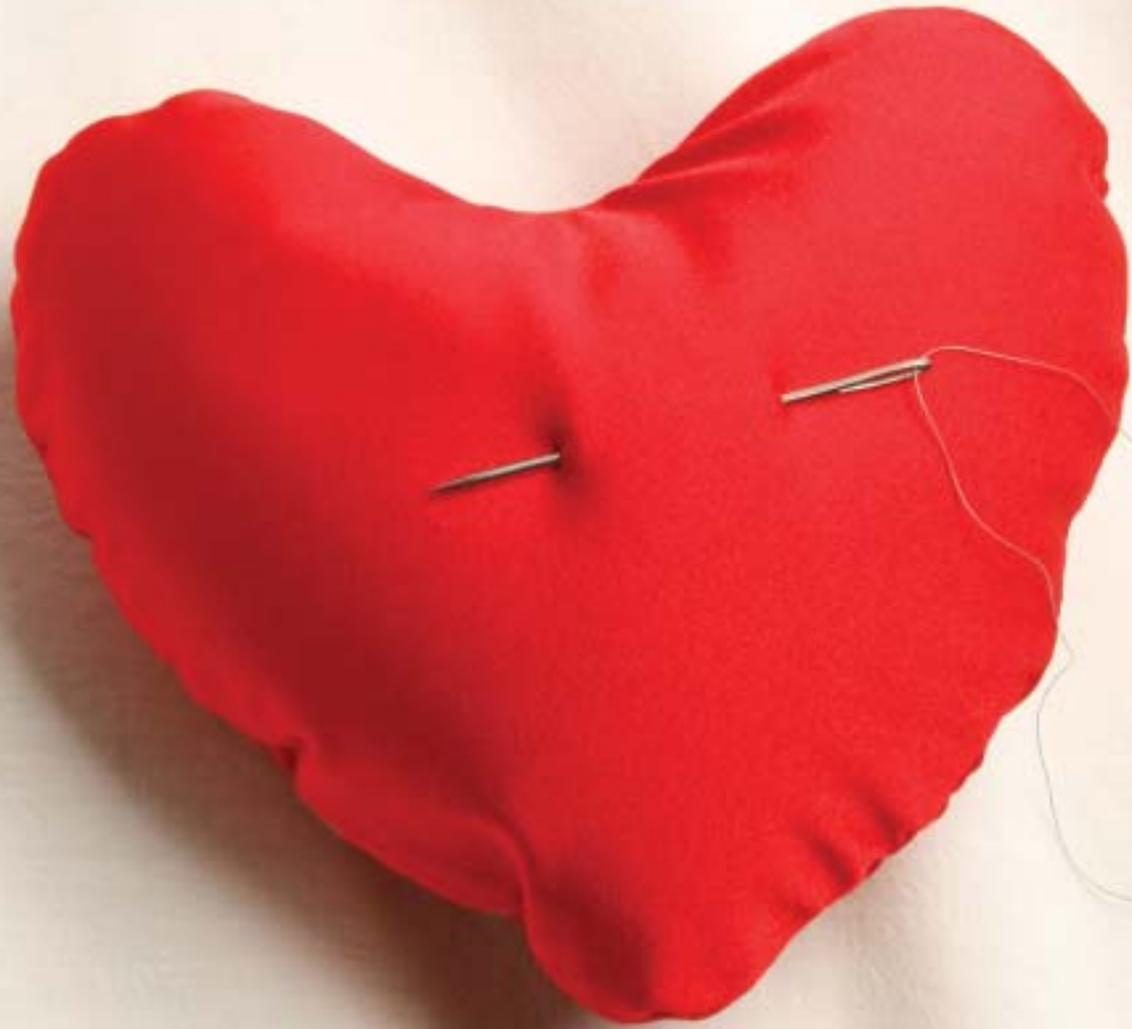


S P R I N G  
2 0 0 6

# R O U N D S

HARTFORD HOSPITAL'S WELLNESS MAGAZINE



## Mending Hearts

Armed with robotic tools, cardiac surgeons  
blend skill and artistry in the operating room.

## Bird Scourge

As the bird flu death toll rises and public health experts warn of an impending pandemic, Hartford Hospital is stockpiling protective gear, life-supporting ventilators and antiviral drugs. "We need to be ready for a global outbreak of an infectious disease that spreads easily from human to human," says Brian Cooper, M.D., chief of the Division of Infectious Disease at Hartford Hospital. "We will have a pandemic. What we don't know is whether it will occur in five years or 50 years. Will it be the H5N1 avian influenza or some other flu strain?"

In 1997, the first human case of H5N1 bird flu emerged in Hong Kong. The relentless spread of the pathogen has ravaged flocks of birds across Asia, but so far the virus has not proven to transmit easily from poultry to people or from person to person. "The H5N1 virus has spread in a wide geographic range among migratory birds in the Middle East and Africa," says Dr. Cooper. "The more birds and poultry are exposed and infected, the greater the chances of this virus exchanging genes with a human influenza virus and creating an emergent recombinant virus."

Viruses often rapidly mutate into lethal strains by mixing genes, sometimes leaping into another species on the way. Both bird and human flu viruses infect pigs, which can

serve as a viral reservoir, breeding new and potentially fatal combinations. Most human avian flu cases have resulted from direct contact with live birds or raw poultry.

Neurological problems and lung damage kill up to half of those infected with the virulent H5N1 flu strain. An effective antiviral drug, Tamiflu, is in short supply. Outbreaks from China to Turkey have spurred calls for a crash program to develop a vaccine. "Approval by the Food and Drug Administration normally takes four to five years," says Dr. Cooper. "Research is just beginning to move out of the lab and into early human trials. Few companies are willing to assume the medical and legal risks necessary to rush promising but novel vaccines into immediate production, but I'm optimistic that a useful vaccine will be forthcoming."

## ROUNDS

Hartford Hospital's Wellness Magazine

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

### Rounds Medical Advisory Board:

Adrienne Bentman, M.D.  
David Crombie, M.D.  
Joseph Klimek, M.D.  
Andrew Salner, M.D.  
Linda Taylor, M.D.

Editor: Lee Monroe  
*Director of Public Relations*

Designer: Clare Philips

Writer: Jane Bradley

Photography: Cover: Jim Coon  
Page 5: Lanny Nagler  
Page 3, Back Cover: Joy Miller

Calendar  
Coordinator: Luisa Machado

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.

## HEALTH TIPS

### Get A Leg Up on RLS



Do your legs start tingling, twitching or throbbing whenever you try to fall asleep? At night, do you feel an uncontrollable urge to get up and walk around? If so, you may be among the estimated 12 million Americans—nearly 10 percent of adults—who suffer from a common neurological condition called restless legs syndrome (RLS).

While no one knows the exact mechanism of the disorder, researchers believe that it involves the neurotransmitter dopamine. Tantalizing links to another dopaminergic problem, attention-deficit hyperactivity disorder (ADHD), are spurring research into the way abnormal brain chemistry triggers restlessness at night and hyperactivity during the day. Like ADHD, the syndrome often runs in families.

