

W I N T E R  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Your body's processing plant

**New Hope for  
Digestive Distress**



HARTFORD  
HOSPITAL

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## Moisturizer Mystery



What's in those moisturizers we slather all over our bodies every winter? More than \$45 billion is spent annually on cosmetics and toiletries in the United States alone.

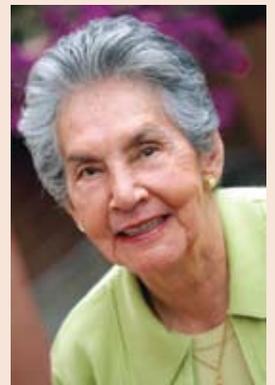
Amid scares over tainted products, consumers have begun to worry about the total lack of regulation of cosmetics by the federal government. Personal care products are being increasingly outsourced to overseas manufacturers.

Moisturizers are classified as cosmetics by the Food and Drug Administration (FDA), which only requires safety and efficacy tests for drugs. The FDA does not review cosmetic products or ingredients for safety before they're sold to the public, and has no legal authority to recall hazardous products.

Most moisturizers stay on top of the skin, but now they're being created by manipulating chemicals at the atomic level. Marketers claim that tiny nanospheres—a million times smaller than a grain of sand—penetrate deep beneath the skin to deliver moisture to dry skin. Emerging research suggests that untested moisturizers and lotions may contain toxic chemicals that promote cancer, impair fertility or damage the reproductive system. To compare the safety of products by brand name, visit the nonprofit Environmental Working Group's "Skin Deep" website at [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com).

## HEALTHY TIPS

### Dry Spells



Dehydration can be dangerous, especially for seniors. Since the human body is 75 percent water, fluid loss can disrupt heart rhythms and leave sufferers lightheaded, weak or confused. Falls are common in older individuals who become dehydrated.

Common triggers for dehydration include fever, diarrhea and vomiting. About 20 percent of people with dementia suffer from chronic, asymptomatic urinary tract infections that can cause fluid loss. Aging affects hormones that regulate fluid balance, as do many common medications.

"Many elderly people are on diuretic medications for high blood pressure, congestive heart failure or kidney disease," says Alan Jon Smally, M.D., medical director of Emergency Medicine at Hartford Hospital. "They're already borderline dehydrated, but their medications decrease feelings of thirst and they don't drink enough water."

**Signs that the body is trying to conserve water:**

- sunken facial features
- dry mouth
- dry skin
- muscle cramps
- reduced urine output and concentrated urine
- dizziness and weakness

Blood tests often reveal an electrolyte imbalance in dehydrated individuals. Sodium and potassium are vital to cellular activity and transmission of electrical signals to the brain, nervous system and muscles. An electrolyte imbalance can lead to an irregular heartbeat (arrhythmia), kidney failure, coma or death.

# R<sub>x</sub> for the ED

The rapid pace of a hospital emergency room creates a particularly hectic setting for physicians writing medication orders for high-risk patients. Hartford Hospital recently added a pharmacist to its emergency department (ED) team, becoming one of only a handful of leading hospitals with a pharmacy specialist on site during peak hours.

Amid the demanding urgency of an emergency room, emergency medicine specialists are called upon to write prescriptions for a wide range of illnesses and injuries. More than two-thirds of adverse drug effects in emergency departments nationwide are preventable, according to a recent study at the University of Rochester.

"Last year we treated 83,000 patients in the ED, which is more than 225 people every day," says Alan Jon Smally, M.D., medical director of Emergency Medicine at Hartford Hospital. "The ED pharmacist not only helps prevent medication errors, but also can suggest a drug that is more affordable, yet just as effective."

National studies have shown that the addition of an ED pharmacist can potentially save lives, as well as millions of dollars each year. In addition to enhancing patient safety, an ED pharmacist can suggest more cost-effective ways to deliver medication when appropriate, such as providing a drug in pill form rather than the expensive intravenous equivalent.

"Our clinical pharmacist provides nurses with knowledge-based information about medications during resuscitations," says Director of Emergency Services & Life Star Jonathon Brown, MBA, MSN, RN. "Her presence provides nurses with

