

S U M M E R
2 0 0 8

ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

BACK TALK

Finding relief for your aching back

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

Page 7 Joy Miller
Pages 4 & 10 Lanny Nagler

Calendar Coordinator

Luisa Machado

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

Satellite Offices

Avon Wellness Center
100 Simsbury Road

Glastonbury Health Care Center
704 Hebron Avenue

(Community Education Room—
ProHealth Center, 320 Western Boulevard)

Wethersfield Health Care Center
1260 Silas Deane Highway

Windsor Health Care Center
1060 Day Hill Road

West Hartford Surgery Center
Blue Back Square
65 Memorial Drive

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.

Sweet Stuff

Do artificial sweeteners really help you lose weight? Approximately 127 million Americans are overweight and 60 million are obese. Sugar substitutes seem like an easy way to lower calorie intake.



But researchers at several universities found a correlation between drinking diet soda and the development of metabolic syndrome—obesity, high cholesterol, high blood pressure and high blood sugar—that often precedes diabetes. The risk of developing metabolic syndrome was more than a third higher among those who drank a daily can of diet soda compared with those who drank none.

Sugar substitutes disrupt the body's ability to feel full, which is bad news for dieters but good news for food companies. The U.S. market for artificial sweeteners is projected to reach \$189 million in 2008. The Sugar Association says consumers are surprised to learn that sugar has only 15 calories per teaspoon.

"Artificial sweeteners, in moderation, are a better option for diabetics than refined sugar," says Camtu N. Karrenbauer, D.O., a Glastonbury family medicine and internal medicine specialist. "Sugar substitutes may be helpful for those watching their caloric intake, but dieters should be cautious in light of recent research about metabolic syndrome. Artificial sweeteners remain controversial because of concerns about their carcinogenic (cancer-causing) potential."

Concerns persist about cancer risks associated with saccharin (Sweet 'N Low and Sugar Twin), the first FDA-approved sweetener. Since the Food and Drug Administration approved aspartame for consumption in 1981, some researchers have suggested that rising brain tumor rates in the United States may be at least partially related to the increasing availability and consumption of aspartame (brand names NutraSweet and Equal). Sucralose (brand name Splenda) is used in baked or fried "diet" foods, while aspartame is found in diet drinks.

S A F E T Y T I P S

Striking Out

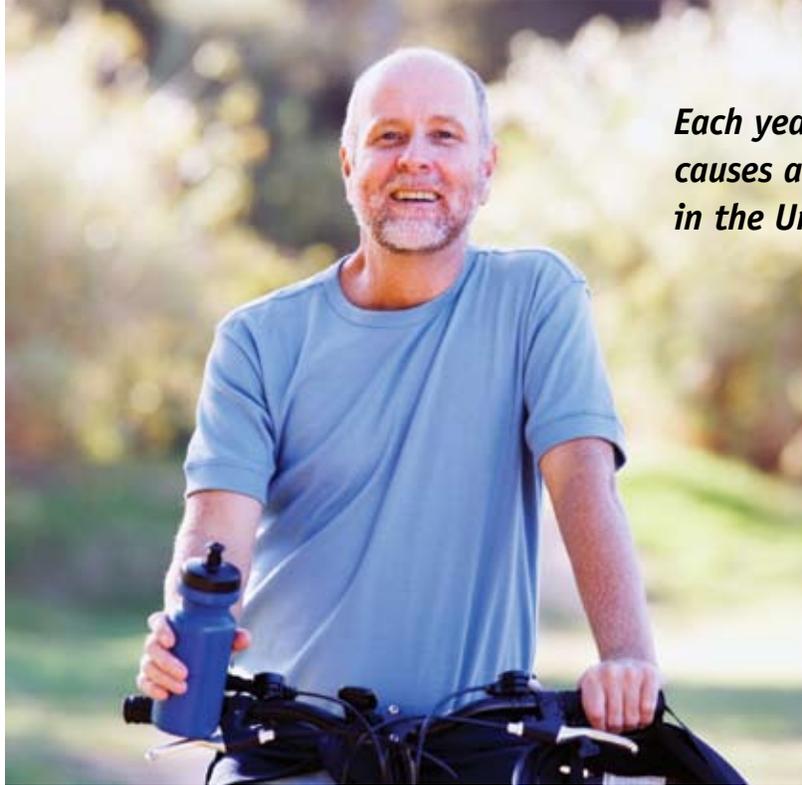
Every thunderstorm produces lightning, even when the rumble of thunder sounds far away. Often "heat lightning" is a warning that a storm is moving in your direction.

According to the National Weather Service, an estimated 700 people are struck by lightning and 70 are killed each year. While a lightning strike causes sudden cardiac arrest only rarely, many survivors suffer long-term, debilitating symptoms. Lightning can damage the brain and nervous system, resulting in distractibility, irritability, short-term memory loss and personality changes.

Warm, humid conditions favor the development of storm systems. Take a sudden thunderstorm seriously, since high winds, hail and rain can spawn a dangerous flash flood or tornado.

- When a storm hits, seek shelter in a building or car, away from trees. While you can be injured if lightning strikes your car, you are much safer inside a vehicle than outdoors.
- If you're stranded outside, take cover under a thick growth of small trees or look for a low ravine if you're in the open.
- Rubber-soled shoes provide no protection from lightning.
- Assist victims of a lightning strike immediately — they carry no electrical charge.
- Use a cordless phone or cell phone to call for help.
- Follow the 30/30 rule: If after seeing lightning you can't count to 30 before hearing thunder, go inside. Stay indoors for 30 minutes after hearing the last thunderclap.

Keep Your Cool



Each year, heat exposure causes about 8,000 deaths in the United States.

Summer is a season of picnics and parades, but be on the alert when temperatures climb above 95° F and relative humidity tops 70 percent. Too much sun and overexertion is a potentially life-threatening mix. Prevention is the best way to safeguard against heat-related illness or injury.

When “heat stroke” occurs, the body’s core temperature rises to 104° or above, as it tries unsuccessfully to lose heat. The first, subtle signs of overheating include rash, cramps, nausea, vomiting, fatigue or confusion. Heat rash may appear as red, inflamed, itchy skin. As the internal temperature rises into the danger zone, the body sends more ominous warning signals: pale skin, throbbing headache, dizziness, increased heart rate, low blood pressure, elevated temperature and profuse sweating.

“Heat stroke causes mental status changes such as anxiety, confusion, and seizures,” explains Frances B. Gurtman, M.D., medical director of the Hartford Medical Group, South Main Street, West Hartford. “Classic heat stroke affects individuals with underlying chronic medical conditions that either impair thermoregulation or prevent removal from a hot environment. These conditions include cardiovascular disease, neurologic or psychiatric disorders, and obesity. The very young and

the elderly are especially susceptible. Patients who take long-term antihypertensive medications, lack access to air conditioning, are socially isolated or unable to care for themselves are at highest risk.”

As people age, the body’s ability to handle heat becomes less efficient. Many seniors suffer from conditions like high blood pressure, poor circulation, asthma or cardiovascular disease that put them at risk for heat stroke. Medications like diuretics, tranquilizers and certain heart drugs often interfere with the body’s natural cooling mechanisms.

