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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

The Spinal Frontier

Neurosurgery's Hot New Tools
for the Brain and Beyond



HARTFORD
HOSPITAL

ROUNDS

Hartford Hospital's Wellness Magazine

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Heart of Darkness

After a heart attack, gloom often shadows cardiac patients as they worry about the future. Haunted by fears of another coronary event, heart disease patients may fall victim to despair. Survivors sometimes sink into a crippling depression in the wake of sudden cardiac surgery or a life-threatening heart attack.

Cardiac patients are three times more likely than healthy people to suffer from depression, warns the American Heart Association. The Veterans Administration recently found that a history of major depression increases cardiovascular risk more than a family history of heart disease. Depression

raises the risk for heart failure in otherwise healthy people and hastens heart disease progression. Heart failure patients with depression are much more likely to require re-hospitalization or to suffer a fatal heart attack or stroke. According to the American Medical Association, major depression is associated with a three-fold increase in cardiac mortality risk after a heart attack. Quitting smoking and making heart-healthy lifestyle changes can lower the risk of suffering another cardiovascular event. Antidepressant medication or cognitive behavioral therapy can help patients cope with feelings and fears (see "NeuroStar: TMS for Depression," page 9).

"Although depression raises the risk of having another heart attack, cardiac rehabilitation has been shown to reduce the incidence of recurrent heart attack by 22 percent," says Paul Thompson, M.D., director of Cardiology at Hartford Hospital. "Medically supervised exercise helps heart attack patients recover, possibly in part by helping them experience less depression after their cardiac event."

HEALTH TIPS

Know Your Heart-Health Numbers



Cholesterol

Healthy total cholesterol: < 200 mg/dL

Risky total cholesterol: > 240 mg/dL

Optimal HDL (good) cholesterol: > 40 mg/dL (men); > 50 mg/dL (women)

Risky LDL (bad) cholesterol: > 100 mg/dL

Blood Pressure

Optimal: 120/70 mmHg

Borderline: 130/80 mmHg

Risky: > 140/90 mmHg

Triglycerides

Healthy: < 150 mg/dL

Risky: > 200 mg/dL

C-Reactive Protein

Healthy: < 1.0 mg/L

Risky: > 3.0 mg/L

Change of Heart



People with normal cholesterol levels suffer about half of the 1.5 million heart attacks and 600,000 strokes that occur in the United States each year. Stroke is a killer, accounting for nearly 2,000 deaths annually in Connecticut.

While guidelines can be a useful screening tool for populations, an individual's chances of having a heart attack or stroke are strongly influenced by obesity, diabetes, high blood pressure, smoking, diet and sedentary lifestyle—not just cholesterol levels. What can you do to change your cardiovascular risk factors?

Despite warnings about a fatty diet, meat consumption has nearly doubled in the United States over the past half-century. A diet rich in saturated fat or genetic predisposition can raise cholesterol to artery-clogging levels. A decade-long National Institutes of Health study of 500,000 Americans age 50–71 found that those who consumed the most red and processed meat were up to 40 percent more likely to die than those who ate less meat.

Dangerously high levels of LDL (low-density lipoprotein or “bad” cholesterol) trigger the buildup of fatty plaque, causing chest pain and arterial blockages. When dietary changes—such as eating less saturated fat and more fish and poultry—yield only a modest drop in serum cholesterol levels, drugs called *statins* can have dramatic lipid-lowering effects.

“We now understand the important role of genetics rather than diet alone in cholesterol,” says cardiologist James E. Dougherty, M.D., medical director of Hartford Hospital’s heart transplant program. “Triglycerides and sugar are related to carbohydrate intake and nutrition, so they are more diet and exercise driven. People with diabetes or at high risk for cardiovascular disease should be taking cholesterol-lowering drugs. We used to think that plaque gradually accumulated in an artery until a blocked vessel caused a heart attack, but now we know that any plaque build-up raises your risk.”