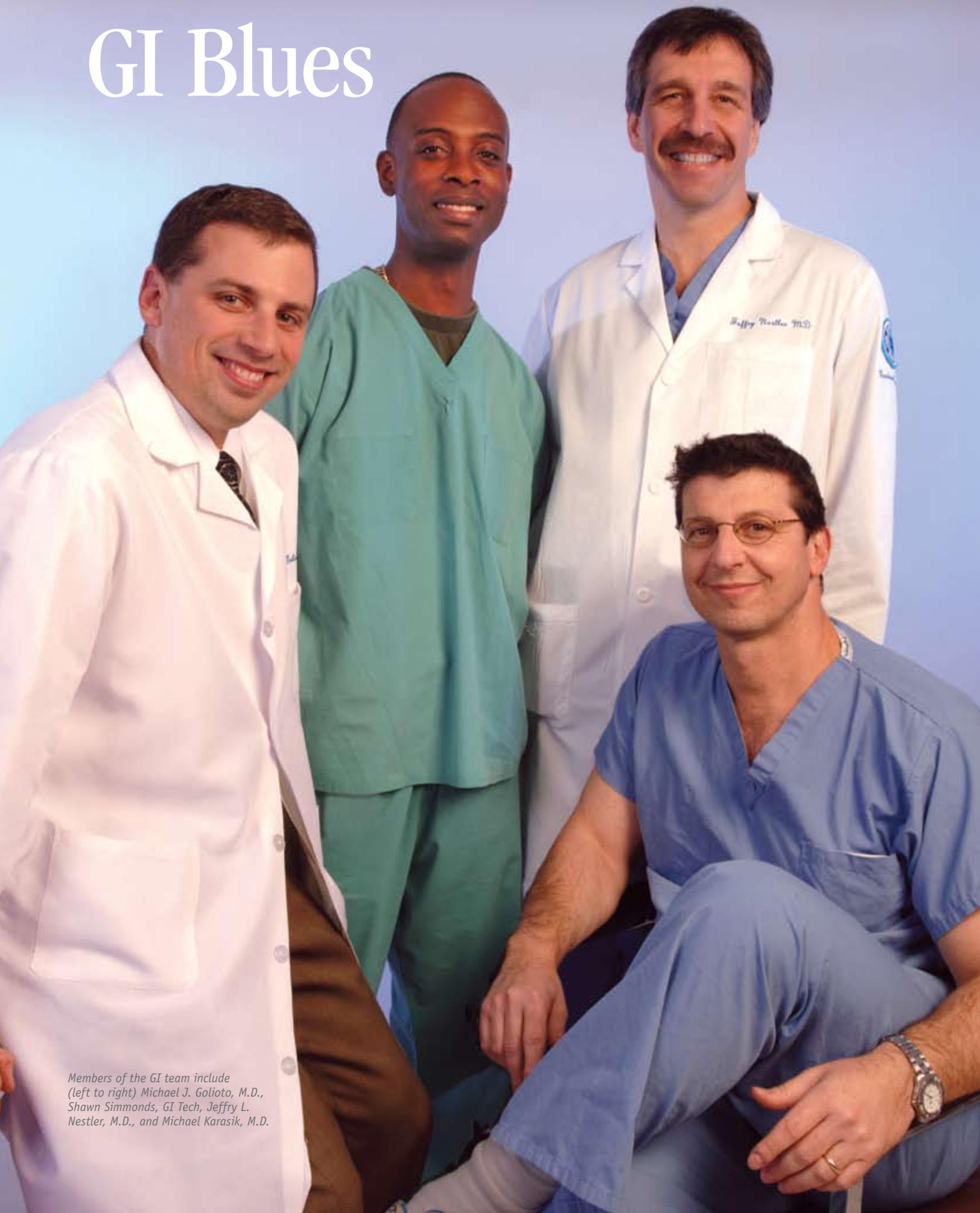


an onsite resource, ensuring that we keep our patients safe, as well as managing medication administration."

Pharmacist Gabrielle Jacknin, Pharm.D., spends eight hours a day in Hartford Hospital's ED, reviewing high-risk medication orders, responding to traumas and resuscitations, consulting with physicians and educating patients about their medications. "Hartford Hospital's ED is very busy, averaging over 600 orders written daily for medications," she says. "Combining this high volume with the stressful nature of the patients being seen and minimal patient history, the safety mechanisms that the rest of the hospital employs are put to the test in the ED."

"The ED pharmacist is available in an advisory role during the busiest time of day to provide information about medications ranging from antibiotics to asthma medications or pain management for fractures or trauma," adds Michael Rubino, M.S., R.Ph., director of Pharmacy Services. "With the addition of an emergency pharmacist, Hartford Hospital is adding another layer of safety in caring for patients, as the pharmacist can help ensure that medicines can be safely combined."

# GI Blues



*Members of the GI team include (left to right) Michael J. Golioto, M.D., Shawn Simmonds, GI Tech, Jeffrey L. Nestler, M.D., and Michael Karasik, M.D.*

# Hartford Hospital's latest innovation, SpyGlass, now permits direct live-time, color-filled views inside the dark world of the bile ducts to reveal secrets once only seen in shadows and grayscale.

—Michael J. Golioto, M.D.

When your belly aches, everything hurts. Across the nation, stomachs are rumbling as waistlines widen. Bloating, heartburn and constipation disproportionately afflict overweight and obese individuals, who now account for an estimated two-thirds of the population. One in three American adults regularly battles gastrointestinal (GI) discomfort, belching, nausea, gas, constipation or diarrhea.

While everyone suffers from occasional heartburn, overeating puts a strain on the digestive system, the complex internal plumbing that stretches from the esophagus to the stomach, gallbladder, pancreas, liver and intestines. Holiday tables are laden with rich desserts and alcoholic beverages that can trigger heartburn radiating from the throat to the abdomen.

Gastroesophageal reflux disease (GERD) is a widespread disorder, afflicting nearly 20 million Americans. Acid reflux can carve deep ulcers in the lining of the esophagus that bleed or cause atypical symptoms like chest pain, laryngitis or asthma. Pain and pressure worsen at night, disrupting sleep with choking and burning sensations that may require medication or minimally invasive surgery.

Hartford Hospital's long-standing commitment to technological innovation ensures that the Gastroenterology Division has the most advanced medical technology available anywhere. Hartford Hospital's nearly 20 Board-certified gastroenterologists are familiar with even the rarest conditions and skilled in the most uncommon procedures. Even patients with unusual or difficult conditions can obtain specialized care without having to travel long distances from home.

The hospital offers expert diagnosis and treatment using state-of-the-art endoscopic instruments with high-definition images and narrow-band image capability for improved detection and diagnosis of precancerous lesions. Sophisticated digital fluoroscopy and radiology equipment delivers the highest-quality images with the lowest radiation exposure. Innovative impedance measuring techniques mean vastly improved diagnosis and treatment for patients with reflux and chest pain.

## Down the Tube

New surveillance protocols let physicians keep a watchful eye on precancerous changes in the lining

of the esophagus. The incidence of esophageal cancer has soared over the past 30 years and is rising faster than any other cancer in adults. Diagnosis usually involves a technique called *upper endoscopy*, which lets physicians examine or biopsy suspicious lesions or tumors of the esophagus, stomach or duodenum (the top section of the small intestine). GI specialists snake the endoscope—a lighted, flexible tube with a miniature camera—down the throat to the stomach and beyond.

Hartford Hospital's GI specialists offer experience and expertise in diagnosing and treating complex digestive disorders. Patients with unexplained bleeding can swallow a capsule containing a tiny wireless video camera that sends images of the inside of the small intestine to a data recorder.