In a recent survey, about a third of the older adults questioned said they were reluctant to turn on an air conditioner because of its cost. In Paris, more than 14,000 people perished during a heat wave in 2003, one of the most lethal natural disasters in history. Each year, heat exposure causes about 8,000 deaths in the United States, more than hurricanes, tornadoes, floods and earthquakes combined, according to the U.S. Centers for Disease Control and Prevention.

Blazing days in the sun bring an upswing in visits to urgent care centers and Hartford Hospital’s Emergency Department. “The treatment of choice currently involves spraying the naked patient with a mist of lukewarm water while air is circulated with large fans,” says Dr. Gurtman. “Ice bath immersion for exertional heat stroke is also recommended.”

- Work out early in the morning or after sunset. Heat cramps—muscle pains or spasms in the abdomen, arms or legs—often occur during exercise.
- Increase your intake of water and sports beverages, even if you don’t feel thirsty. Avoid alcohol and sugary, caffeinated drinks that cause dehydration.
- If you must be in the sun, use a long-lasting moisturizing sunblock with a sun protection factor (SPF) of at least 15.
- Wear lightweight, light-colored clothing and a hat with a wide brim.



Gerald J. Becker, M.D.

Taking Back Control

Nearly four out of five people suffer from back pain

Your spine is a complex and delicate scaffolding of interlocking bones sheathing a network of nerves stretching from your brain to your toes. Between your vertebrae are spongy discs that act like shock absorbers, cushioning the backbone as it bends and twists, supported by multiple layers of muscle. Nerves wrapped in a thin layer of tissue run the length of the spinal canal and radiate into your legs and calves.

When sudden or severe back pain strikes, it may be difficult to identify its source. Dull, aching lower-back discomfort or a wrenching spasm? Sharp, shooting pains running from your back down your legs? Pulled muscles or sore ligaments? Nearly four out of five people suffer from back pain at some point in their lives.

Arthritis or chronic joint pain afflicts nearly 70 million Americans, while lower-back pain often results from exertion and muscle strain. An estimated half of working adults will experience back pain in any given year. Aching pain radiating from the buttocks to the calf area, which often feels like a pulled muscle, is commonly called *sciatica*.

"Back pain is difficult to diagnose," says Paul D. Tortland, D.O., a sports medicine physician in Avon. "Many different anatomical structures—muscles, nerves, discs, bones, ligaments and cartilage—produce almost identical pain patterns."

Oh, My Aching Back

Americans hunch over computers all day and then go home to slump on their couches in front of the TV. Poor posture often contributes to back pain and strain. "To minimize stress on your spine, make a concerted effort to sit up straight and pull in your belly muscles," says Gerald J. Becker, M.D., an orthopedic and spinal surgeon. "Strengthening the abdominal and back muscles helps prevent lower-back pain."

"Most back pain is caused, in part, by biomechanical imbalances," adds Gregory Czarnecki, D.O., an osteopathic physician who embraces a holistic philosophy that focuses on the musculoskeletal system—the nerves, muscles and bones. "Hands-on therapy and individualized therapeutic exercise can help the body retrain and strengthen back muscles. Regular exercise, along with Pilates, yoga, acupuncture and/or massage, may also help in the treatment of back pain."

Obesity weakens joints, contributing to back strain and injury. When awkward bending or improper lifting causes a painful wrenched back, most acute attacks last less than six weeks, with pain lessening over time as the injury heals.

As people age, intervertebral discs degenerate and supporting muscles shrink, thanks to a combination of a sedentary lifestyle, cigarette smoking, poor nutrition and obesity. Back pain sometimes comes from injury to a disc, the fluid-filled ring of cartilage between each of the backbones that serves as a cushion for the spinal column. A recent MRI study found that 36 percent of people over 60 had a disc that was bulging or ruptured, called a *herniated disc*.

When the ring of tissue tears and fluid leaks out, the herniated disc may press painfully on the nerves around the backbone, but over time the bulging disc gradually shrinks and inflammation subsides. While MRI and CT scans often reveal damaged discs in the lumbar (lower back) region, the link between disc deterioration and lower back pain remains unproven. "Abnormal findings on MRI of the lumbar spine are very common," explains David A. Kvam, M.D, a neurosurgeon who frequently sees patients suffering from "pinched nerves" and back pain. "It is important to correlate clinical observations and the patient's exam with findings shown on the MRI of the lumbar spine. Bulging, degenerative discs are common with age and are a 'normal' finding. Studies have demonstrated disc herniation in up to 30 percent of people who are not having back or leg pain."

Each year, nearly 300,000 Americans undergo operations to "fuse" their unstable spines in the hope of relieving pain. In a lower-lumbar spinal fusion, surgeons remove one or more degenerated discs and mechanically brace the spine with metal rods and bone grafts. Surgery to remove a portion of the damaged disc is unavoidable when dislocated or damaged vertebral bones endanger fragile nerves or the spinal cord.

"The perception is that everything can be fixed," says Dr. Becker. "Surgery may be your best option, but it should be your *last* option. Patients come into the office saying, 'I want surgery,' but most people improve significantly with weight loss, exercise and behavioral changes." Hartford Hospital's

Hartford Hospital's Spine Center offers a comprehensive, collaborative approach to caring for your back.

Spine Center offers a comprehensive, collaborative approach to caring for your back, with advanced orthopedic surgery, neurosurgery and minimally invasive procedures to treat the cause of your spinal problem and get you moving again.

Don't Take Back Pain Lying Down

"Bed rest is the worst thing you can do for back pain," says Dr. Becker. Not only have studies shown that walking promotes disc healing, but two days of bed rest have been shown to be just as effective in relieving pain as weeks spent in bed. Resting for more than a few days actually slows recovery. Physical therapy and exercise can help strengthen muscles if poor posture or an uneven stride is leaving you off balance and prone to falls.

"An acute back strain is often the tip of the iceberg," says Dr. Czarnecki. "Often this is the warning of an underlying musculoskeletal problem that has been present despite minor or no previous symptoms, especially in an aging individual. Strengthening and retraining muscles to improve balance and support, spinal manipulation and sometimes bracing can prevent re-injury. If pain worsens in severity, or changes from previous symptoms, see your physician. Early intervention is crucial because back pain can become chronic if left untreated."

Muscle relaxants soothe back spasms by reducing cramping and easing taut muscles. While non-steroidal anti-inflammatory drugs (NSAIDs) sold under brand names like Advil, Motrin or Aleve may help reduce inflammation, narcotic painkillers like codeine and Oxycontin have a dangerous potential for abuse and may delay recovery. "Narcotics are excellent for pain control, but at higher doses every pain receptor is saturated," says Dr. Becker. "How will patients who are already on narcotics cope with pain if they need surgery?"

When Pain Persists

Inflammation of the "pinched" nerve root, the part of the nerve that leaves the spinal canal, can trigger nagging pain in the leg. An outpatient procedure called a lumbar epidural injection can often reduce swelling and irritation to relieve lower-back and leg pain caused by a pinched nerve. "In theory, the goal is to inject steroids

directly over the nerve root that is inflamed," says Dr. Kvam. "The lumbar epidural injection breaks the pain cycle, and helps speed recovery by getting patients back on their feet."