Although patients often think they can change their cholesterol levels with diet and exercise, Dr. Dougherty says most people can’t lower their LDL levels significantly on their own—and there’s no way to meaningfully raise their HDL (good) cholesterol either. “Lower is better when it comes to LDL,” he says. “We have many good medications for cholesterol management.”

Marketed under such brand names as Lipitor, Zocor and Crestor, cholesterol-lowering drugs are among the world’s top-selling medicines. In rare cases, however, the drugs can cause neuromuscular pain or muscle injury. With funding from NIH and Hartford Hospital, the biomedical company Genomas is collaborating with Hartford Hospital to create diagnostic markers to tailor the drug choice. Genomas’ proprietary PhyzioType™ predicts a patient’s response to diet, exercise and drugs by identifying markers unique to each individual. “Growing evidence indicates that genetics determine who does and does not have muscle complaints with statins,” says Hartford Hospital Director of Cardiology Paul Thompson, M.D.

Recent advances have identified DNA variants that can guide selection and dosing of medications. Thanks to a revolutionary breakthrough in personalized medicine, PhyzioType can “enable the diagnosis and drug-specific prediction of statin neuromuscular side effects,” says Genomas President Gualberto Rúaño, M.D., Ph.D., director of Genetics Research, Hartford Hospital. “By combining physiological factors with genetic information, we can discover specific recommendations about treatment and provide physicians with an unprecedented capability to select for each patient the safest drug treatment.”

New Technotools are Transforming Neurosurgery



*Inam U. Kureshi, M.D. (left)
and Arnold J. Rossi, M.D.*

The brain contains an estimated 100 billion interconnected nerve cells. Infinitesimal threadlike strands of fiber carry lightning-fast messages from the cerebral cortex down the spinal cord to the muscles, allowing coordination of complex movements.

In the glow of the operating suite, a beam of hot white light illuminates a thin part in vaselined hair, painted with iodine. The soft whirr of a drill opens a bony flap in the top of the skull, a “key-hole” for high-tech instruments that will unlock the brain’s secrets. No need to shave the head or cut an incision in the scalp. When the operation is over, the neurosurgeon simply replaces the bone and secures it with a tiny plate and a couple of screws.

Minimally invasive surgery has harnessed the power of fiberoptics and lasers to create optical scalpels that blast tumors into vapor. Downsized drills and high-definition cameras and monitors give surgeons a high-tech window on the brain. Technology gives surgeons the tools to delve into the brain to excise tumors or repair stroke damage without harming “eloquent” regions that control speech and language. Within the brain, an estimated 100 billion interconnected nerve cells shape emotion, sensation, movement and memory.

The Lightest Cut

Wielding lasers instead of scalpels, today’s neurosurgeons operate on the brain with meticulous care. Neurosurgeons treat diseases and disorders of the brain, spinal cord, spine, skull and vascular system. Three-dimensional navigational devices reveal lesions or tumors as image-guided computer systems and high-tech cameras point instruments through an intricate web of blood vessels and nerves.

“Just before surgery, we image the brain with MRI or computerized tomography (CT) scans to generate coordinates in three different planes,” explains Arnold J. Rossi, Jr., M.D., the first neurosurgeon at Hartford Hospital to use the laser scalpel. “We precisely pinpoint where to put the ‘trap-door’ in the skull to remove the tumor. We use ultrasonic aspirators and other devices to debulk and cauterize. The CO₂ laser is used mostly to shrink and ‘evaporate’ tumors because it has the advantage of fine detail with minimal tissue damage. *Without ever touching the brain*, the neurosurgeon points the laser beam at the tumor and ‘paints’ it with light while sparing sensitive areas.”

Most brain tumors arise elsewhere and spread from cancers of the lung, breast or colon. One exception is a *meningioma*, a large, often benign

tumor—sometimes as big as a grapefruit—that tends to grow back after surgery. As for a *glioma*, the most common primary brain cancer, Dr. Rossi says the challenge is to destroy every cell, since malignant tumors sometimes sprout microscopic tails that infiltrate deep into the brain.