RLS afflicts more women than men, and usually appears in middle age or earlier in those with a strong family history. People with "secondary" RLS may be temporarily afflicted during pregnancy, or as the result of kidney failure, diabetes or Parkinson's disease. Unlike other disorders of the central nervous system, RLS often can be easily treated with Requip, the first drug specifically approved by the Food and Drug Administration to treat moderate to severe RLS. Research shows that iron deficiency or anemia may play a role.

"Patients often experience worsening of symptoms at night, causing sleep disturbances and insomnia," says neurologist Mohamed N. Hassan, M.D., a movement disorder specialist. "One study found that 70 percent of people with RLS took up to three hours to fall asleep every night. The underlying condition seems to be linked to hormonal fluctuations in the body's sleep-wake cycle."

## PHYSICIAN PROFILE

### Joao A. Gomes, M.D.

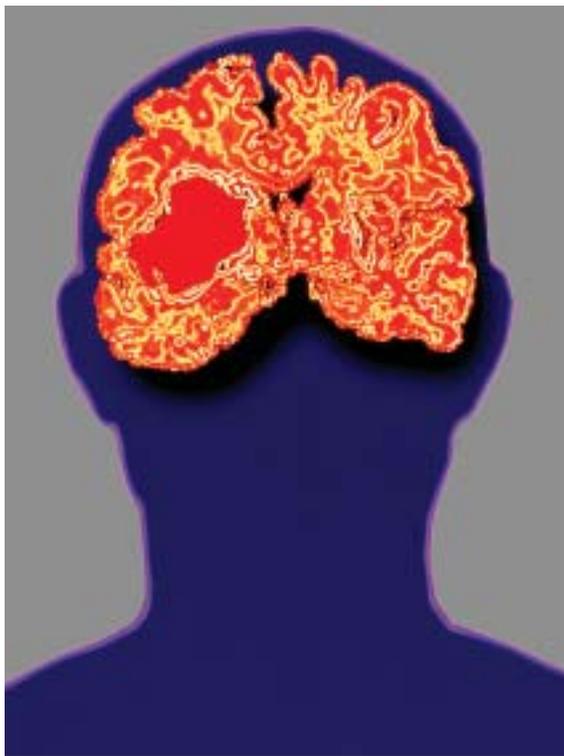
Joao A. Gomes, M.D., a Board-certified neurologist, recently joined The Stroke Center at Hartford Hospital. An assistant clinical professor of neurology at the University of Connecticut School of Medicine, he specializes in neurosciences critical care and vascular neurology which includes the care of patients with brain and spinal cord injuries, strokes, hemorrhages, brain aneurysms and other neurovascular emergencies.

A native of Venezuela, Dr. Gomes is the state's only fellowship-trained neurocritical care neurologist. "We're a new breed," he says, explaining that the sub-specialty blends expertise in neurology/neurosurgery and critical care medicine. He studied medicine at the Universidad Central de Venezuela, trained in stroke and vascular neurology at Harvard Medical School, and specialized in critical care of neurosurgical patients and victims of complex strokes and head trauma at the Johns Hopkins University.

Married and a father, Dr. Gomes likes being on call to offer his help during the hyper-acute phase when someone suffers a stroke, hemorrhage or severe brain injury. He often works with interventional radiologists to treat strokes with clot-busting drugs and stents. For fun, he enjoys reading, particularly fiction and history.



# Bleeding in the Brain



*Silhouette of a head with a computer-enhanced section through the human brain showing intracerebral hemorrhage. At left is the area of hemorrhage or bleeding in the folded cerebrum of the brain. This large hemorrhage has caused brain tissue to be compressed and pushed out of shape.*

Every 45 seconds, someone has a stroke in the United States. About 85 percent of the time a clot lodges in an artery, blocking the flow of blood and starving the brain of oxygen. Another kind of stroke happens when an artery within the skull suddenly ruptures, spilling blood into the brain. Only about 15 percent of victims of a bleeding, or hemorrhagic, stroke return to an independent lifestyle and more than a third die within a month.

Hemorrhagic strokes occur when the constant pounding of high blood pressure weakens and bursts the wall of a brain artery. Accumulation of amyloid protein in arterial walls in

elderly individuals—a condition reported in Israeli Prime Minister Ariel Sharon—also can make vessels susceptible to bleeding. When a flawed or leaky artery gives way, the brain swells and pooling blood rapidly destroys adjacent brain tissue.

"Hypertension is the most common risk factor for a hemorrhagic stroke, as well as the easiest medical cause to treat," says neurologist Isaac Silverman, M.D., co-medical director of The Stroke Center at Hartford Hospital. "As a physician, it is frustrating to see patients who prefer not to take their blood-pressure medicines go on to develop a life-ending or severely disabling brain hemorrhage that could readily have been prevented. The thought—'I don't like to take my medicines'—actually can kill you."

"An intracerebral hemorrhage has a high mortality rate," adds Joao Gomes, M.D., who recently joined Hartford Hospital as a neurocritical physician, the only neurologist in the state with advanced training in neurocritical care medicine. "Immediate damaging effects of bleeding in the brain range from movement and speech problems to paralysis on one side and coma."

Although there is currently no FDA-approved therapy for hemorrhagic stroke, victims who come to Hartford Hospital may be eligible for an ongoing clinical trial at The Stroke Center. The FAST (Factor Seven for Acute Stroke Therapy) trial for the treatment of acute intracerebral hemorrhage is evaluating a clotting factor called Factor VII (NovoSeven®) that researchers hope will reduce disability from bleeding in the brain and improve clinical outcomes.

A synthetic form of a human protein that enhances blood clotting, Factor VII coagulates blood flowing from the ruptured vessel and as a result, minimizes the early growth of a hematoma—the clotted blood collection—within the injured brain. "The larger the hematoma, the greater the impact on daily activities and survival," says Dr. Gomes. "Patients are also at risk for serious complications for several weeks after a hemorrhagic stroke, including pneumonia or blood clots developing in weakened limbs."

The drug must be started within four hours after onset of symptoms, so use of 9-1-1 emergency medical services is critical. Hartford Hospital is the only medical center in southern New England to offer this potential therapy.

## Hearts on the Mend Minimally Invasive Cardiac Surgery with the Da Vinci Robotic System

Armed with the tools of technology, Hartford Hospital cardiac surgeons are the first in the region to harness the power of robotics to perform heart operations with speed, safety and smaller scars. Minimally invasive surgical techniques reduce pain, minimize blood loss and shorten recovery times, but the complexity of cardiac surgery—and the inflexibility of the earlier versions of the instrumentation—have previously limited cardiac surgery to the conventional, open method. Now surgeons at Hartford Hospital are using the da Vinci Robotic Surgical System for minimally invasive cardiac procedures.