Unrelenting pain sometimes results from weakness or injury to the muscles and ligaments that support and anchor the spine. In most cases, chronic ligament injuries are difficult or impossible to detect with MRI, while the pain caused by loose ligaments in the lower back is often indistinguishable from the pain of sciatica caused by a herniated disc. A pulled muscle, strained joint or torn ligament releases a protective inflammatory cascade. Numbness, tingling and weakness may mimic nerve pain, making diagnosis difficult.

An office procedure, *prolotherapy* (regenerative injection therapy) stimulates the body's own inflammatory process to increase the blood supply and flow of nutrients, enabling the ligament to repair itself. "Injecting an irritant solution of dextrose (sugar water) and novocaine creates local inflammation to stimulate natural healing," explains Dr. Tortland. "The longer you go without proper treatment, the more your body tries to compensate, leading to new problems like muscle tightness and early arthritis. When it works, prolotherapy can permanently eliminate pain in five or six treatments."

Balloons for Backs

An estimated 25 million Americans suffer from osteoarthritis, the most common type of degenerative joint disease, while osteoporosis (weak, porous bones) threatens the health of an estimated 44 million Americans.

Osteoporosis causes a someone to suffer a spine fracture every 45 seconds in the United States. Older women are especially vulnerable to vertebral compression fractures, which occur when brittle bones in the spine weaken and collapse. Because osteoporosis is silent, many individuals don't realize they suffer from the bone disease until severe pain signals a fracture. Mary, still spry at age 90, was lifting a stack of plates to set the table when she suddenly felt a sharp pain in her back. Now, thanks to a minimally invasive technique called *balloon kyphoplasty*, two adjacent vertebrae with compression fractures were restored and stabilized at Hartford Hospital.

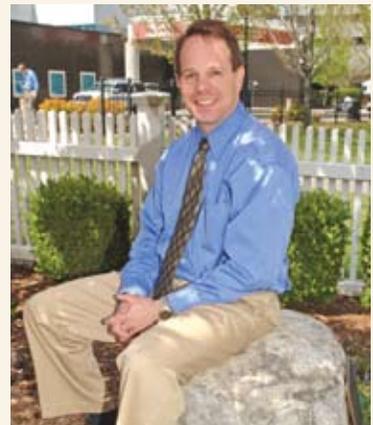
PHYSICIAN PROFILE

Gregory R. Czarnecki, D.O.

Gregory R. Czarnecki, D.O., assistant director of Hartford Hospital's Department of Medicine, is Board-certified in both Internal Medicine and Sports Medicine. A graduate of Providence College, he earned his doctor of osteopathic medicine degree at the University of New England College of Osteopathic Medicine. He completed his osteopathic internship and internal medicine residency at the University of Connecticut, and a fellowship in sports medicine at the University of Massachusetts, Fitchburg.

He recently joined Hartford Hospital, where he has clinical responsibilities for both Internal Medicine and a musculoskeletal medicine clinic, which combines osteopathic manipulative treatment (OMT) and sports medicine. He serves as clinical faculty for UConn's Internal Medicine and Osteopathic Internal Medicine residency programs. He often treats young athletes with acute and chronic sports injuries and associated health conditions, although his patients range in age from adolescents to 90-year-old swimmers.

He is head team physician at Prince Tech High School, and covers all home varsity football games. During his fellowship training, he served as a team physician at the College of the Holy Cross, Worcester Polytechnic Institute, Clark University, the University of Massachusetts – Amherst and Fitchburg State College. For the past three years, he has served as a medical tent volunteer at the Boston Marathon. Dr. Czarnecki, who is married with three boys, enjoys skiing, golfing and outdoor sports.



The strong, resilient spinal column consists of backbones (vertebrae) supported by ligaments and muscles. Without the moveable "facet" joints that connect the vertebrae, your spine would lack flexibility, and you could only move in very straight and stiff motions. Back pain sometimes comes from injury to an intervertebral disc, the gel-filled ring surrounded by crossing fibers (the annulus) between each of the backbones that serves as a cushion for the spinal column. When the annular fibers tear and fluid leaks out, the herniated disc may painfully press on and irritate the adjacent nerves in the spinal canal. The bulging, or herniated, disc often gradually shrinks and inflammation subsides over time. Common causes of lower back pain include muscle and ligament strains and sprains, sciatica, arthritis and osteoporosis.

"Mary's injury would otherwise have been very debilitating because of prolonged, severe pain necessitating lengthy bed rest and narcotic medication," says Jack Foster, M.D., an interventional radiologist with Hartford Hospital and Jefferson Radiology. "Because of her petite frame, small bones and advanced age, Mary was at high risk for a fracture. Kyphoplasty is a very useful technique for stabilizing fractures in those patients who aren't candidates for the operating room."

With Mary sedated but awake, Dr. Foster bored a small hole into the fractured vertebra. Then, guided by X-ray fluoroscopy, he advanced small orthopedic balloons through an instrument shaped like a drinking straw and gently inflated the balloons to lift the fractured bone back into place. After withdrawing the deflated balloons, he cemented the bone for permanent repair.

Over time, patients with untreated vertebral compression fractures develop stooped posture and spinal curvature that increase their chances of suffering serious, or even fatal, lung complications. In the United States, approximately 150,000 patients are hospitalized every year with compression fractures. Kyphoplasty has a high success rate and provides a lasting treatment that offers significant improvement in mobility and quality of life.

In 2005, Americans spent nearly \$90 billion on doctor's visits, X-rays, MRIs, medications and surgery in search of relief from back and neck pain, nearly double the 1997 total, according to the *Journal of the American Medical Association*. Yet, over the same period, the number of back pain sufferers continued to rise.

As the increasingly sedentary and obese population ages, Americans want a quick fix for their stiff, sore and aching backs. "Wear properly fitted shoes, throw out your lumpy mattress, exercise regularly and lose weight," says Dr. Czarnecki. "Respect your back. It's with you for life."

Energy for Life *The Healing Touch of Reiki*

Hartford Hospital's Integrative Medicine program draws upon culturally diverse holistic practices and ancient traditions to enhance the mind-body connection and the healing process. Since Hartford Hospital pioneered *Reiki* in 1998, specially trained hospital volunteers have used this gentle, hands-on technique to help patients relax during often stressful hospitalizations. The Japanese relaxation technique works with the body's life-force energy (*ki*, *chi* or *prana*) to help strengthen and balance the body's energy to enhance health and vitality. Reiki can also decrease stress and worry, diminish pain, provide an increased sense of well-being, soothe the mind, body, and spirit—and even boost the immune system.

Since Integrative Medicine was established in 1999, Reiki treatments (as well as massage, guided imagery, and eventually acupuncture and ART for Healing) have been available hospital-wide. Over the years, patients and staff have reported statistically significant reductions in pain and anxiety, as well as improvement in sleep and a decrease in post-surgical nausea after Reiki sessions.

"Reiki helps relieve pain, anxiety and depression," says Darrin D'Agostino, D.O., medical director of Integrative Medicine and director of the Ambulatory Pain Service. "Reiki has been shown to be beneficial and calming, as well as tremen-



dously helpful for pain management. We can't explain how it works, but Reiki does balance energy."