When tumors are inoperable, the Trilogy radiation system at the Helen & Harry Gray Cancer Center offers options for stereotactic neurosurgery. Hartford Hospital is a high-volume center for intracranial surgery, spinal and neurovascular surgery, skull base surgery and innovative radiosurgery of malignant and benign brain tumors. Neurosurgeons collaborate with radiation oncologists to target lesions in critical areas of the brain, using image-guided delivery and a helmet-like device that holds a patient’s head completely still during radiosurgery.

Head injury victims are airlifted by LIFE STAR helicopter to Hartford Hospital, the region’s only Level 1 Trauma Center. “Hartford Hospital funds a head injury clinic to provide testing and follow-up care for patients who have suffered head trauma,” says vascular neurosurgeon Inam U. Kureshi, M.D., head of the hospital’s Department of Neurosurgery. “Although acute critical care is important, traumatic brain injury victims disheartened by lingering cognitive impairments, severe anxiety or post-traumatic stress disorder need ongoing counseling and support.”

Navigating the Brain

Mapping prior to surgery is invaluable for neurosurgeons planning to operate on brain tumors, cerebral aneurysms or arteriovenous malformations in regions of the brain responsible for movement, perception and cognition. Neuronavigational systems will soon use functional magnetic resonance imaging (fMRI) data to spare critical zones of motor and sensory function lying near the surgical site. “Imaging is moving beyond MRI,” says neurosurgeon David A. Kvam, M.D., who specializes in surgery involving the pituitary gland. “MR spectroscopy allows us to look at the chemical nature of an abnormality to determine whether it’s caused by a brain tumor, infection or stroke.”

Neurosurgeons respond immediately when an artery within the skull suddenly ruptures, spill-

Paul J. Schwartz, M.D., Ph.D.

Paul J. Schwartz, M.D., Ph.D., a general neurosurgeon at Hartford Hospital, is in practice with Neurosurgeons of Central Connecticut, P.C. He graduated from Colgate University and earned his Ph.D. in neuroscience from Johns Hopkins University. After completing a post-graduate research fellowship at Massachusetts General Hospital, he taught neurobiology at Williams College. He attended medical school at Albany Medical College and did his residency in neurosurgery at the University of Medicine and Dentistry of New Jersey. He joined Hartford Hospital in 2008.

Dr. Schwartz heads the neuro-oncology tumor board, which brings together the specialties of neurology, radiation oncology, medical oncology and radiology to consult with neurosurgery on collaborative treatment plans for unusual brain and spine tumors. Dr. Schwartz, whose wife is a scientific editor in West Hartford, enjoys cooking, reading and traveling.



ing blood into the brain. A neurosurgical team is always on call to collaborate with the Stroke Center's neurointerventional radiologists to stanch the bleeding from a ruptured aneurysm or hemorrhagic stroke. When the normal functioning of the brain is disrupted by stroke or trauma, craniotomy (removal of part of the skull) may be the only way to access the brain for delicate, life-saving surgery.

New Stroke Technique

Neurosurgeons can now divert a vessel in the scalp called the *superficial temporal artery* to supply blood-starved regions of the brain damaged by a stroke. Dr. Kureshi lifts the pulsating artery, and with the blood still coursing through it, pulls the vessel away from the scalp and sutures it to the top of the brain. New blood vessels eventually spring from the transplanted artery and re-route blood flow around blockages in the brain caused by a stroke.

Since 2000, Hartford Hospital has been the only medical center in the state to offer the procedure, called *encephaloduro-arteriosynangiosis* (EDAS), for stroke patients who are good candidates to regrow new blood vessels. "Angiograms show new vessels forming and carrying blood to the area of the brain where most strokes occur," says Dr. Kureshi. "More than 75 percent of patients grow new a blood supply, but success rates would be even higher if patients would quit smoking. We don't disrupt the brain itself, so the procedure is very safe."

Endovascular Pioneers

Over the past decade, Stroke Center physicians and interventional radiologists at Hartford Hospital have used catheter-delivered devices to directly dissolve or retrieve clots in brain arteries. The Stroke Center pioneered the development of a revolutionary method—the MERCI clot retrieval device—that can be threaded through a catheter (a tiny tube inserted into a blood vessel) to capture a clot.