Innovative imaging techniques allow gastroenterologists to explore intricate networks that carry bile into the upper intestine. The liver is a large organ that, among other things, makes bile to aid in digestion. The GI team, which includes specially trained physicians, nurses, and technicians, employs specialized techniques for opening narrow or scarred ducts with narrow plastic or mesh tubes called *stents* that allow digestive juices to flow. Trapped gallstones can be removed with a variety of metal baskets and plastic balloons.

"Hartford Hospital is the leading center for complex gastrointestinal referrals in the region," says Jeffry L. Nestler, M.D., who heads the Division of Gastroenterology. "We're a high-volume center with cutting-edge technology and great depth of experience in treating diseases of the pancreas (including pancreatic cancer and complex pancreatitis) and the bile ducts, such as gallstones and tumors."

"When necessary, minimally invasive surgery can be performed by reaching fiberoptic scopes and instruments down the throat to remove an obstruction," explains Dr. Nestler. "The tube-like bile ducts are only about three millimeters in diameter" (about an eighth of an inch wide).

## Endoscopy Expertise

At Hartford Hospital, an advanced technique called *endoscopic retrograde cholangiopancreatography* (ERCP) combines endoscopy with X-ray imaging to diagnose and treat diseases of the gallbladder, bile ducts, pancreas and liver. The gallbladder is a small, pear-shaped organ that stores

## PHYSICIAN PROFILE

### Jeffrey L. Nestler, M.D

Jeffrey L. Nestler, M.D., is director of the Division of Gastroenterology at Hartford Hospital and president of Connecticut GI, P.C. He is the vice president of the Hartford Hospital Medical Staff. Board-certified in gastroenterology and internal medicine, he is managing partner and medical director of the Connecticut GI Endoscopy Center. Dr. Nestler is an assistant clinical professor of medicine at the University of Connecticut.

A *cum laude* graduate of Tufts University, he earned his medical degree at New York Medical College in Valhalla, New York. He completed his residency in Internal Medicine and a fellowship in the division of digestive diseases at the New York Hospital-Cornell Medical Center. He joined Hartford Hospital in 1990.

Dr. Nestler specializes in therapeutic endoscopy (ERCP) for pancreaticobiliary disease. He also has an interest in esophageal motility disorders and gastroesophageal reflux disease (GERD). He has brought several new technologies to the institution to diagnose and treat these disorders. In his spare time, he enjoys basketball, tennis and travel with his family.



bile until it is needed for digestion. “We can enlarge the opening of a duct, put a stent in place to permit the duct to drain, remove gallstones trapped in the duct or obtain tissue samples of the bile duct or pancreas for biopsy,” says Dr. Nestler.

Most patients undergo an endoscopic procedure for upper-abdominal pain, pancreatitis, jaundice or unexplained weight loss. ERCP is also effective for diagnosis and treatment of bile and pancreatic duct blockages caused by stones or obstructions (“strictures”). Endoscopic ultrasound (EUS) is similar to an upper endoscopy exam, but the scope is also equipped with ultrasound technology that allows physicians to use the esophagus, stomach, and duodenum as a window to view a detailed image of the inside of the body.

Each year, GI specialists at Hartford Hospital perform 600 diagnostic and therapeutic ERCP and 600 EUS procedures, making the hospital a world-class center for diagnosis and treatment of pancreaticobiliary disorders that affect the pancreas, liver, gallbladder and bile ducts. “We also use EUS to examine the digestive tract and nearby organs, or to perform a fine-needle biopsy with the endoscope,” states Dr. Nestler. “This advanced technique allows better views and safer passage of the biopsy needle to answer the most serious of medical issues—such as the diagnosis of a gastrointestinal cancer—accurately and efficiently.”

### Through the SpyGlass

The newest endoscopic technology, called *SpyGlass*, allows a miniaturized instrument to be passed into the deepest recesses of the bile duct. Ultrasound images obtained from within the digestive tract provide unique insights into abdominal organs. The 6,000-pixel fiberoptic probe acquires and transmits images to a computer screen in real-time to clarify diagnoses and guide therapeutic interventions.

The innovative direct-visualization procedure creates a detailed image of the inside of the body that can reveal tumors of the esophagus, stomach, pancreas, gall bladder and liver, as well as bile duct obstructions. Tumors growing within the confines of distant and small bile ducts can for the first time be directly seen and targeted for biopsy, without any guesswork or approximation.

In addition to earlier and more accurate detection of lesions, *SpyGlass* can be used for therapy. Once inside the bile duct with the instrument, physicians can break apart large gallstones trapped within the duct using electrohydraulic energy under direct visualization. Previously, such stones required surgery, rather than endoscopy, for removal. By visualizing the stone, contacting it and using “shockwaves” to destroy large stones, the GI team can provide the most minimally invasive option possible.



*The innovative SpyGlass direct visualization device is used for both detection and therapy.*

“The SpyGlass allows the physician to biopsy suspicious areas directly,” adds Hartford Hospital Director of Endoscopy Joseph Cappa, M.D. “Conventional CAT scans sometimes miss GI tumors, but if we view and detect a small cancer early, we can often prevent its spread and dramatically alter management and outcome.”

## Inflammatory Insights

The GI system is woefully susceptible to inflammatory diseases that cause debilitating abdominal pain, cramping, fatigue and sudden, embarrassing bouts of bloody diarrhea. Nearly a million Americans suffer from inflammatory bowel disease (IBD), which includes Crohn’s disease and ulcerative colitis, both of which cause chronic inflammation of the intestine. IBD often occurs in tandem with other autoimmune or inflammatory diseases, including asthma and multiple sclerosis.