Co-coordinated by Reiki Master Alice Moore, R.N., and Eileen Pelletier, manager of Volunteer Services, the popular Reiki Volunteer Program continues to grow, recently celebrating its 10th anniversary. In 1998, 10 volunteers provided Reiki therapy to more than 500 patients. In 2007, 50 volunteers offered the soothing and comforting touch of Reiki to more than 8,500 people. The program has won several national awards, which led to healthcare organizations worldwide asking for information on how to implement similar programs.

"It's probably the most rewarding program I've ever been involved in helping develop, seeing so many people over the years receive so much comfort through gentle touch," says Ms. Moore. "We've had so many amazing Reiki volunteers from all walks of life devoting their time in such a caring and compassionate way."

Hospital patients can request a Reiki session from their caregiver; for more information, call Integrative Medicine at (860) 545-4444 or go to www.harthosp.org/integrativemed on the web.

WHAT'S GOING AROUND...News & Breakthroughs

Brain Gain

A recent French study in *Neurology* found that women who drank three or more cups of coffee a day were 30 percent less likely to have memory problems at age 65 than women who drank one cup or less. Memory decline was 70 percent less likely in women over 80 who drank three or more cups daily. Researchers theorize that the caffeine in coffee (and tea) acts as a cognitive stimulant.

Bottle Ban

Canada recently banned baby bottles made of polycarbonate plastic, containing bisphenol A (BPA), and the FDA is reviewing the chemical amid reports of its endocrine-disrupting effects. Animal studies have linked BPA to breast and prostate cancer, diabetes and obesity. Polycarbonates are hard, clear plastics—labeled with the recycling symbol 7—widely used in baby bottles, reusable water bottles, water coolers and dental sealants.

Fat Genes

A British-led international team of obesity researchers discovered DNA variants that help explain why some people find it so difficult to lose weight. At the same time, researchers at Sweden's Karolinska Institute showed that fat cells, or *adipocytes*, increase in number during childhood and adolescence. Fat cells may shrink, but their number remains largely unchanged, even after weight loss.

Insulin Cell Clusters

Eleven medical centers in the United States, Canada, Sweden, and Norway are transplanting insulin-producing cell clusters into adults suffering from severe type 1 diabetes. National Institutes of Health researchers hope to develop better therapies to replace insulin-producing cells destroyed by diabetes. Repeated insulin injections or an insulin pump can maintain blood glucose control, but most type 1 diabetics still develop complications.

Communication Strategies: ABCs for Resilient Families

A New Book Coaches Parents in Meeting the Challenges of Childrearing



Parents need to be able to accept kids on their own terms. All kids have problems, and when they do, parents often react with anger, embarrassment or other unhelpful emotions. Therapists may be called upon to help frantic mothers and fathers struggling to cope with their children’s behavioral and emotional problems.

“I have been privileged to listen to hundreds of children and their families,” says Rosemary C. Baggish, M.Ed., M.P.H., founder and director of Mental Health in Independent School Communities at the Institute of Living (IOL).

For over two decades, Ms. Baggish has worked with families in crisis at the IOL’s Grace Webb School and at the Yale Psychiatric Institute’s school. She has developed and directed therapeutic school programs, as well as consulting nationally to schools, colleges and hospitals about model programming for children and adolescents with mental health needs.

Her new book, *When the Bough Breaks: How to Really Be There for Your Children*, goes beyond the usual self-help or advice manual to provide communication strategies for parents who may be woefully unprepared to help their children manage difficult situations.

The book grew out of parent-education programs Ms. Baggish developed to help parents support and nurture kids in treatment. “Over time, four strategies emerged that can enable parents to help their kids in sensitive ways,” she says. “Whether it’s Mom and Dad, two women or two men, or grandparents, adults are heroically trying to meet the challenges of parenting.”

Four strategies, which Ms. Baggish calls “the ABCs of effective communication,” can help families whether they’re in the throes of “normal adolescence” or wrestling with serious emotional and behavioral problems. The ABCs help parents understand the child’s needs while maintaining safe boundaries.

The ABCs of effective communication:

A is for the Adult, who needs to stay in the role of adult, wielding authority in a healthy way, setting high standards while being respectful of the child’s boundaries.

B is for Behavior, which means that parents need to be observant, and act on their observations, not their interpretations. Parents should not assume that they know the reasons why their child is acting in a particular way or use labels like “Susie is depressed.” When disciplining the child, validate the child’s innate goodness while communicating that the behavior itself is unacceptable.

C is for Connections, which kids desperately need. Connections with responsible adults build resiliency and teach problem-solving. Children need to know that when they share hurtful secrets or ask for help from a teacher, coach or clergy, they will be helped by adults.

S is for Safety, which is vital to communication. Kids can feel safe in an unsafe world if adults can communicate effectively. They should show zero tolerance for any behavior that could put kids at risk. Bullying can take many forms, from racial slurs to abuse. Children need a safe place to go, where they can soothe themselves with healthy activities like journal writing or talk with an adult who can help them solve problems.

From When the Bough Breaks, by Rosemary Baggish

No matter how difficult the situation, communication must be based on the child’s needs, not the parent’s emotional needs. Kids who learn to ask for help, and who have good relationships with adult role models, are better equipped to handle the problems they will encounter in their lives.

Conserving the Colon



Jeffrey L. Cohen, M.D.

Minimally Invasive Surgery for Colorectal Cancer

Colorectal cancer strikes more than 100,000 Americans and kills nearly 50,000 annually. The third most common malignancy in Americans, colorectal cancer is a leading cause of cancer death, exceeded only by lung and breast cancer. Yet more than a million colorectal cancer survivors are alive today in the United States, thanks to lifesaving surgery and preventive screening with colonoscopy. More than ninety percent of people diagnosed early are still alive five years later.

A revolution has occurred in colorectal cancer surgery, as minimally invasive techniques have replaced operations that once required lengthy, open incisions. Colectomy—complete or partial removal of the colon—can now be performed with just a two- to three-inch incision, plus band-aid size slits for a camera and instruments.

Hartford Hospital has led the way in developing and perfecting surgical techniques to resect the colon with minimal scarring and faster recovery. In the late 1990s, surgeons from the Colorectal Division of Connecticut Surgical Group pioneered the hand-assisted laparoscopic colectomy now used by physicians around the world.

Most colorectal cancers develop from polyps, non-cancerous growths that develop in the large intestine (colon) or rectum (end of the colon). Only slightly more than half of Americans over 50 have been screened, despite a national study showing that periodic colonoscopy could prevent up to 90 percent of colon cancers.

“Of the top three cancers, colorectal is the one that is preventable, not just highly treatable,” says colorectal surgeon Jeffrey L. Cohen, M.D., president of Connecticut Surgical Group. “Colonoscopy can remove precancerous polyps that cause the majority of colorectal cancers. Since Medicare began paying for routine colorectal screening in 2000, we are now finally seeing mortality rates for colon and rectal cancer decreasing.”

Smaller, Safer Surgery

Over the years, Hartford Hospital surgeons have achieved an extraordinary level of expertise in performing even rare, complex procedures safely and effectively. Patients from all over the Northeast come to the hospital for sophisticated treatment options unavailable elsewhere, including hand-assisted techniques, laparoscopic expertise, and robotic surgery. Hartford Hospital is a regional leader in minimally invasive treatments for colorectal cancer surgery because of its investment in specialized equipment, a collaborative and multidisciplinary approach, and the volume of cases performed at the hospital.