“It was clear,” says director of Surgery Orlando Kirton, M.D., “that in addition to being able to perform cardiac procedures with high quality and good outcome, we needed to grow where the technology was going. That’s what patients want. Da Vinci fits in well with that plan.”

The da Vinci System from Intuitive Surgical, Inc. is the first “intuitive” endoscopic robot. It offers surgeons and patients the best of both worlds: it has the benefits of a minimally invasive procedure, but it gives surgeons the ability to see what they’re working with as clearly as if they were performing open surgery.

“The robot offers surgical support to operate deep inside the body without making a large incision,” says Jonathan Hammond, M.D., director of the Division of Cardiovascular Surgery. “We can get deep inside the chest without spreading the ribs, which minimizes pain.”

In addition, surgical procedures can be performed with movements that feel natural. “The instruments are extremely flexible and can be introduced more deeply into the body cavity,” says cardiac surgeon Robert Gallagher, M.D. “They give you the same degrees of freedom as your own wrist. Standard endoscopic tools are just straight instruments. You can go in

and out or up and down, but you can’t get around corners. The robot is good for technically demanding procedures.”

Surgeons also appreciate the visualization and freedom the robotic system offers. Cardiac surgeon David Underhill, M.D., says, “From a technical point of view, da Vinci offers spectacular optics and visualization. The acuity is astounding. We see views inside the chest that we wouldn’t see in conventional surgery.”

Motion scaling is an additional benefit of the system. “Your relatively large movements can be translated into finer motion,” says Dr. Gallagher. “This is as close to real life as we’ve come. The view is three-dimensional, with images magnified to the tenth power.”

Cardiac surgeons do acknowledge some degree of frustration at the loss of tactile sensation, especially when they first began using da Vinci. “Sometimes,” says Dr. Underhill, “I want to reach out and grab the tissue. But it becomes second-nature with use. You can’t feel the tissue or the suture material, or the needle going through, but the optics compensate. They show you how tight to pull on a stitch.”

Teams of cardiac surgeons are working on different procedures. Drs. Underhill and Gallagher are using the da Vinci robot to dissect out the internal mammary artery (IMA) which is used as the bypass vessel for bypass procedures. The procedure can be done more cleanly with the robot. “This has gone exceptionally well,” says Dr. Underhill. “We’re the only medical center in Connecticut that’s doing this. We harvest the IMA with the robot, and then we perform the rest of the procedure conventionally.”

“We’re doing takedown of IMA now,” says Dr. Gallagher. “Next will be coronary bypass through small left-side incisions.” Dr. Underhill adds, “We’re also performing mitral valve repair and atrial septal defect closure.”

### WHAT’S GOING AROUND...News & Breakthroughs

#### Whooping Worry

Why is pertussis—a preventable disease—on the rise in the U.S.? Chances are the immunity you got from vaccination in infancy has worn off. The American Academy of Pediatrics now recommends universal vaccination of adolescents. The telltale high-pitched “whooping” cough may be absent in previously immunized individuals, but they can pass life-threatening infections to unvaccinated infants and children.

#### Pooped Out

People who own dogs get more exercise than those who don’t, reports *The American Journal of Preventive Medicine*. Owners of both large and small dogs in Vancouver, British Columbia, walk nearly twice as many minutes per week as their canine-free counterparts. Both male and female owners of all breeds engage in more physical activity than those who don’t own dogs.

#### Smoking Alarm

Moms who smoke during pregnancy put kids at risk of becoming overweight by the age of eight, warns a large U.S. study published in the *International Journal of Epidemiology*. Prenatal smoking has been shown to raise the risk of miscarriage, premature delivery and other pregnancy complications. Rapid “catch-up” growth in low-birth weight infants or nicotine withdrawal may help explain later obesity.

#### Fatty Fries

McDonald’s recently admitted that its large French fries contain a third more trans fats than previously known—a whopping eight grams of potentially artery-clogging trans fat and a total fat content of 30 grams. Trans fat comes from adding hydrogen to vegetable oil in a process called *hydrogenation*. McDonald’s provided the nutritional analysis in response to calls for healthier food.

Currently Drs. Underhill and Gallagher are the only two surgeons performing the takedown of the IMA for bypass procedures. Dr. Hammond says, “We decided it was best to have one or two individuals develop their skills on these procedures. We concentrate the effort on them, and we don’t have to worry about six different learning curves. These two have figured out what works well and what doesn’t, and this is beneficial for patients in the long run.”

Although da Vinci represents the very latest in minimally invasive technology, it’s already well established at Hartford Hospital. Joseph Wagner, M.D., urologic surgeon, introduced the da Vinci system to the hospital in 2003. Support from donors helped the hospital underwrite the cost of the million-dollar robot.

The cardiac surgeons who’ve been using da Vinci feel as though they’ve had a solid foundation upon which to build. “Hartford Hospital has been a leader in this technology,” says Dr. Underhill. “There’s a commitment to excellence in this on the part of the hospital. The infrastructure needed to perform such intricate procedures using the da Vinci robot is in place. The anesthesia team is excellent. For this type of surgery, you have separate lung ventilation, and the team has that down.”

Those involved with the da Vinci system at Hartford recognize that being the first hospital in the region to offer procedures using the robot carries with it the responsibility to proceed with great caution. “We recognize the importance of proper training and proctoring as we advance along,” says Dr. Gallagher. “We perform our due diligence with respect to our patients.”

“Cardiac surgery,” says Dr. Gallagher, “has been likened to flying a 747. The pilots go down a checklist every single time, even though they’ve flown the plane hundreds of times.

Everything is done in sequence to make it a safe flight. Take-offs and landings are the hardest. You need to have done everything exactly right, and then when you’re ready to land, everything’s been done to give you a safe landing. When you’re sitting at the console, it’s intuitive. Once you’re at the robot, it all falls into place.”



*Drs. Gallagher (left) and Underhill are using the da Vinci Robotic System for minimally invasive cardiac surgery.*

## Herb No Help

*The New England Journal of Medicine* reports that a rigorous federally funded research study found that a plant extract, saw palmetto, doesn’t relieve symptoms of prostate enlargement after all. Saw palmetto is the third-highest-selling herbal dietary supplement in the U.S., used by more than two million American men to treat benign prostate enlargement, a common condition unrelated to prostate cancer.

## Losing Control

People at high risk for cardiovascular disease have the least control over cholesterol, Wake Forest University School of Medicine researchers report in *Circulation*. Only 54 percent of study subjects took lipid-lowering drugs, and of those receiving treatment, only 41 percent achieved their target levels. African Americans and Hispanic Americans were less likely to be treated and controlled than non-Hispanic whites.

## Fruitless Diet

Low-fat diets alone don’t reduce the risk of heart attack or cancer in post-menopausal women, says a surprising new study in the *Journal of the American Medical Association*. Researchers say simply reducing fat content isn’t enough—dieters also need to exercise, lose weight and eat more vegetables, fruits and grains. Adding fresh produce may do more for health than lowering fat content.