Inflammation is the body’s instinctive response to invading pathogens. When the body battles a non-existent threat and the over-reactive defense system turns on itself, the result is a chronic “autoimmune” disease. Crohn’s disease—named for Burrill Crohn, the physician who discovered it in 1932—causes inflammation and ulceration (open sores) in the intestines. Nearly half a million Americans suffer from the mysterious disease. While ulcerative colitis is limited to the colon and rectum, Crohn’s disease can strike anywhere from the mouth to the anus.

The Inflammatory Bowel Disease Center at Hartford Hospital is the only center in the state focused intensively on this challenging and complex disorder. The expert, interdisciplinary team employs the latest diagnostic techniques to evaluate complex cases and devise treatment

plans. French researchers recently discovered that patients with Crohn’s disease lack naturally occurring bacteria that secrete anti-inflammatory compounds, suggesting that this deficiency may trigger the disorder by over-stimulating the immune system. Anti-inflammatory drugs, immune system suppressants, antibiotics and surgery offer relief to many, but not all, patients.

## Clues in Your DNA

Each individual’s genetic blueprint contains thousands of genes that code for specific proteins. Pharmaceutical companies are studying genes, enzymes and growth factor receptors, seeking novel drug therapies aimed at molecular targets. American and Canadian researchers have identified a major gene—especially common in people of Eastern European (Ashkenazi) Jewish descent—associated with Crohn’s disease and ulcerative colitis. The gene for a receptor of a protein called interleukin-23, or IL-23, is significantly different in people with Crohn’s disease and ulcerative colitis compared with healthy people.

Hartford Hospital’s Dr. Cappa and Dr. Michelle Smedley served as investigators in a multicenter clinical trial—the Study of Patients with Crohn’s Disease Naïve to Immunomodulators and Biologic Therapy (SONIC)—that clearly showed the benefit of Remicade (infliximab), either alone or in combination with Imuran (azathioprine). Remicade, a monoclonal antibody that binds to the immune system’s *tumor necrosis factor* (TNF), is a powerful drug that keeps the body from triggering the exaggerated inflammation response characteristic of autoimmune diseases.

“Hartford Hospital participated in an international study, presented at the national meeting of the American College of Gastroenterology in October, that may revolutionize how we take care of Crohn’s disease patients in the future,” adds Dr. Cappa. “Nearly half a million Americans have Crohn’s disease. Most are on multiple medications and miss a lot of work. Not only am I excited about the efficacy of new biological treatments, but the role of genetics—almost standard practice in the treatment of moderate to severe Crohn’s disease—is considered ‘experimental’ in other fields.”

“Recent advances allow us to customize medication dosage for an individual patient based on their genetic predisposition to metabolize Imuran (azathioprine),” says Hartford Hospital gastroenterologist Michelle Smedley, M.D. “We do genetic testing to tailor the dose to how a patient metabolizes the drug. It’s the beginning of ‘personalized’ medicine. We’re ahead of the curve compared with other diseases in terms of using your genetics to make safer and more effective use of a particular drug.”

## Cirrhosis: Treating Liver Disease

**C**irrhosis is a chronic and progressive disease that overwhelms the liver's ability to heal and regenerate. Fatty cells and fibrous scar tissue clog the swollen organ, blocking blood flow and disrupting vital functions. When your liver stops working, you die.

Cirrhosis begins with fatigue, weakness and loss of appetite. As the disease progresses, the normally resilient organ loses its ability to make proteins, fight infection, digest food and store energy. Ultimately, fluid distends the belly, and the skin takes on a grim yellow tinge as the ruined organ loses its battle to rid the body of toxins.

"Cirrhosis causes degenerative and irreversible changes in the liver," says Jonathan Israel, M.D., a gastroenterologist at Hartford Hospital. "Early treatment can often slow the progression of the disease, but fibrous tissue permanently scars the liver. End-stage liver failure occurs when the liver is so damaged that it can't regenerate, necessitating an organ transplant."

"Cirrhosis is Latin for scarring," adds transplant surgeon Anne Lally, M.D. "Each year, we perform up to 30 liver transplants at Hartford Hospital. The sicker you are, the higher up on the transplant list you go. How long you wait for a transplant depends on your blood group and availability of an organ. Hepatitis C and alcohol abuse are the leading reasons for a transplant."

Although most cases of cirrhosis result from long-term alcohol abuse, the liver can also be destroyed by infection with chronic



Anne Lally, M.D.

viral hepatitis B or C, autoimmune hepatitis, blocked bile ducts, toxins and inherited diseases. Women drinkers can develop cirrhosis from as few as two to three drinks a day. Occasionally the cause of the disease remains unknown even when fluid retention in the legs and abdomen, jaundice (yellowing of the skin) or gallstones signal that the liver is failing.

Nonalcoholic fatty liver disease, marked by fat deposits and inflammation in the liver, is often silent. Once the progression is underway, however, liver damage may be irreversible. Research shows that drugs for diabetes and cholesterol, along with exercise and weight loss, may help prevent serious complications from fatty liver disease.

Metabolic syndrome—marked by obesity, high cholesterol, high blood pressure and high blood sugar—often precedes liver

damage. "Obesity, metabolic syndrome and diabetes are risk factors for cirrhosis," says Dr. Israel. "In people who are morbidly obese, abnormal liver function tests from non-alcoholic fatty liver disease may signal that they're candidates for bariatric (weight loss) surgery."

About 20 to 25 percent of individuals infected with hepatitis C go on to develop the telltale abdominal swelling, sleepiness and cloudy thinking of advanced cirrhosis. Since hepatitis C often lurks in the body for years without symptoms, people may be shocked to learn from routine laboratory results that they have been infected with a potentially fatal, incurable disease. Once the liver begins to fail, transplant may be the only option.

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

### Going Green

Green tea is rich in antioxidants called *catechins* that can help stave off weight gain—at least in mice—according to *The Journal of Nutrition*. University of Connecticut scientists found that mice fed green tea extracts burned more fat and had fewer fatty deposits in their livers. Dutch researchers have shown that green tea improves weight management in women.