“Hartford Hospital has been at the leading edge of the laparoscopic surgery explosion,” says Dr. Cohen, among the Hartford Hospital surgeons who led a transformation to hand-assisted laparoscopic procedures that began 1997-98. “Today we are able to treat colorectal cancer in ways vastly

different from even 10 years ago. To imagine that over the last decade, the majority of colorectal tumors would be removed with minimally invasive techniques rather than open incisions would have required a significant leap of faith.”

Adding hand-assisted techniques to the repertoire of minimally invasive surgery has allowed many more operations to be performed using the tools of laparoscopy. “Multiple clinical studies, including those from our own institution, have shown that the hand-assisted approach not only is equivalent to pure laparoscopic techniques in terms of patient satisfaction and earlier return to normal activities, but also enables treatment of more complex surgical problems,” explains Dr. Cohen. “Adding tactile sensation to the laparoscopic instruments helps us to safely separate the tumor from adjacent structures, as well as to remove colorectal cancers that once could only be removed with open techniques.”

Hartford Hospital and the Colorectal Surgeons of Connecticut Surgical Group are expert at performing sphincter-sparing reconstructive techniques to preserve rectal continence and save patients with rectal cancer from a permanent colectomy. These complex procedures utilize the multidisciplinary expertise of the operating teams at Hartford Hospital, which includes specially trained operating room nurses and surgical technicians, as well as highly trained anesthesiologists and the advanced, cutting-edge instrumentation that is available. According to Dr. Cohen, “The vast majority of patients coming to Hartford Hospital today with rectal cancer are treated with multimodality therapy—often with significant reduction in the size of their tumors—allowing utilization of sophisticated sphincter-sparing techniques to preserve patients’ natural continence.”

Cancer Center Collaboration

Adjuvant therapy (chemotherapy or radiation) has been shown to improve survival and reduce the risk of recurrence in some patients, but treatment options vary with tumor location and the specifics of each patient’s situation. Avastin, a targeted therapy to block new tumor blood vessel formation, can be used in addition to conventional chemotherapy.

“We routinely use adjuvant chemotherapy for colon cancer,” adds Andrew L. Salner, M.D., director of the Cancer Program at the Helen & Harry Gray Cancer Center. “Adjuvant chemotherapy and/or radiation therapy in combination, either pre-operatively or postoperatively, can be used for sigmoid colon or rectal cancer.” The treatment team individualizes the optimal care for each patient.

Today, Hartford Hospital colorectal surgeons perform approximately 225 laparoscopic colectomies every year. “We are fourth or fifth in the country in terms of volume and the leader in New England for this type of surgery,” says Dr. Cohen. “Studies have shown that high-volume surgical centers have much better results in treating challenging cancers.”

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JUNE 15 THROUGH SEPTEMBER 15, 2008

Contents

Cancer Program _____	13	Nutrition Counseling _____	15
• Support Groups		• Bariatric Support Group	
Clinical Professional Programs _____	18	Professional Development _____	18
• EMS Education		Rehabilitation _____	15
• School of Allied Health		Safety Education _____	17
Diabetes Lifecare _____	15	Screenings _____	17
Domestic Violence _____	16	Special Events _____	19
Healthy Hearts _____	13-14	Support Groups _____	17
• Stop Smoking for Life Programs		Volunteer Services _____	15
HealthStar _____	15	• Blood Drive	
• Speaker's Bureau		Wellness/Integrative Medicine _____	15
• Mobile Mammography		Women's Health Issues _____	16-17
Mental Health _____	14	• Parent Education Classes	
• Bereavement Support		• Parent-Baby Series	
• Eating Disorder Education/Support		• Exercise for Expectant and New Moms	
• Schizophrenia Program			
• Bipolar Disorder			

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:** First Thursday of each month from 5:30 to 7:00 p.m. on 7/3, 8/7, 9/4—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**

Third Thursday of each month on 6/19, 7/17, 8/21. Call Sherri Storms, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month on 6/24, 7/22, 8/26. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

Are You at Risk for Breast Cancer?

Dr. Patricia A. DeFusco, Board-certified medical oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP), will host this free presentation. Learn about risk factors for breast cancer and treatment options. **Schedule:** From 6:30 to 7:30 p.m. in Glastonbury on 6/19 and in Avon on 8/21. To register call (860) 545-1888.

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 Sherri Storms, RN at (860) 545-3781. 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) 545-5113. FREE.

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 9:30 p.m. on 7/1, 8/5, 9/9. Registration is not required. Call (860) 545-4594 with any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call (860) 524-2715 for schedule. 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.

Schedule: From 11:30 a.m. to 1:00 p.m. on 7/7, 8/4, 9/8. Registration is required. Call Janice Labas at (860) 545-4184. FREE.

The Cancer Wellness Support Series

This ongoing wellness support series is open to all Hartford Hospital Cancer Program patients and their caregivers. Experience wellness support through integrative medicine practices. Light refreshments. Registration is required and must be received at least 48 hours in advance for each meeting date. Space is limited. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. **Schedule:** 6/18—*Guided Imagery*; 7/16—*Gentle Yoga (chair or floor)*; 8/20—*Acupuncture/Acupressure*. From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. FREE.

HEALTHY HEARTS

Stop Smoking for Life Programs

Call (860) 545-3127 for registration and information.

Stop Smoking for Life Consultation

This one to one session is the starting point for all individuals interested in quitting smoking. The initial consultation is scheduled with a licensed professional counselor who specializes in smoking cessation treatment options. You will receive comprehensive support materials, education related to medication and non-medication treatment options as well as a personalized treatment plan to help you *stop smoking for life*. Consultations are 1 hour and can be scheduled at Hartford Hospital or the Blue Back Square Wellness Center. FEE: \$75.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one on one treatment approach for smoking cessation. Meet with an experienced cessation counselor for individual counseling support and supervised use of FDA approved medications for nicotine dependence. Sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: \$125 + initial consultation fee for 3 sessions; \$225 + initial consultation fee for 6 sessions.

Couples Cessation Counseling

Recommended for couples/family members who want to quit together. Couples will meet with an experienced cessation counselor for counseling support and supervised use of FDA approved medications for nicotine dependence. Counseling sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: \$150 + initial consultation fee for 3 sessions; \$250 + initial consultation fee for 6 sessions.

Smoke Free for Life Group Support

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke free. The group program is facilitated by an experienced cessation counselor and meets weekly for six sessions. Supervised use of FDA approved medications for nicotine dependence is provided in conjunction with the group support program. **Schedule:** Wednesdays from 7/9 to 8/13 at 4:00 p.m. at Hartford Hospital, 85 Jefferson St., Suite 704. FEE: \$100 + initial consultation fee for 6 sessions group counseling.

Breathe Easy Relapse Prevention Support Group

Upon completion of any of the above programs, participants may attend relapse prevention support meetings. The goal of this program is to provide on-going support for ex-smokers to maintain abstinence from tobacco. The support group meets monthly at Hartford Hospital and is free to participants who have completed a program of treatment for smoking cessation. **Schedule:** 7/2, 8/6, 9/3 at 5:30 p.m. at Hartford Hospital, 85 Jefferson St., Suite 704.