Armed with new tools and technology, endovascular neurosurgeons navigate vascular pathways from the femoral artery to the brain. Tiny plastic catheters—some finer than a strand of angel hair pasta—are used to deliver coils, sealants, clot-dissolving medicines, or dilating balloons to the affected area of the brain. Repair of blood vessels in the brain that have been damaged by stroke or cancer is now routine.

"Exciting changes are occurring in neurosurgery and treatment of intracranial vascular problems," says Dr. Kvam. "In the past, people had to undergo open brain surgery to clip an aneurysm, for example. Minimally invasive endovascular techniques can now deliver stents through catheters to treat hemorrhages without ever touching the brain. New tools are driving new treatments and better outcomes."

"Surgery is the last resort," adds Dr. Kureshi. "Prompt treatment for aneurysms can lead to full recovery. Anti-clotting drugs

Hartford Hospital's neurosurgical intensive care and step-down units are unique to the region.

like Plavix or aspirin can help 90 percent of people who suffer mini-strokes called *transient ischemic attacks*, or TIAs, recover if they stop smoking, control diabetes and lose weight."

The Spine Center

In today's high-tech operating room, spine surgery is a delicate blend of artistry and skill. At Hartford Hospital's Spine Center, spine surgeons, radiologists and neurologists collaborate to reduce pain, using real-time imaging, X-ray fluoroscopy and minimally invasive surgical techniques. Neurosurgeons navigate an intricate maze of bones, muscles and blood vessels surrounding a network of nerves that run the length of the spinal canal and radiate into the legs and calves. Between the vertebrae are spongy discs that cushion the spine as it bends and twists, supported by bands of muscle.

Each year, nearly 300,000 Americans undergo operations to "fuse" their unstable spines in the hope of relieving pain. "We don't do surgery on everyone," says Andrew E. Wakefield, M.D., associate director of neurosurgery at Hartford Hospital. "Neurosurgeons suggest minimally invasive surgery when spine care and interventional pain management techniques fail. Treatment depends on whether it's a degenerative disc problem or a major trauma case requiring a complex reconstruction or spinal fusion."

The hospital's neurosurgical intensive care and step-down (transitional) units, unique to the region, provide multi-disciplinary care for patients recovering from head or spine trauma, tumor removal or surgery involving the brain or spinal cord. The sixth floor of the Conklin Building, currently undergoing renovation, will soon be a dedicated post-spine surgery floor. The Spine Center's multidisciplinary approach involves neurosurgery, orthopedics, nursing, rehabilitation, physical therapy, discharge planning, interventional pain management and cooperation with physicians in the community, says Dr. Wakefield.

Painful Backs

Nearly four out of five Americans suffer from back pain. When sudden or severe back pain strikes, patients want a quick fix. While early intervention is crucial because back pain can become chronic if left untreated, rehabilitation physicians, called *physiatrists*, strive to avoid unnecessary surgery. "At Hartford Hospital, we do fusions or reconstructive surgery only on people with intractable pain who haven't responded to anti-inflammatory drugs, exercise or other therapies," says neurosurgeon Paul J. Schwartz, M.D., Ph.D. "We know that every time you put the blade to the skin you get pain."

Smaller scars, minimal blood loss, less pain and faster recovery are among the advantages of minimally invasive surgery over conventional "open" methods. Surgeons avoid cutting deeply into the skin and underlying muscles, instead using retractors to groove a channel through fat pads. Back muscles can be pushed aside to allow slender tools to be manipulated without slicing through muscle. "Spine surgeons try to relieve pain with the smallest possible incision and the least possible damage to muscle," says Joseph Aferzon, M.D., of the Spine Center.

"Our goal is to create a portal for very thin instruments," he adds. "We insert metal tubes of increasing diameter and gradually dilate a channel to the part of the spine we're trying to reach. The spine is a very complicated and hard-to-reach set of moving joints. One of the challenges in spine surgery is how to define outcomes, because people have high expectations and low tolerance for pain."