### Don't Blame Mom

New research shows that baldness results from more than just a faulty androgen gene on the X chromosome (inherited from the mother). *Nature Genetics* reports that male-pattern baldness, which afflicts 40% of men, has also been linked to chromosome 20 (inherited from both mother and father), which may explain hair loss similarities in fathers and sons.

### Smokers Age Faster

Researchers in Finland found that cigarette smoking not only shortens lifespan, but also significantly reduces quality of life, reports the *Archives of Internal Medicine*. A long-term study showed that Helsinki businessmen who smoked heavily suffered significant physical limitations in old age compared with those who had never smoked.

### Shark Attack

Antibodies derived from shark blood may someday provide a new generation of targeted cancer drugs. Australian researchers created disease-fighting shark antibodies that bind to cancer cells to stop them from spreading. The discovery may someday lead to a pill, since genetically modified shark antibodies can withstand the human gut's acidic conditions.

*Ideas fill my head. Creativity and effort are flowing through my body urging me to use them. I'm a good learner—that is, if I want to be. I can understand things and remember them if I am focused. I catch on quickly, but I'm impatient. Sometimes I don't apply myself to homework or class work because I don't want to. I have trouble concentrating if I don't take breaks. People always tell me I should change or that I should pay attention, but they don't understand that the way I learn is very unique.*

—Self-evaluation by a teenager with ADHD

# ADHD

## Mining the Genome

As random thoughts swirl wildly through their minds, teenagers with attention-deficit/hyperactivity disorder (ADHD) struggle to concentrate or even sit still. School becomes a grim battleground of distractibility and defiance that often sets the stage for lifelong failure. ADHD afflicts an estimated five to eight percent of kids. Teenagers with ADHD are more likely than their peers to experiment with drugs and alcohol and to display delinquent behavior. Parents and kids are blamed and shamed as they journey from therapist to probation officer, judge and psychiatrist.

Evidence continues to mount that teenagers who suffer from ADHD aren't intentionally disruptive or lazy, but instead are tormented by their inability to concentrate. Impulsive, hyperactive and distractible, they're often lonely and unpopular in the classroom. Although Ritalin and other psychostimulants help many kids concentrate in school, they aren't always effective, and aren't easily tolerated by some children.

Using sophisticated, non-invasive tools like functional magnetic resonance imaging (fMRI), researchers at the Institute of Living (IOL) have spent seven years mapping the brain and measuring activity in the crucial prefrontal cortex. "What we're learning about brain structure and neural functioning in ADHD teenagers shows that ADHD is undoubtedly real and related to how the brain works," says Michael C. Stevens, Ph.D., director of Child & Adolescent research at the IOL's Olin Neuropsychiatry Research Center and assistant clinical professor of psychiatry at Yale University.

"ADHD is unbelievably disruptive in terms of poor outcomes and substance abuse. School officials sometimes don't want to hear that kids with behavioral problems need more structure and support or that the kids' neurobiology keeps them from becoming motivated and engaged. But this



is a very real fact that numerous clinical neuroscience studies are helping us to understand."

Neuroimaging reveals distinctive anatomical and structural differences in the brains of kids with ADHD, but what role does heredity play? Dr. Stevens recently won a prestigious \$2-million grant from the National Institutes of Health for a five-year genetic study, following up on fMRI research funded by an initial Hartford Hospital grant in 2004.

Will the unraveling of the human DNA blueprint ultimately explain why some kids with ADHD are dreamy and distracted, while others are impulsive and reckless? "ADHD seems like a single disorder if you look at a waiting room full of kids that can be helped by psychostimulant medications," says Dr. Stevens. "But genes may explain the characteristic differences in brain function we see with fMRI. Kids with ADHD have fundamental dissimilarities in how their brains work to control impulsive behavior."

Using the analogy of a car spinning out of control, Dr. Stevens says kids with ADHD have either *bad brakes* or *too much gas*. The combination of fMRI and genetic research may show whether genotypes place children at risk for abnormal brain function that, in turn, leads to ADHD symptoms and behaviors. "We already know that certain genes influence how the brain works," he explains. "The purpose of our current research is to identify how these two different 'brakes' and 'gas' neural systems both might lead to ADHD impulsiveness. Someday we hope to tailor ADHD treatment by using both genetic testing and fMRI."

*Dr. Stevens is seeking 130 teenagers diagnosed with ADHD with impulsivity to undergo interview/cognitive testing, provide a saliva sample and undergo a noninvasive fMRI scan (no substance abusers, autism or medications for depression). For more information, call Danielle at (860) 545-7531 or visit [www.harthosp.org/adhd](http://www.harthosp.org/adhd).*

# My Iraq Journal

by Maria Tackett, RN, MSN, CCRN, CEN



## DATELINE: Iraq

It is balmy in Iraq today and a welcome relief. What follows are some thoughts, fragmented and in disorder, much like this experience.

## The Road to Iraq

We began with non-stop training by the 1st Army, whose motto is, "We don't ship stupid." Among the many things we gained at McCoy was an appreciation for the protective equipment. It weighs at least 40 lbs and we were soaking wet with sweat after just a few minutes in the heat. It surely saves lives, but it took weeks to acclimate to the weight of it. Unfortunately, extremities remain vulnerable, as well as the face and neck. Still, the gear, as hot as it is in this environment, is a major factor in our patients arriving alive.

## "This is not a Drill"

Those were some of the last words we heard as we boarded the plane and headed to Kuwait. Somewhere in the distance I could hear the old song, *Baby, You Ain't Seen Nothing Yet*. I took both as signals that there was no frame of reference for what was ahead.

We are convinced that Kuwait has its own equator and sun. Surely it is one of the hottest and most inhospitable places on earth, with temperatures consistently above 130°. Upon venturing out of a tent, we had to know exactly how far we would

have to go to reach the next covered area. The environment is harsh and the plumbing is primitive (essentially none, requiring 50,000 gallons of water to be trucked in daily). Our living quarters there was tent #17, which we referred to as Stalag 17.