Employee Smoke Free for Life Worksite Group Support Program

This program is designed for employers who want to offer a group treatment program on-site for their employees who want to quit. The group program is facilitated by an experienced cessation counselor and meets weekly for 6 sessions.

Stress Management for Cardiac Patients—A 6-Week Group

Recommended for cardiac patients interested in improving their skills to manage stress and is facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Group sessions will focus on cognitive-behavioral techniques and meet weekly for six sessions. Offered at the Blue Back Square Wellness Center. For more information, call (860) 545-3127. FEE: \$225.

Counseling and Stress Management Service—Individual Counseling

Coping with an ongoing medical condition can be a challenging task for many patients. Hartford Hospital's Counseling and Stress Management Service can assist you in understanding how emotions play a role in recovering from illness. Individual counseling sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. Call (860) 545-3127.



Pilates Classes

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.

The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center, 100 Simsbury Road, Avon. Call (860) 284-1190 for information or to register.

Hot Yoga

A challenging sequence of deeply held postures in an 80+ degree room. This practice increases your strength and flexibility while creating an opportunity for profound purification of the body. FEE: \$15/class.

Adult Swim Lessons

Learn to swim or improve your stroke. Swimming is a great cardiovascular exercise. Taught by Red Cross certified instructors.

MENTAL HEALTH

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health and substance use. Fosters a coming together and assists individuals in changing old, unhealthy patterns. This is a forum to encourage and promote a culture of health and ability versus illness and disability. **Schedule:** Every Wednesday, starting at 12:30 p.m. at The Institute of Living, Todd Building. For more information contact Sherry Marconi at (860) 545-7202. FREE.

Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health-Care Hospice, this program is open to families and caregivers who have lost a loved one. **Schedule:** 2nd and 4th Mondays, from 1:00 to 2:15 p.m. on 6/23, 7/14, 7/28, 8/11, 8/25, 9/8 at 85 Jefferson Street, 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 6/24, 7/22, 8/26 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. FREE.

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 6/17, 7/15, 8/19 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. 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.

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:** 1st Thursday of the month 6:00 to 7:00 p.m. on 7/3, 8/7, 9/4 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.

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 6/30, 7/28, 8/25 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more 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.

• Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. **Schedule:** 3rd Tuesday of each month on 6/17, 7/15, 8/19 in Hartford from 5:15 to 6:30 p.m.

• 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. Meetings take place in the Donnelly Building 1st floor Conference Room.

• 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. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month on 7/1, 8/5, 9/2 from 5:15 to 6:30 p.m.

• 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 David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month on 6/19, 7/17, 8/7, 8/21, 9/4 from 5:15 to 6:30 p.m.

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

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 9/9 from 5:15 to 6:30 p.m.

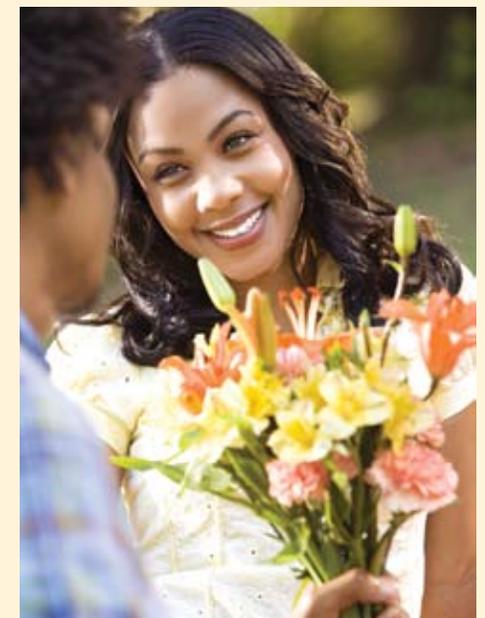
DIABETES LIFE CARE PROGRAMS

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.

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive on-going support from other adults with diabetes. Free support and education is offered at Hartford Hospital's Windsor Health Care Center. These meetings are held quarterly. For schedule and topics, please call (860) 545-1888.



WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Reiki Healing Touch—Level I

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 6/19, 7/10, 7/31, 8/14, 8/28 or 9/11 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160 (HH employees and volunteers \$130); Nursing CEUs and Medical CMEs available.

Tibetan Healing and Wisdom

Discover the healing powers of Tibetan Singing Bowls. Learn to differentiate between the sounds made by the bowls as you use them on yourself and others to help achieve relaxation and decrease pain. **Schedule:** 9/8 through 10/31 from 6:00 to 9:00 p.m. at Hartford Hospital's Newington campus. FEE: \$140 for 4-class series. Registration is required. Call (860) 545-1888.

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.

Baby Massage Instructor Certification

Training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. This class consists of two parts—an independent home study kit and the certification session held at Hartford Hospital. Call (860) 545-4444 for schedule or to register. FEE: \$275.

5-Day "Drawing Our Nature" Retreat

A week of in-depth drawing at a lovely farmhouse retreat. We will spend our time exploring various drawing tools (charcoal, pencil, brush & ink, etc.). The spiritual essence of nature provides us with an energetic source of healing when we enlist its resources in the creative process. Anything goes! **Schedule:** July 13 to 18 from 9:00 a.m. to 6:00 p.m. on Monday–Thursday, and 9:00 a.m. to 4:00 p.m. on Friday. FEE: \$525 (includes materials and accommodations). Registration is required. To register, please call (860) 545-4444.

Expressing Our Nature Through The Chakras

Create an intimate relationship between the mind, body and spirit through your body's energy system—the 7 major Chakras—using visual art, color, sound and movement. Initiate transformation in your life as you move forward on your path toward wellness. Bring a journal. **Schedule:** September 12 to 14. Please call (860) 545-4444 for more information or to register. FEE: \$375 (includes materials, and accommodations).

NUTRITION COUNSELING

Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition related diseases and conditions. By appointment only. Call (860) 545-2604. May be covered by insurance.

NEW! Healthy Weight and Wellness

Comprehensive nutrition, exercise and life-style management skills offered on a personalized basis at Hartford Hospital's Blue Back Square location by Christine M. Greene, Ph.D. Informational seminars on nutrition and health topics will also be provided for all those interested. Call Dr. Greene at (860) 570-4670.

Surgical Weight Loss Informational Session

Join Dr. Darren Tishler and Dr. Pavlos Papasavas as they discuss 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. on 8/4 in West Hartford. Call (860) 246-2071 to register and for more information. FREE.

Bariatric Surgery Support Group

Required for people who are considering weight loss surgery. **Schedule:** From 6:00 to 8:00 p.m. in Hartford, 560 Hudson Street. Registration is not required.

7/15 *Moving With Compassion—Love Yourself*

8/26 *Obstructive Sleep Apnea*



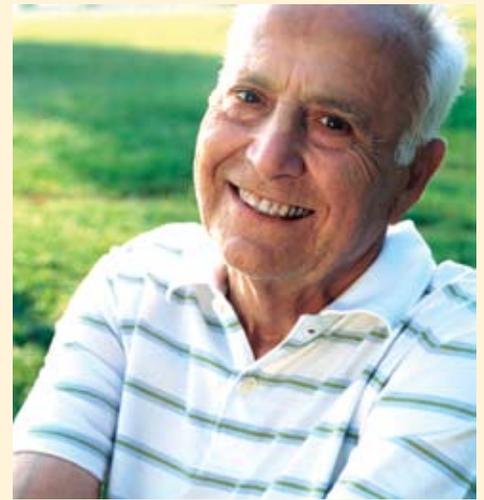
HealthStar, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-3901 or toll-free at (800) 545-7664 for a listing of our scheduled programs and locations.