## Cereal Prize

As part of a healthy diet, fortified grains may cut stroke risk by reducing levels of the amino acid homocysteine. A Northwestern University study found that men who ate the most folate (folic acid) were 30 percent less likely to suffer a stroke. Tufts University researchers say a cup of fortified cereal daily adds B vitamins and decreases homocysteine blood levels.

## “Act in Time” to Save Your Heart

Heart disease is the number one killer of Americans of all ages. Each year more than a million people in the United States experience a heart attack, or myocardial infarction, and nearly half of them die. Most wait two or more hours after the onset of symptoms before seeking medical help, often because they don't know they're having a heart attack. Nearly half of heart attack deaths occur before the victim reaches the hospital.

Most people don't realize that a “wait and see” attitude lessens their chances of survival. The classic heart attack sufferer is a middle-aged man who suddenly clutches his chest in excruciating pain, but often a patient's first symptom—particularly in women—is shortness of breath, lightheadness, jaw pain or even nausea. More than half of those who die suddenly from a heart attack have no previous symptoms. If you suspect a heart attack may be occurring, call 9-1-1 immediately to prevent potentially fatal damage to the heart muscle.

Many Americans don't realize that powerful life-saving therapies like clot-busting drugs and balloon angioplasty can stop a heart attack as it's happening. Rapid intervention is critical when a blood clot obstructs blood flow through a coronary artery, one of the main vessels that channel blood to the heart muscle. While artery-opening treatments can save lives

and limit heart damage, medications must be administered within an hour of symptom onset.

“The sooner we open a blocked artery, the better the outcome,” says Raymond McKay, M.D., an interventional cardiologist at Hartford Hospital. “Emergency catheterization, angioplasty and intracoronary stenting can prevent heart damage and reduce the risk of having a second heart attack.

Hartford Hospital recently established a Chest Pain Center, where a team of emergency physicians and interventional cardiologists rapidly assesses patients to speed delivery of lifesaving catheter-based therapy. An electrocardiogram (EKG) administered in an ambulance or the hospital's LIFESTAR helicopter can be transmitted directly to the hospital to diagnose a heart attack before the victim arrives in the Emergency Department (ED). Patients can receive drug therapy en route and go directly to the catheterization laboratory without delay.

“Hartford Hospital was one of the first heart centers in Southern New England to integrate local community hospitals into an organized network,” says Dr. McKay. “Patients who come to the hospital from longer distances away have the same mortality rates as those who come directly to the ED. At Hartford Hospital, 98 percent of heart attack victims treated in this manner survive.”

*Act in Time to Heart Attack Signs is a public education campaign from the National Heart, Lung, and Blood Institute. Visit [www.actintime2006.com](http://www.actintime2006.com) to learn more.*

## What's In A Number?



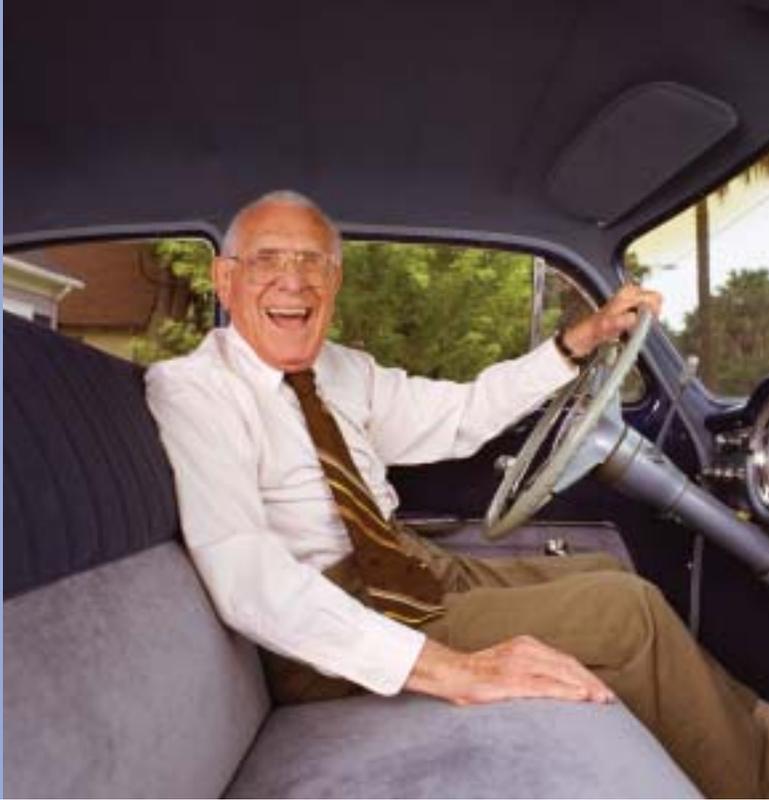
**D**o you know your blood pressure? The American Heart Association says 65 million Americans—or nearly one in three adults—have high blood pressure, defined as a blood pressure equal to or greater than 140 millimeters of mercury (mm Hg) over 90 mm Hg. What do those numbers mean, anyway?

Simply put, the narrower your arteries, the more blood your heart pumps and the higher your blood pressure. A blood pressure reading consists of two numbers. The top number—the *systolic* pressure—is the amount of pressure your heart generates when pumping blood out through your arteries. The bottom number—the *diastolic* pressure—is the amount of pressure in your arteries when your heart relaxes between beats. In short, blood

pressure is a way of measuring how much force is being exerted on the walls of your arteries as blood flows through them.

Blood pressure is normal if it's below 120/80 mm Hg, but 115/75 mm Hg is even better. Taking blood pressure medication as prescribed is critical to cardiovascular health. The American Journal of Medicine recently reported that African Americans are 70 percent more likely to have inadequate blood pressure control compared with whites, and more than 80 percent less likely to take their medicine regularly. Untreated hypertension is a “silent killer” that can damage the heart and other organs and lead to life-threatening heart disease, stroke and kidney disease. Physicians urge everyone to know their numbers.

# Taking a TEST DRIVE



**A driving simulator helps seniors decide when it's time to give up the wheel**

Like Miss Daisy of movie fame, many senior citizens eventually confront the reality that their driving just isn't what it used to be. Critical reaction times and braking distances often suffer in individuals with substantial cognitive decline, vision loss or physical impairments.

In general, doctors do not want to be placed in the role of police. Determining when someone with dementia ought to give up driving is difficult for family members, as well as primary care physicians and geriatricians caring for an aging population. Someone with early Alzheimer's disease may continue driving long past the point of safety because real-world driving skills are difficult to measure. Yet other patients are able to drive safely for some time. How can the family or physician accurately assess someone's ability to drive?