## Our Work

It was good to arrive in Iraq, where the heat is less intense, where we have been able to settle into our work at the 325th Combat Support Hospital (CSH). The most difficult patient situations that we face are victims of improvised explosive device (IED) attacks. IEDs are the signature weapon of this war. Head, extremity injury and traumatic amputations are the signature injuries. These blast injuries are unimaginable in civilian

*Maria Tackett is nurse director for Hartford Hospital's Emergency Department, Flight, Trauma, Neurosurgery and Neurology. She is a lieutenant colonel in the U.S. Army Reserve.*

One of our most memorable situations came when we received a young woman from a village who developed a serious bleeding problem while undergoing a C-section. An Army Black Hawk helicopter brought her here after the village hospital asked for help. She arrived in Stage IV shock, barely alive. Here we are in the Iraq desert, far from a high-risk center, with one OB doc, a few surgeons and a few nurses. After many, many units of blood, she was stable enough to leave the CSH. We hear that the baby, cared for at the originating facility, did well. We had to have won some hearts and minds.

Our scope of practice has also broadened in other ways. The veterinarians have come by to treat Army working dogs at the CSH. These dogs are treated like soldiers, and the connection between the dog and the handler is intense. There are over 40,000 snakebites in Iraq each year. Our practice has also been broadened by training to treat snake and scorpion bites. Surgeries here are focused on damage control and are time-limited, so only immediate stabilization is done.

Two of the nurses have sons serving in Iraq now and one young nurse's father is here. Their skills and ability to improvise in this setting get us through even the most unfamiliar challenges. Some of the nurses are very young, as are many of the medics, and I am humbled by their commitment and the sacrifices, big and small, that they make.

Our hearts were broken by the devastating news of the death of 21-year-old Corporal Jeremy Bouffard of Middlefield, Mass. He was killed along with 13 other men in a helicopter crash as they were returning from a night mission in Iraq. Jeremy was the son of Lt. Col. Steve Bouffard, the chief nurse of the 405th Combat Support Hospital. Steve is an outstanding chief nurse and a constant source of encouragement throughout our work. He was very proud of Jeremy.

While nothing totally prepares you to be here, several aspects of trauma hold true in this setting—the injured are young with no underlying disease and an amazing capacity for recovery. In many ways, we are closer to our clinical work here than at home. While the magnitude of the injuries, particularly those caused by explosives is daunting, the work itself never fails us.



work, particularly since they often involve more than one extremity and several sites of injury.

One day, we were caring for two men whose vehicle was hit by an IED. This blast sends up a vertical force, as opposed to VBIEDs (vehicle-borne IEDs) whose energy is dissipated laterally. The force of the blast propelled two men out of their seven-ton vehicle. The man in the turret position is especially vulnerable. As we were working

with him, we could smell fuel, which we realized was the accelerant from the IED. We are able to treat civilians who have life-threatening injuries. They are coalition forces or civilians working for or against the U.S. This, at times, has included detainees and prisoners

We also care for people with non-battle injuries that include crashes. One young civilian sustained a non-survivable head injury. Had the outcome been more hopeful, we would have sent him onto Balad. Instead, he stayed with us as the inevitable and unforgiving effect of severe head trauma unfolded. Whether here or at Hartford Hospital, seeing his father at the bedside needed no translation—a compelling image that transcends the barriers of language and culture.

# CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM DECEMBER 15, '08 THROUGH MARCH 15, '09

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

## CANCER PROGRAM

### **Brain Tumor Support Group**

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month (except January) from 5:30 to 7:00 p.m., on 1/8, 2/5 (no meeting in March)—light dinner provided. Registration is required. Call Hillary Keller, LCSW at (860) 545-2318 to register. FREE.

### **Ovarian Cancer Support Group**

Meets at the Helen & Harry Gray Cancer Center. **Schedule:** Fourth Tuesday of each month from 5:30 to 7:00 p.m. on 12/23, 1/27, 2/24. Call Marcia Caruso-Bergman, RN at (860) 545-4463. 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 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 1/6, 2/3, 3/3. 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 1/5, 2/2, 3/2. Registration is required. Call Mary Ann Vanderjagt at (860) 545-4184. 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. Consultations are one 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. Sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$125 for 3 sessions or \$225 for 6 sessions.

#### **Couples Cessation Counseling**

This program is 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 West Hartford, Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$150 for 3 sessions or \$250 for 6 sessions.

#### **Smoke Free for Life Support Group**

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke free. Facilitated by an experienced cessation counselor. **Schedule:** Wednesdays at Hartford Hospital from 1/4 to 2/11 at 4:00 p.m. FEE: Initial consultation fee plus \$100 for 6 sessions of 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:** Meets at 5:30 p.m. on 1/7, 2/4, 3/4.

#### **Employee Smoke Free for Life Worksite Group Support**

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 six sessions. Each group can accommodate 6–15 participants. FEE: \$1,650 for 6 on-site group 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. FEE: \$225.

### **Counseling and Stress Management Service—Individual Counseling**

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovering from illness. Individual counseling sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center.

## EXERCISE/WELLNESS

Additional exercise programs are listed under Women's Health on pages 16-17.

### **Cardiac Wellness Exercise Program**

For cardiac patients, provides exercise and education programs ranging from medically supervised to a more self-directed program depending on your specific needs. Activities include aerobic training 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, a referral is required from your doctor. Call (860) 545-2133.

### **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.

### **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 9:00 to 10:00 a.m. Call (860) 545-1888 to register. FEE: \$160.

**The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center. 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. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday, 12:30 to 1:30 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 12/23, 1/13, 1/27, 2/10, 2/24, 3/10 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 12/23, 1/27, 2/24, 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 12/16, 1/20, 2/17 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. 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 12/29, 1/26, 2/23 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information 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 (except January), 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.