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.

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.



VOLUNTEERS

Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital on 7/1 from 12:30 p.m. to 5:50 p.m. and at the IOL on 6/26 from 11:00 a.m. to 3:45 p.m. To schedule your appointment, call (860) 545-1888. 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.

Health Literacy Volunteer

Volunteers needed for new program! Volunteers would present information about basic health literacy including how to read over-the-counter medication labels, managing multiple medications and keeping a medication journal. Bi-lingual Spanish volunteers especially needed. Training will be provided. Call Volunteer Services at (860) 545-2198 or visit us on-line at www.harthosp.org/volsvc.

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 the 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.

DOMESTIC VIOLENCE

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. Call (860)-545-1888 for schedule and to register. FREE.

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) 545-2966 or (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. Working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 "no-impact" workouts. Call (860) 545-1888 for the schedule and to register. FEE: \$160.

Tai Chi for Health

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. Tai Chi consists of fluid, gentle and graceful circular movements. **Schedule:** 8 week sessions every Tuesday and Thursday from 9/9 through 10/30. Classes held in Avon, from 11:00 a.m. to 12:00 noon and in Glastonbury from 8:30 to 9:30 a.m. Call (860)545-1888 to register. FEE: \$160.

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 to 8:30 p.m. FEE: \$20.

Avon: 6/26

Glastonbury: 7/14, 8/11, 9/8

Hartford: 6/23, 7/28, 8/25

West Hartford: 8/5

Wethersfield: 7/9, 9/10

• *NEW! Baby Care for Adopting Parents*

Led by a pediatric nurse practitioner, this program will help adopting parents understand the unique needs of their baby and provide information on injury prevention, feeding, diapering, bathing and general care. The focus will be on babies from 0-12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:30 to 9:00 p.m. in West Hartford on 6/23 or 9/22. Call (860) 545-1888 to register. FEE: \$25.

• *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$20.

Avon: 9/11

Glastonbury: 6/16, 7/21, 8/18, 9/15

Hartford: 7/14, 8/11

West Hartford: 7/7, 9/8

Wethersfield: 8/13

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 8/21. FEE: \$20.

• *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 7/19 in Avon. 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:** Hartford Hospital from 9:00 a.m. to 12:00 noon on 8/9. FEE: \$50.

• *Expectant Grandparents Class*

Provides grandparents with an 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 8/4 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. Private classes available through our Integrative Medicine Department. Call (860) 545-4444. FEE: \$45.

• *Pups and Babies*

Concerned about your **dog** 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 pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 6/25 or 9/10. FEE: \$25.

• *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 9/15. Meetings held at Mandell Jewish Community Center, West Hartford. FREE.

• *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 babies 6 to 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 6/25. FEE: \$25.

• *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also 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. Please call (860) 545-8987. FREE.

• *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This two-night class does not replace a childbirth class. Call for schedule. FEE: \$35.

• *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, Glastonbury, West Hartford, Wethersfield and 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*. **Schedule:** From 7:00 to 9:00 p.m. in West Hartford on 6/30 and in Glastonbury on 8/25. 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.

• *Epidural Anesthesia for Labor*

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. at Hartford Hospital on 8/7. 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: \$15 per child or \$25/family.

Pre-school—Saturday 10:00–11:00 a.m. on 7/12, 8/2, 9/13; Thursday 4:00–5:00 p.m. on 6/19



Exercise for Expectant and New Moms

• **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** From 5:30 to 6:45 p.m. 5-week session runs 7/30 to 8/27; 6-week session runs 9/10 to 10/15. FEE: \$65 for the 5-week series, \$78 for the 6-week series.

• **Stroller Fitness**

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital's Avon Wellness Center. Strength training and endurance will be incorporated into this fun stroller workout. Alternate activities will be planned in the event of inclement weather. Meets at the Avon Wellness Center. Call (860) 985-7957

Parent–Baby Series

• **Enjoying Infants Together–Morning Classes**

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! This program meets in Wethersfield from 10:00 to 11:00 a.m. Call for schedule. FEE: \$50 for 6-week series. **FREE introductory session on 9/10.**

• **Time for Infants and Toddlers–Evening Classes**

Led by a pediatric nurse practitioner, this evening class is for parents and children under 24 months. Learn fun, developmental activities for infants and toddlers, participate in discussions on various parenting issues and make new friends! This program meets in Wethersfield from 6:00 to 7:30 p.m. Call for schedule. FEE: \$15 per class.

• **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. This program meets in Wethersfield from 11:15 a.m. to 12:15 p.m. Call for schedule. FEE: \$50 for 6-week series. **FREE introductory session on 9/10.**

SAFETY EDUCATION

Car Seat Safety

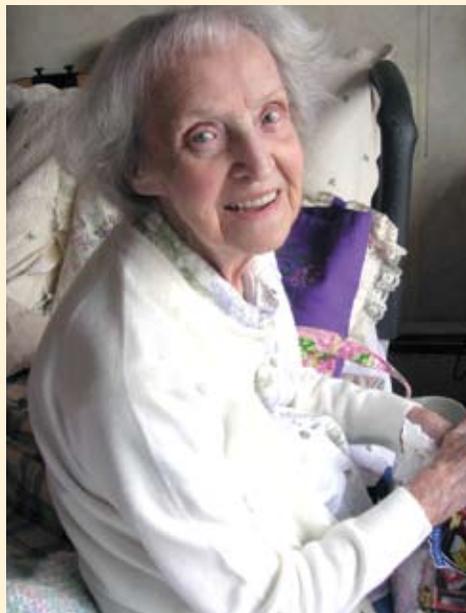
Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with [CT Safe Kids](#) and the West Hartford Police Department to offer a free Car Seat Safety class for expectant parents. Space is limited and registration is required. **Schedule:** 9/15 from 6:30 to 8:00 p.m. in West Hartford. Call (860) 545-1888 to register. FREE.

Family & Friends First Aid for Children

For those caring for infants and children, such as family members, babysitters and others providing in-home care, who want basic first aid information but who do not need a course completion card. Call (860) 545-2564 for schedule. FEE: \$25.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children. Call (860) 545-1888 for schedule. FEE: \$35.



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 6/18, 7/16, 8/20 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

• **Heart Transplant Support Group**

Provides education, networking and social interaction for pre and post transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 7/8, 8/12, 9/9 at Hartford Hospital's Special Dining Room. For information or to register, call (860) 545-4368. FREE.

• **Transplant Patient Support Group**

For 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 to 8:30 p.m. on 6/26, 7/24, 8/28. Call (860) 545-2142 to verify schedule and location. FREE.

• **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. Contact Mary at (860) 568-8173 for more information and schedule. FREE.

• **Kidney Transplant Orientation Class**

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call (860) 545-4368 for schedule or to register. 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 Friday of each month from 2:00 to 3:00 p.m. on 6/27, 7/25, 8/22 in the Brownstone Building's 1st Floor Conference Room. Call (860) 545-2791 to register. FREE.