The American Automobile Association (AAA) offers on-the-road driving evaluation and the Division of Motor Vehicles (DMV) administers written tests, but it's still hard to tell how someone might react if a child darted into the street. "Paper-and-pencil assessment is two steps removed from actual driving," says Godfrey Pearlson, M.D., director of the Olin Neuropsychiatry Research Center at the Institute of Living (IOL). "Testing a driver's reaction times while they're skidding in the rain is neither possible nor ethical."

Such a scenario, however, can be easily simulated on a computer. Robert S. Astur, Ph.D., director of the IOL's Virtual Reality Laboratory, has created a driving simulator that tests an individual's response to emergency situations in a controlled way. Developed with a Hartford Hospital grant funded by donor support, the simulator looks like an arcade video game with a steering wheel, brakes and a gas pedal. Test subjects practice for 20 minutes or so to get a feel for the apparatus before beginning the 10-minute test drive. Altogether it takes a couple of hours to drive and to complete various memory tests and problem-solving puzzles that assess a driver's cognitive function.

The software lets older drivers test their skills on a safe, but realistic, on-screen obstacle course. Subjects must avoid simulated dangers like traffic in the lane ahead. Afterward, researchers discuss the test results with subjects and follow up after six months to see if the individual is still driving.

Alzheimer's disease afflicts an estimated 4.5 million people in the United States, but Connecticut is not one of the states that require doctors to report drivers with dementia to the state DMV. Since the IOL testers have no legal authority to report poor performance or take away someone's license, results from the driving simulator are kept confidential, but can help individuals recognize for themselves when it's time to give up the wheel.

Healthy normal individuals and those with memory complaints aged 65 and older are invited to test their driving on the simulator. Call Demetta Smith at (860) 545-7800 for more information or to enroll in the study.



## Hartford Hospital Programs & Events From March 15 through June 15, 2006

### 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 4/6, 5/4, 6/1—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 3/16, 4/20, 5/18, 6/15. Call Diane Ward, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

4th Tuesday of each month—3/28, 4/25, 5/23. 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 4/4, 5/2, 6/6. 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 3/23, 4/27, 5/25. Registration required. Call (860) 545-3790. FREE.

#### Prostate Cancer Support Group for Women

Support for women (wives, friends, daughters, etc.) involved with prostate cancer patients. **Schedule:** Meets the 2nd Wednesday every other month 6:00 to 8:30 p.m. on 4/12 and 6/14. Light supper served. Registration required. Please call (860) 545-1888. FREE.

#### Art Competition/Exhibition

The Capelli D'Angeli Foundation, founded by Marcia Reid Marsted, is sponsoring an art competition/exhibition for women artists who have had cancer at some point in their lives. Entries are due March 15th and will be exhibited from April 6 through May in the Helen and Harry Gray Cancer Center Atrium. Entry forms and information are available in the Atrium or online at <http://www.capellidangelifoundation.org>. A reception will be held on Thursday, April 6 from 5:00 to 7:00 in the Cancer Center Atrium.

#### Exploring Myeloma

Dr. Mark Dailey, Oncologist/Hematologist with Oncology Associates, PC and Hartford Hospital will conduct a free educational program on myeloma. Learn what it is, about current and emerging therapies and the management of this disease and treatment-related side effects. Emotional and social aspects of a myeloma diagnosis and information on how and where to seek support will also be explored. Recommended for patients, caregivers and healthcare professionals. A complimentary light dinner will be served. **Schedule:** Tuesday, 5/3 from 5:30 to 7:30 p.m. at Hartford Hospital. To register call Health Referral Services at (860) 545-1888.

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

## SCREENINGS/SUPPORT GROUPS\*

\* Look under specific topics for additional support group listings.

### Blood Pressure Screenings

Free monthly blood pressure screenings sponsored by the Women's Heart Center at Hartford Hospital and in collaboration with The Shoppes at Buckland Hills. Screenings will take place inside the mall at the soft seating area outside of Barnes & Noble from 8:00 to 9:00 a.m. **Schedule:** 4/5, 5/9, 6/7. No need to register.

### 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:** 3rd Wednesday of each month at 7:15 p.m. on 3/15, 4/19, 5/17 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 3/23, 4/27, 5/25. 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:** 3/15, 3/23, 4/19, 4/27, 5/17, 5/25 from 6:00 to 8:30 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. on 3/24, 4/28, 5/26 in the Brownstone Building's 1st Floor Conference Room. Registration is not required. For more information, call Noraliz Santa, RN at (860) 545-1223. 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.



## 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 4/19 to 5/24. 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—4/5, 5/3, 6/7 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. 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 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.

### Pilates

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

### 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 LIFECARE 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 4/5, 5/3, 6/7 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 from 7:00 to 8:30 p.m. To register, call Health Referral Service at (860) 545-1888.

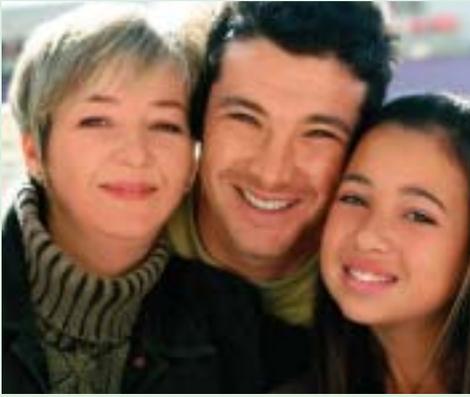
### 4/3 Vacation Planning & Disaster Preparation

Christie Gemme, RN in the Diabetes Lifecare Program will teach you how to prepare for vacations and keep blood sugars on track when you are away from home. Also find out what you can do now to prepare for a "disaster" situation.

### 5/22 Kidney Education & You

Presented by Rocky Hill Dialysis. Learn how to keep your kidneys healthy, what treatment options are available if issues arise and how your diet can affect your kidney function.

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



## 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 3/27, 4/10, 4/24, 5/8, 5/22, 6/12 at 85 Jefferson St. in Room 116. Call (860) 545-2290. FREE.

### Bereavement Support Group for Spouses (Age 50+)

For people 50 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month on 3/28, 4/25, 5/23 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 35–50)

For people age 35–50 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 3/21, 4/18, 5/16 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 4/6, 5/4, 6/1, 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 3/27, 4/24, 5/22 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 4/4, 5/2, 6/6.

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

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by Linda Denton, OTR/L, MS. **Schedule:** From 5:15 to 6:30 p.m. on 3/16, 4/6, 4/20, 5/4, 5/18, 6/1, 6/15.

### • 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 3/15, 4/19, 5/17 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 Linda Denton, OTR/L, MS. **Schedule:** From 5:15 to 6:30 p.m. on 4/11.

### • Medical 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 Linda Denton, OTR/L, MS. **Schedule:** From 5:15 to 6:30 p.m. on 5/9.

### • Bipolar Disorder—Introduction

Learn about bipolar disorder and its treatment, along with specific suggestions to help you better cope with the illness. Facilitated by Lawrence C. Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 3rd Tuesday of each month on 3/21, 5/16 in Hartford from 5:15 to 6:30 p.m. or in Avon on 4/18 from 7:00 to 8:00 p.m.