### Schizophrenia Program

The following support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless otherwise noted. **Registration is not required.** For more information or 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 12/16 and 1/20 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.

#### • Functional Implications of Schizophrenia

Learn the impact symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by David Vaughan, LCSW. **Schedule:** 3/10 from 5:15 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. 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 1/6, 2/3, 3/3 from 5:15 to 6:30 p.m.

#### • Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** Tuesday 1/27 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 12/18, 1/15, 2/5, 2/19, 3/5 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:** 1/13 from 5:15 to 6:30 p.m.

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

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Christine Gagliardi, M.Ed, vocational counselor and Patricia Wardwell, COTA, occupational therapist. **Schedule:** 2/10 from 5:15 to 6:30 p.m.

## 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.



## 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 12/18, 1/8, 1/22, 2/12, 2/26 or 3/12 from 9:00 a.m. to 5:00 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

### *Tibetan Healing and Wisdom*

This 6 session class will show you how to use Tibetan Singing Bowls to help achieve relaxation and decrease pain. **Schedule:** 1/12 to 2/16 from 6:00 to 9:00 p.m. at the Newington campus. Registration is required. Call (860) 545-1888 to register. FEE: \$175 for 6 sessions.

### *Mindfulness-Based Stress Reduction*

Stressed by life events, illness, pain, worry? This 8-week course modeled after the original acclaimed program at the UMass Stress Reduction Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. Hosted by Randy Kaplan, Ph.D., LMFT, a psychotherapist and behavioral health administrator. **Schedule:** Thursdays, 1/15 to 3/12 (no class 2/19), from 5:00 to 7:00 p.m. at Hartford Hospital's Education and Resource Center. FEE: \$200.00 plus \$25 for materials.

### *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.

## 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.



**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.

## 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.

### *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.

12/16 *Concert Choir of the Connecticut Children's Chorus—Special Holiday Event!*

## VOLUNTEERS

### *Blood Drive*

The American Red Cross will conduct blood drives at Hartford Hospital in January and March. For the exact dates and 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](http://www.harthosp.org/volsvc).

### *Trauma After-Care Volunteer Training Program*

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training in March is mandatory (dates to be determined) and an interview is required prior to training. For more information or to register call Volunteer Services at (860) 545-2448.

### *Reiki Volunteer Program*

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. If you would like to apply for this program and schedule an interview please call Eileen Pelletier, Volunteer Services Manager at (860) 545-2448 or e-mail at [eeppet@harthosp.org](mailto:eeppet@harthosp.org).

## 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

An exercise program for middle aged and older women. 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.

## 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:** 1/29, 2/12

**Glastonbury:** 1/12, 2/9, 3/9

**Hartford:** 2/23

**West Hartford:** 1/5, 2/2, 3/2

**Wethersfield:** 1/14, 3/11

### 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 6:00 to 9:00 p.m. in West Hartford on 2/3. Call (860) 545-1888 to register. FEE: \$35.

### "New Dads"—Welcome to Fatherhood

There are not many guys in the world who can actually say they were ready to be a father—or knew how to be one—before it happened. Hartford Hospital is pleased to offer two workshops for new dads. From understanding baby's needs, bonding with baby and the difference dads make in a child's life. **Schedule:** From 7:00 to 9:00 p.m. on 1/27 & 2/3 at Hartford Hospital. FEE: \$75.

### 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:** 1/8, 2/5

**Glastonbury:** 1/26, 2/23

**Hartford:** 1/20

**West Hartford:** 1/12, 2/9, 3/9

**Wethersfield:** 2/11

### 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 1/29. 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 1/24 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 2/21. 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 2/2 in Glastonbury. FREE.

### 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 2/4. FEE: \$25.

### 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.

### 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 1/28. 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.

### 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

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** Please call for schedule. FEE: \$65.00/couple includes Dr. Karp's book 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 2/5. 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 1/10, 2/7, 3/7; **Thursday** 4:00–5:00 p.m. on 1/22, 2/19

**School-Age—Saturday** 10:00–11:00 a.m.

on 1/17, 2/14, 3/14

## 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! **Schedule:** From 10:00 to 11:00 a.m. in Wethersfield on 1/28, 3/11. FEE: \$50 for 6-week series.

- **Time for Infants and Toddlers–Saturday 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! **Schedule:** Meets in Glastonbury from 10:00 to 11:30 a.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. **Schedule:** From 11:15 a.m. to 12:15 p.m. in Wethersfield on 1/28, 3/11. FEE: \$50 for 6-week series.



## 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. 6-week session runs 1/14 to 2/18 or 2/25 to 4/1. FEE: \$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 for schedule.

## 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. **Schedule:** From 10:30 a.m. to 4:30 p.m. on 2/14 and 2/21 in Avon or 3/14 and 3/21 in Wethersfield. Call (860) 545-1888 to register. FREE.



## 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:** 1/26 or 3/16 from 6:30 to 8:00 p.m. in West Hartford. Call (860) 545-1888 to register. FREE.

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

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. Call (860) 545-1888 for schedule. FEE: \$45.

## 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 12/17, 1/21, 2/18, 3/18 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 1/13, 2/10, 3/10 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 1/22, 2/26, 3/26. 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. **Schedule:** 1/22, 2/26 at 7:00 p.m. at West Hartford Senior Center, 15 Starket Road. Contact Mary at (860) 568-8173 for more information. FREE.

- **Kidney Transplant Orientation Class**

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call (860) 545-4368 for schedule or to register. FREE.

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

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 12/16, 1/20, 2/17. Registration is not necessary. Call Betty at (860) 658-2453 for more information. FREE.

## CLINICAL PROFESSIONAL PROGRAMS

### EMS Education

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

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

#### **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.

#### **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.

#### **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.

#### **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.

### 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. 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, to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at [www.harthosp.org](http://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, 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 1/8, 1/22, 2/12, 2/26, 3/12, 3/26. FEE: \$39 for 6-month membership.