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

Find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 6/17, 7/15, 8/19. Registration is not necessary. Call Betty at (860) 658-2453 for more information. FREE.

Visit our web site at www.harthosp.org

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

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

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

New! Pediatric First Aid & CPR

This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Approved by the State of Connecticut to meet the requirements for day care providers for first aid. Call (860) 545-2564 for schedule and to register. FEE: \$75.

New! Adult First Aid & CPR with Automated External Defibrillation

Course content includes general principles of first aid, medical emergencies, injury emergencies, CPR and the use of the automated external defibrillator, and environmental emergencies. Call (860) 545-2564 for schedule and to register. FEE \$90.

New! Adult/Child/Infant CPR with Automated External Defibrillator

The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Call (860) 545-2564 for schedule and to register. FEE: \$75.

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 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.

Core Instructor Program

For anyone interested in becoming a CPR, ACLS, or PALS instructor. Must have a current provider card in the topic in which they wish to become an instructor. Upon completing the Core Instructor program, the student will be eligible to take the discipline specific instructor training program. FEE: \$150. BCLS, ACLS, & PALS Instructor program: \$300. Call (860) 545-2564 for schedule and to register.

Advanced Cardiac Life Support (ACLS) —Provider Course

—Refresher Course (For those who have a current card or one which has recently expired.)

—Instructor 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 and to register.

Pediatric Advanced Life Support (PALS) —Provider Course —Refresher 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 Education for Pre-Hospital Professionals

PEPP represents a comprehensive source of pre-hospital information for the emergent care of infants and children. It will teach the pre-hospital professional how to better assess and manage the ill or injured child. Call (860) 545-2564 for schedule: FEE: \$150.

School of Allied Health

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. 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 or more information 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 6/26, 7/10, 7/24, 8/14, 8/28, 9/11. FEE: \$39 for 6-month membership.

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events unless noted otherwise.

Prostate Cancer Events

Robotic Radical Prostatectomy for Prostate Cancer

Learn what prostate cancer is and about the available treatment options, including robotic radical prostatectomy. You will also learn the pros/cons, side effects and have an opportunity to ask questions. Presented by Board-certified urologists at Connecticut Surgical Group and Hartford Hospital—Dr. Stuart Kesler, Dr. Steven Shichman and Dr. Joseph Wagner. **Schedule:** July 15 at Blue Back Square, August 19 in Avon and September 16 in Glastonbury from 7:00 to 8:00 p.m. FREE.

Hartford Hospital's Comprehensive Prostate Cancer Program Presents: The Advanced Prostate Cancer Support Group 15th Anniversary Celebration

Join us at 5:30 p.m. Thursday, July 24 at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. The featured Keynote Speaker will be Dr. Charles "Snuffy" Myers, a medical oncologist, prostate cancer survivor and nutrition expert from The American Institute for Diseases of the Prostate. All proceeds go to the Comprehensive Prostate Cancer Program. Dress is business casual. Space is limited so please register by July 14. For more information or to register, call Health Referral Services at (860) 545-1888. Tickets: \$20 per person.



Drug-Free Treatment for Erectile Dysfunction

Dr. James Graydon, a leader in the treatment of erectile dysfunction (ED), will be holding a free seminar on drug-free treatment options for this common condition that affects over 30 million American men. ED is often treated with medications or injections but when these fail, other options include a penile implant. Typically, 80 percent of ED cases have an underlying physical cause including: diabetes, hypertension or prostate surgery. ED is a real complication that can affect many aspects of a man's life. **Schedule:** September 23, at 6:30 p.m. at the Avon Wellness Center, 100 Simsbury Road, Avon. Registration is required. Call (860) 545-1888 or toll-free at (800) 545-7664 to reserve a seat.



3rd Annual Run for Prostate Cancer—5K Run/3K Walk

**Sunday, September 7
Riverside Park, Hartford
Registration begins at 8:00 a.m.**

Bring your friends, family & co-workers for a run or walk along the scenic Connecticut River (dogs welcome, too)! Funds raised through this event will allow Hartford Hospital's Comprehensive Prostate Cancer Program to provide free prostate cancer screenings to men in need throughout the Greater Hartford area. To register or donate, please visit our website at www.hartford-prostaterun.org. *Prostate Cancer Survivor's Breakfast* starts at 7:30 a.m.; pre-registration is required. Contact Valerie Gallo at (860) 545-4594 or Cecilia Kozlowski at (860) 545-4595 for more information about the Run, to register for the breakfast or to inquire about sponsorship opportunities.





Zuppa di
Pesce con
Finocchio
(Fish Stew with Fennel)

Sweet, crunchy fennel adds a spicy, licorice-like flavor to the healthy cuisine of the Mediterranean coast. A vibrant accent to the seafood of southern Italy, the nutritious vegetable is an excellent source of vitamin C, dietary fiber, potassium, manganese and other essential vitamins and minerals. The ancient Greeks and Romans revered the plant for its medicinal and culinary benefits. According to Greek myth, the Olympian gods filled a fennel stalk with coal to deliver the gift of knowledge to the world.

Closely related to parsley, carrots and dill, fennel (also called *anise*) has a distinctive ridged bulb, topped with feathery green fronds. The entire plant is edible. Choose fresh fennel with a firm, whitish bulb and straight stalks with no flowering buds. Fennel is packed with cancer-fighting phytonutrients, especially flavonoids with strong antioxidant activity. A good source of fiber, fennel has been shown to reduce inflammation while providing immune-boosting benefits.

Ingredients

- | | |
|--|--|
| 1 fennel bulb (discard stalks and cut length-wise into wedges) | 1 28-oz. can crushed tomatoes, in juice |
| 1 medium onion, quartered | 1½ cups water |
| 3 garlic cloves, peeled and crushed | 1 cup full-bodied red wine |
| 3 Tbs. extra virgin olive oil | 1 8oz. bottle clam juice |
| 2 bay leaves | 1 lb. skinless fillets of thick white-fleshed fish (halibut, whiting or pollock), cut into 2-inch chunks |
| 1½ tsp. dried thyme | 1 lb. mussels, scrubbed and de-bearded |
| ⅛ tsp. hot pepper flakes (dried) | |

In a food processor, pulse fennel, onion and garlic until coarsely chopped. Heat oil in a heavy 5- to 6-quart pot over medium-high heat and stir in chopped vegetables, bay leaves, thyme, pepper flakes, 1½ tsp. salt and ½ tsp. black pepper. Cook, covered, over medium heat, stirring occasionally until vegetables begin to soften, about four minutes.

Add tomatoes (with juice), water, wine and clam juice. Boil, covered, 20 minutes. Stir in seafood and cook, uncovered, until fish is just cooked through and mussels open wide, four to six minutes. (Discard bay leaves and any mussels that remain unopened after six minutes.)

Calories: 377
Protein: 30 g
Carbohydrate: 17 g
Total Fat: 20 g (55% monosaturated fat)
Cholesterol: 82 mg
Fiber: 3 g

Sodium: 658 mg
Zinc: 50 mg (DRI is 11 for men, 8 for women)
Vitamin C: 20 mg (the DRI is 90 for men, 75 for women)
Vitamin A: 432 ug (RAE) (the DRI is 900 for men, 700 for women)

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