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

Learn what families need to know about helping a person with schizophrenia obtain and keep a meaningful job. This presentation, conducted by Christine Gagliardi, will include information on vocational counseling, support services and other helpful resources. **Schedule:** From 5:15 to 6:30 p.m. on 6/13.

## 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 Pulmonary Rehabilitation at (860) 545-3637 for more information.

## 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 the Special Dining Room at Hartford Hospital on the following dates. To register for any of these **free** programs, call (860) 545-1888.

- 3/21 *Connie Santilli, Aesthetician*—Maintaining both inner and outer beauty.
- 4/18 *Dr. Neil Grey, Endocrinologist*—Diabetes and obesity, metabolic syndrome and the effects of surgical weight loss.
- 5/23 *Rose Esposito, Representative from Ethicon*—Technological advances in Bariatric Surgery.

## 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](http://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 audio 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 5:00 p.m. on 3/23, 4/13, 4/27, 5/18 or 5/25 in Hartford. **FEE:** \$150 (Hartford Hospital employees \$120; Reiki Volunteers \$75).

### Baby Massage Instructor Certification

For anyone interested in becoming certified as a Newborn Baby Massage Instructor. Consists of two parts: independent home study kit and the certification session, which will be held at Hartford Hospital. Please call (860) 545-4444 for more information or to register.

### Therapeutic Touch—Basic and Basic Plus

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:** Basic class on 4/1 from 9:30 a.m. to 5:30 p.m.; Basic Plus class on 4/15 from 9:30 a.m. to 3:30 p.m. in Newington. **FEE:** \$150 for both classes (\$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:** 4/24 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.**

### Chi Kung for Arthritis

Chi Kung is an ancient Chinese therapy that integrates physical postures, breathing techniques and focused attention to help improve arthritic conditions, reduce stress and build stamina. Appropriate for persons with full or limited mobility. Conducted by Bob Ellal who is a personal student of Ramel Ronas, a disciple of Dr. Yang Jwing-Ming, world-renowned Kung Fu, Chi Kung and Tai Chi Chuan master. **Schedule:** 12-week session meets on Saturdays from 10:00 to 11:15 a.m. in Glastonbury from 4/8 to 6/24. **FEE:** \$120.

### Dream Workshop

Learn to decipher, understand and interpret the meaning of your dreams and the direction your unconscious mind is sending you in and why. Conducted by Kathleen Kiley, TV host and magazine columnist and an expert in the study of Mind, Body, Spirit Integration and Energy Medicine. **Schedule:** Saturday, April 29 from 10:00 a.m. to 4:00 p.m. in Newington. **FEE:** \$65.

### Lunch and Learn Video Presentations

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

**Hartford—LIVE (unless otherwise noted) presentations from 12:00 noon to 1:00 p.m. at Hartford Hospital's Education and Resource Center (ERC), 560 Hudson Street. FREE.**

### 3/16 Managing the Affects of Cancer Treatment with Acupuncture

Acupuncture can be a useful therapy to have during cancer treatment to help relieve nausea increase energy, lessen neuropathy and reduced stress. **ERC 216.**

### 4/6 The Importance of Dreams – How to Interpret Their Meanings

Dreams continuously send messages of guidance, support and advice. Learn how to decipher the brilliant tips that your unconscious is constantly providing. Bring your dream journals! **ERC 221.**

### 4/20 Unleashing the Healing Power of Herbs (video presentation)

Dr. Linda Page takes you on a journey of discovery about herbal healing: the history; news about ginkgo biloba, chamomile, ginseng, ginger, and rosemary; different forms of herbs; the safe use of herbs; how to make the perfect pot of medicinal herbal tea; and, why herbal teas are wonderful for everyone. **ERC 218.**

### 5/4 Healing Teas From Your Garden

Herbal teas have been used throughout history as a gentle way to calm and restore the spirit as well as to nourish, strengthen and heal the body. Enjoy the added benefit of growing these herbs in your garden. Carole Miller is an organic gardener specializing in culinary and medicinal herbs. **ERC 218.**

### 5/18 Creating Balance in your Life

Do you feel life is out of balance as you juggle career, home, and a personal life? Through this informative, interactive, and enjoyable by Lori Woodhouse, MSW, Life Coach, you will learn powerful techniques to create greater balance, fulfillment, direction and ease in your life. **ERC 221.**

### 6/1 The Healing Power of Pets

In 2005, the Hospital's Pet Therapy program celebrated its 10-year anniversary. In this heart-warming program, Kelley Boothby, manager in Volunteer Services, will share her knowledge of the Pet Therapy program. Meet one of our doggy pet therapists to learn how our animal companions help with the healing process. **ERC 218.**

### 6/15 Yoga For People with Special Needs

Yoga is a relaxing yet empowering exercise system. Come learn how yoga can be beneficial to people who have Parkinson's Disease, Multiple Sclerosis or have had a Stroke. Experience how yoga can be gentle, adaptive and restorative for the person with special needs. **ERC 218.**

**Avon—VIDEO and 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.**

### 4/4 Native American Medicine (video presentation)

Naturopathic medicine and diagnosis have been with us for thousands of years. This video shows how we are still able to re-forge the link between modern naturopathic medicine and the ritual ceremony and spiritual traditions of Native American Medicine

### 5/2 The AH-HA Moment—Finding Insight Through Collage (live presentation)

Join us for a "hands-on" learning experience using pictures and words. Through the process of collage, we can unlock problems, express our feelings, and bring health and healing to our mind, body and spirit. Join artist, Kelly Taylor, for this fun and insightful collage workshop.

### 6/6 Unleashing the Healing Power of Herbs (video presentation - 60 minutes)

Dr. Linda Page takes you on a journey of discovery: the history of herbal healing; news about ginkgo biloba, chamomile, ginseng, ginger, and rosemary; the safe use of herbs; how to make the perfect pot of medicinal herbal tea; and, why herbal teas are wonderful for everyone.



## 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 4/6, 5/4, 6/1 from 6:30–8:30 p.m. Children may attend with their mothers. Call (860) 545-2796 to register or for more information.

## WOMEN'S HEALTH ISSUES

### *The Women's Education Resource Center*

Provides women with the resources necessary to find the latest information on a variety of health and medical topics in a quiet, comfortable setting. FREE.

### *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. Call Lynn (860) 545-5398 or Mayra (860) 545-1001. FREE.

### *The Strong Women Stay Young Program*

According to Dr. Miriam Nelson, Ph.D., at Tufts University, no group in our society can benefit more from regular exercise than middle aged and older adults. Research shows working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. *Strong Women Stay Young* incorporates leg and arm weights to improve muscle tone, balance and flexibility. Please call (860) 545-1888 or (800) 545-7664 for schedule and locations. FEE: \$160.

### **NEW!** *Menopause Support Group*

The Menopause Clinic at Hartford Hospital's Women's Health Services is conducting a 6-week 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.