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

# SPECIAL EVENTS AT HARTFORD HOSPITAL

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



## **Robotic Radical Prostatectomy for Prostate Cancer**

Learn what prostate cancer is and 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:** From 7:00 to 8:00 p.m. on December 16th in Glastonbury. Call (860) 545-1888 to register. Registration is required. FREE.

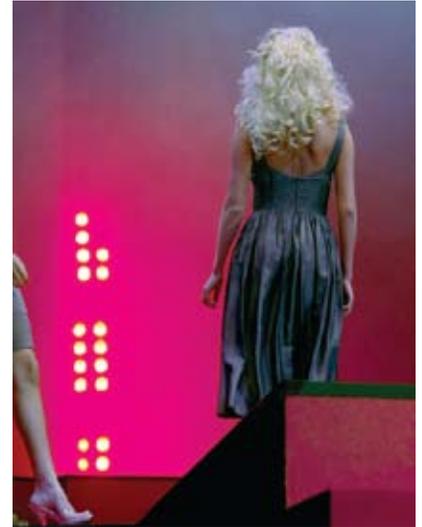
## **OCD and Related Disorders**

People who experience obsessive-compulsive disorder have problems with upsetting thoughts that will not go away and urges to do certain behaviors again and again. In this presentation Dr. David Tolin, director of the Anxiety Disorders Center at the Institute of Living, will discuss the different signs and symptoms of obsessive compulsive and related disorders, including compulsive hoarding. Dr. Tolin will also review different treatments options for these problems. **Schedule:** January 13 from 7:00 to 8:30 p.m. in Wethersfield at the Kenney Memorial Cultural Center. Registration is required.



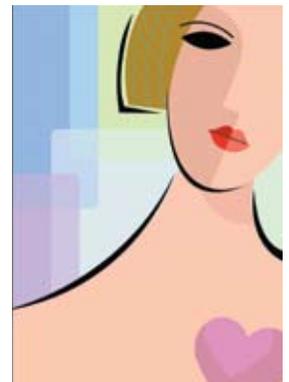
## **Beautiful Skin Without Surgery**

Join Dr. Margaret Bason, a Board-certified dermatologist in Simsbury to learn about skin tightening without surgery, new breakthrough treatments of sagging skin, droopy eyes, wrinkles, acne and excessive sweating. Registration is required. Call (860) 545-1888 for schedule.



## **High Fashion With A Heart**

A fashion show for women of all sizes, shapes and ages. See the latest in Spring fashions from BK & Company in West Hartford, meet celebrity fashion show hosts, and learn about taking care of your heart. From 1:00 to 4:00 p.m. on March 7 at the Hartford Stage Company, 50 Church Street, Hartford. To purchase tickets, call the Hartford Stage box office at (860) 527-5151. Tickets go on sale in January.



Here's a light and easy heart-healthy recipe that evokes the cozy cinnamon-and-ginger aroma of gingerbread baking in the oven. To reduce fat and avoid the use of animal products, try an all-natural, organic or vegan butter substitute.

Butter contains saturated fat and cholesterol, which most individuals would prefer to avoid. Research has shown that a diet rich in saturated fats raises LDL "bad" cholesterol levels, but the effect of cholesterol (found only in animal products) depends greatly on genetics. Even small amounts of dietary cholesterol can raise total serum cholesterol levels alarmingly in susceptible individuals. Margarine created by *hydrogenation* is loaded with harmful trans fats, but today's butter substitutes have been re-engineered to be trans fat-free.

Soy-based butter alternatives are marketed specifically to vegetarians and vegans (who don't eat meat, fish, dairy or eggs). The new spreads are also suitable for sautéing, baking and cooking. You can also substitute soy or rice milk and search online for dairy-free gingerbread recipes.

# Gingerbread Cake



## Ingredients

2 cups all-purpose flour  
1 tsp. baking soda  
¼ tsp. salt  
1½ tsp. ground cinnamon  
1 tsp. ground ginger  
⅛ tsp. ground cloves  
½ cup butter substitute\*  
½ cup light brown sugar  
2 large eggs  
zest of 1 lemon  
½ cup unsulphured molasses  
1 cup milk

## Lemon Icing (optional)

1½ cups sifted confectioners' powdered sugar  
2 to 2½ Tbs. fresh lemon juice

Place rack in center of oven and preheat to 350°. Butter and flour a 9-inch cake pan with 2-inch sides. Set aside.

Combine the dry ingredients (flour, baking soda, salt, ground cinnamon, ginger and cloves) in a separate bowl. Set aside.

In bowl of electric mixer or using a hand mixer with the paddle attachment, cream the butter and sugar until light and fluffy (about 3 minutes). Add the eggs, one at a time, beating well after each is added. Add the lemon zest and molasses and beat until combined. Alternate dry ingredients and milk, beginning and ending with the dry ingredients. Beat until barely blended.

Pour the batter into the buttered and floured pan and smooth the top with an offset spatula. Bake for 40-45 minutes or until a toothpick inserted into the center of the cake comes out clean. Remove from oven and let cool on a wire rack for 10 minutes before removing cake from pan. Cool completely before frosting with lemon icing. Garnish with toasted whole walnuts.

**For Lemon Icing:** Mix confectioners' sugar and lemon juice until smooth. (Icing should be thick, but still spreadable.) Pour the icing onto the center of the cake and spread with an offset spatula. Some of the icing will drip down the sides of the cake. *Serves 12.*

\* This recipe was tested using a vegan margarine (Earth Balance Organic Buttery Spread).

Calories: 200  
Protein: 3.7 g  
Carbohydrates: 33 g

Total Fat: 5.75 g (62% monosaturated)  
Cholesterol: 31.6 mg  
Sodium: 215 mg

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