### **NEW!**

### *Postpartum Depression Support*

Hartford Hospital's Women's Health Services is conducting a 6-week Postpartum Depression Support Group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Please call 545-1888 for more information.

## 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:** 3/23, 4/27, 5/25

**Glastonbury:** 4/10, 5/8, 6/12

**Hartford:** 3/27, 4/4, 4/24, 5/2, 5/15, 6/6

**Wethersfield:** 5/10

### • *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:** 4/13, 5/11, 6/8

**Glastonbury:** 3/20, 5/22

**Hartford:** 3/28, 4/3, 4/11, 4/25, 5/1, 5/9, 6/5, 6/13

**Wethersfield:** 4/12, 6/14

### • *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. 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 Wethersfield on 4/20. 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:** 5/20 in Avon from 9:00 a.m. to 12:00 noon. 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 8:00 p.m. on 5/15 in Glastonbury. FREE.

### • *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield from 10:30 a.m.–12:00 noon on 4/17; or from 6:30–8:00 p.m. on 3/20 or 5/15. 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.

### • *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This class does not replace a Childbirth class. In Glastonbury on 4/12, 5/17. 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:** Wednesdays from 11:00 a.m. to 12:00 noon in Avon on 4/6, 5/4, 6/1. 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. Parents will come away with an understanding of how to be an active participant in the birth of their 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. 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*. Call (860) 545-1888 for schedule and more information. 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.)



### • **LaMazel Tov**

This 4-part series consists of three classes covering the birthing process and one class (*Jewish Beginnings*) where couples learn about Jewish traditions to welcome a child into the community. *Jewish Beginnings* will meet at Chai—the Center for Jewish Life in Avon and the childbirth classes will meet at the Avon Wellness Center. 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. 4/6, 5/4, 6/1 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. 4/1, 5/6, 6/3; **Thursday** 4:00–5:00 p.m. 3/16, 4/20, 5/18, 6/15 **School-age**—Saturday 10:00–11:00 a.m. 4/8, 5/20, 6/10; **Thursday** 4:00–5:00 p.m. 3/23, 4/27, 5/25. 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.

## 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. Sessions run from 4/26 to 5/31. FEE: \$50 for 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 on various parenting issues. **Schedule:** Wethersfield from 11:15 a.m. to 12:15 p.m. Series run from 4/26 to 5/31. FEE: \$50 for series.

## Exercise for Expectant and New Moms

### • **Prenatal Yoga**

This six-week program is conducted by a certified prenatal yoga instructor. **Schedule:** Sessions run from 4/26 to 5/31 in Avon on Wednesday evenings from 5:30 to 6:45 p.m. 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:** Avon—Sessions run from 3/29 to 5/3 or 5/10 to 6/21 from 9:30 to 10:30 a.m. FEE: \$78.00 for six-week session.

## 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 and the West Hartford Police Department to offer a free class for expectant parents. Learn what position is safest, preventing the car seat from slipping on leather surfaces and when to move the baby to the next size seat. This class is free, but space is limited. **Schedule:** From 7:00 to 8:00 p.m. in Wethersfield on 3/27 or 6/5. Call Health Referral Services at (860) 545-1888 to register.

### **CPR for Family and Friends: Infants and Children**

Recommended for new parents, babysitters and anyone who cares for infants and children. **Schedule:** From 6:00 to 9:00 p.m. on 3/22, 4/12, 4/26, 5/10, 5/24, 6/7. Registration is required. Call (860) 545-1888. FEE: \$30.

### **Adult CPR/AED**

Hands on skills training course to prepare you to respond to breathing and cardiac emergencies in victims 8 years old and above. **Schedule:** For schedule call the Healthtrax Fitness Center in Hartford Hospital's Avon Wellness Center at (860) 284-1190. FEE: \$35.



**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) 545-1888 or toll-free at (800) 545-7664.



## VOLUNTEER SERVICES

### **Blood Drive**

The American Red Cross will conduct a blood drive on 3/21 from 7:00 a.m. to 12:30 p.m. 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.harthosp.org/volsvc](http://www.harthosp.org/volsvc)

### **National Volunteer Week: April 23–28**

**THANK YOU!** to the 978 volunteers who contribute over 118,000 hours of service every year. The impact on our patients, their families and our staff goes beyond mere savings of dollars and cents. The time and talents they share with us are truly gifts to treasure. If you would like to join this amazing group of people, please contact the department of Volunteer Services at (860) 545-2198.

## 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](http://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. on 4/4 & 4/6; 5/2 & 5/4 or 6/6 & 6/8. Day program from 9:00 a.m. to 5:00 p.m. on 3/18, 4/22, 5/20. 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. Call for schedule. Registration required. Call (860) 545-2564.

#### **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) 545-4158 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 textbook and refreshments. Call (860) 545-2564 for schedule. 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

#### **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

#### **Histotechnology Program**

A 10-month hospital-based certificate program in Histotechnology leading to eligibility for certification by the American Society of Clinical Pathologists. Accredited by the National Accrediting Agency for Clinical Laboratory Sciences. Consists of 40 hours/week of integrated classroom and clinical education where students gain the knowledge and experience necessary to function in a laboratory setting. Full-time (Monday-Friday) 12-month program which begins in April and August of each year. For more information or to register, call Zoe Ann Durkin, M.Ed., HT (ASCP) at (860) 545-3952.

#### **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.



### PROFESSIONAL DEVELOPMENT

#### **Mary Mulready Sullivan Oncology Symposium (for healthcare professionals only)**

The 7th Annual Mary Mulready Sullivan Oncology Symposium will be held on Wednesday, May 17, 2006. This year's topic is "Innovations in Targeted Cancer Therapies: Promises and Limitations." Guest speakers include Harold Burstein, MD, Thomas Lynch, MD, Arnold Freedman, MD, Susan Epting, RN, MSN, OCN, and Deborah Schrag, MD, MPH. These nationally known experts will discuss new cancer therapies and how they are changing the face of cancer care. Registration is required. For further information, please contact Sandi Beggs at (860) 545-2390 or email: [sbeggs@harthosp.org](mailto:sbeggs@harthosp.org)

#### **3rd Annual Heart Rhythm Management Symposium**

For cardiologists, internists, nurse practitioners and other health care professionals who are interested in updating their knowledge of heart rhythm management. Speakers include Peter R. Kowey, MD, (Jefferson Medical College); Suneet Mittal, MD, FACC (NY Presbyterian Hospital-Cornell University); Douglas Packer, MD (Mayo Clinic of Medicine, MN); and, from Hartford Hospital, Jeffrey Kluger, MD, FACC; Christopher A. Clyne, MD, FACC; Magdy Migeed, MD and Ravi K. Yarlagadda, MD. **Schedule:** 4/5 at the Marriott in Rocky Hill from 1:00 to 5:00 p.m. This is a free program but registration is required. To register, call (860) 545-1888.

#### **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 (except December) from 12:00 noon to 1:00 p.m. at Hartford Hospital on 3/23, 4/13, 4/27, 5/11, 5/25. FEE: \$30 for 6-month membership.

Visit our web site at [www.harthosp.org](http://www.harthosp.org)

## SPECIAL EVENTS AT HARTFORD HOSPITAL

---

### ***Understanding Bipolar Disorder***

Does someone you know or love have bipolar disorder? Dr. Lawrence Haber, Clinical Psychologist who directs the Family Resource Center at the Institute of Living, will discuss this disease, its causes and treatments in both adults and children. He will also discuss how to live with and support someone with this illness. **Schedule:** Tuesday, April 18 from 7:00 to 8:00 p.m. in Avon. This is a free program but registration is required. Call (860) 545-1888.

---

### ***Celebrate Life!***

Celebrate your cancer survivorship with hundreds of others. Celebrate Life! is the Cancer Program's annual celebration of life for our cancer patients and their families. Entertainment will be provided by the Pratt & Whitney Screamin' Eagles, you will be treated to an inspirational speaker and lunch will be provided. **Schedule:** Sunday, June 11 from 12:30 to 3:30 p.m. at The Learning Corridor, 43 Vernon Street in Hartford. Registration is required. Call (860) 545-1888.

---

### ***Day of Health and Beauty***

Hartford Hospital and The Shoppes at Buckland Hills are teaming up to offer you a day of health and beauty information. Blood pressure screenings, chair massages, mobile mammography and health risk assessments along with a fashion show, makeup demonstrations, and fashion consultations will be available to you free of charge. Stop by any time at The Shoppes at Buckland Hills (at various locations throughout the mall) between 10:00 a.m. and 2:00 p.m. on Saturday, March 25.



---

### ***Skin Care and Rejuvenation: New Treatments for Sun Damage, Wrinkles and Age Spots***

Dr. Brook Seeley, a Board-certified Facial Plastic Surgeon, will discuss the latest treatments aimed at undoing the damage caused by sun exposure and time. Topics will include sun protection, topical skin care regimens to use at home, procedures done in the physician's office, including laser treatments, chemical peels, BOTOX Cosmetic, Restylane and Radiesse. Laser hair removal and surgical procedures will also be discussed. **Schedule:** From 12:00 to 1:00 p.m. in Hartford on March 29 or from 7:00 to 8:00 p.m. in Farmington on April 27 or June 8; in Wethersfield on May 24. Registration is required for this free program. Call (860) 545-1888.

---

### ***Weight Loss Surgery***

Join Dr. Darren Tishler, director of Bariatric Surgery at Hartford Hospital as he discusses the Surgical Weight Loss Program at Hartford Hospital. Topics include Laparoscopic Gastric Bypass and the LAP-BAND procedure for weight loss. Learn who qualifies, what's involved and about lifestyle changes after these procedures. **Schedule:** 7:00 to 8:00 p.m. in Avon on March 16; in Hartford on April 12. Registration is required for this program. Call (860) 545-1888.

---

### ***Beautiful Skin Without Surgery***

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 Thursday, April 20 from 6:30 to 7:30 p.m. in Avon. This is a free program but registration is required. Call (860) 545-1888.

---

### ***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 Chron's and Colitis. A question and answer session will follow. A light breakfast will be served. **Schedule:** Saturday, April 22 from 9:00 a.m. to 12:00 noon. Registration is required. Call (860) 545-1888.

---

### ***"Living! with Stroke"***

Join the American Stroke Association for a unique event for stroke survivors and caregivers. The theme this year will be how to stay motivated. There will be entertainment, prizes, guest speakers, stroke screenings, and exhibitors that include hospitals, community agencies, medical equipment, rehab facilities, respite care, health and wellness information and more! Peter Cornelis, stroke survivor and founder of H.O.P.E (*Healing On Positive Energy*), will be the guest speaker. Lunch will be served. **Schedule:** Monday, May 20th from 10:00 a.m. to 2:00 p.m. at the Trumbull Marriott, 180 Hawley Lane, Trumbull, CT. Registration is **not** required but if you have any questions, call the American Heart Association at (203) 294-3526.

# Mussels with Saffron and Orange



The most expensive spice found anywhere on the planet, saffron consists of flavorful handpicked strands, each with three tiny blossoms. It takes up to 75,000 royal purple flowers to make a single pound of the colorful and appetizing spice, a key ingredient in the Spanish dish paella. Now researchers are reporting the happy news that saffron may be a mood-enhancing, as well as potentially cancer-preventing, way to add healthy zest to your diet.

Saffron seems to have originated in Greece or Asia Minor, now part of Turkey. Psychiatrists in the Middle East believe that saffron boosts mood as well as Prozac by enhancing the activity of neurotransmitters in the brain. In traditional Indian medicine, saffron is used to treat bladder, kidney and liver disorders. The journal *Cancer Detection and Prevention* tested the compound's anti-tumor potential and found it to be a carotenoid-rich blend of antioxidants that may slow cancer growth. While saffron is expensive (as much as \$12 per gram), don't try to save by buying the medicinal-tasting powdered version that is often diluted with cheaper spices. Spend the money on saffron threads—or grow the delicate crocus plant in a sunny spot in your garden.

## Ingredients

- 2 Tbsp. olive oil
- 2 large leeks, whites and ½–1 inch of green, cleaned thoroughly and sliced
- 1 medium carrot, cleaned and diced
- 2 large plum tomatoes, seeded and chopped
- 2 large cloves garlic, chopped
- ½ cup dry white wine (substitute clam juice if desired)
- ¼ tsp. crumbled saffron threads
- ¼ tsp. grated orange peel
- ¼ tsp. salt
- 2 lbs. fresh mussels, scrubbed and bearded (discard any that don't close during scrubbing)
- 2 Tbsp. chopped fresh cilantro

In a large skillet with a tight fitting lid, sauté leeks and carrot in oil over medium heat until crisp-tender, 3-4 minutes, stirring. Add chopped tomatoes, garlic and saffron and cook 1 minute longer, stirring. Add wine, grated orange peel and salt and bring to a simmer. Add mussels, place lid on skillet and simmer for about 4 minutes, or until mussels open. Ladle mussels and broth into 2 bowls (discarding any that aren't open), and sprinkle with cilantro. Serve with crusty bread to soak up broth. Serves 2 as an entrée or 4 as an appetizer.

Calories: 310  
 Protein: 12 g  
 Carbohydrate: 20 g  
 Total Fat: 16 g  
 (> 90% heart healthy  
 Monosaturated Fat)  
 Cholesterol: 24 mg  
 Sodium: 573 mg  
 Phosphorus: 320 mg

A very good source of the following nutrients:  
 Vitamin A: 551 mcg  
 Vitamin C: 25 mg  
 Zinc: 1.6 mg  
 Potassium: 703 mg  
 Vitamin E: 2.15 mg  
 Iron: 5.45 mg

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