When fluid leaks from a tear in the ring of cartilage between the vertebrae, the bulging disc can press painfully on the nerves around the spine. Dr. Aferzon performs an innovative procedure, called *AxialIF*, to fuse the deteriorating vertebrae and stabilize the spine. "The less muscle cut, the less pain," he says. "There's also a much lower risk of infection and blood loss with minimally invasive techniques."

"Scars hurt," says Dr. Schwartz, adding that back surgery can leave lasting nerve damage that limits the spine's ability to bend. "But the hospital keeps a specialized scrub team on call 24/7 because surgery can mean the difference between being paralyzed or walking again."

Last summer, paramedics pulled a 21-year-old trauma victim from a car wreck and airlifted her broken body to Hartford Hospital. In the operating room, Dr. Schwartz relieved the pressure on her spinal cord by grafting bone and painstakingly removing fragments from burst fractures in her cervical spine. Although she was paraplegic when she arrived, after a day and a half in traction she could move her left arm. After three months of rehabilitation, she was able to stand. She recently walked into Dr. Schwartz's office. Except for some residual weakness in her right hand, she has completely recovered.

For more information about the physicians mentioned in this article, call (860) 545-1888 or (800) 545-7664.

Recognize Your Risk for Inflammatory Breast Cancer

Rare and aggressive, inflammatory breast cancer tends to occur at a younger age than other breast cancers. African American women are at particular risk for the disease, which accounts for one percent of all breast cancers.

See your health care provider right away if you experience swelling, burning, heaviness, pain, redness and/or dimpling of the skin of the breast. Although bug bites, skin infections or injury may look similar, a breast surgeon can confirm a suspected diagnosis with a skin punch biopsy, mammography, ultrasound and/or MRI. Inflammatory breast cancer can also cause nipple discharge, swollen lymph nodes, an inverted or flattened nipple, rapid increase in breast size, discoloration and puckered skin that resembles an orange peel (*peau d'orange*).

“Because this type of breast cancer can occur suddenly and spread swiftly, it is very important to seek health care as soon as possible and follow up with a specialist if the first treatment is not effective in curing the symptoms,” says Nirupama Anné, M.D., a breast surgeon with Connecticut Surgical Group’s Center for Breast Care.

“Inflammatory breast cancer can be treated with chemotherapy to shrink the tumor and prevent its spread to other organs,” she adds. “Surgery to remove the cancer and affected lymph nodes may be followed by radiation and other therapies. Depending on the tumor,



targeted drugs or hormonal therapy may help to prevent recurrence of the disease.”

The National Cancer Institute (NCI) encourages inflammatory breast cancer patients to enroll in clinical trials of investigational drugs that may help improve survival. “You can go to the NCI website to find out the criteria for a clinical trial,” says Dr. Anné. “Hartford Hospital’s team of medical and radiation oncologists can administer treatments in accordance with the clinical research protocols.”

Because inflammatory breast cancer is so aggressive and difficult to detect, it often isn’t diagnosed until it metastasizes (spreads to other organs). Approximately 25–50 percent of those diagnosed with this fast-growing breast cancer survive for five years, compared to survival rates of more than 90 percent for

postmenopausal breast cancers.

Although it’s widely believed that heredity is a significant cause of breast cancer, the National Institutes of Health says only about 5–10 percent of all breast cancers have a genetic link. Inflammatory breast cancer afflicts women—and occasionally men—who have no known risk factors for the disease. Many women have been alerted to the dangers of inflammatory breast cancer from news reports that have made the rounds on the Internet. Consult a physician if your breast suddenly feels swollen, heavy, warm or tender.

WHAT’S GOING AROUND...News & Breakthroughs

C and E for Eyes

A new study in the journal *Ophthalmology* suggests that older adults who eat a lot of citrus fruits, leafy greens, broccoli, high-fiber grains and fish oil may have a lower risk of age-related macular degeneration (AMD), the leading cause of vision loss among older Americans. Lutein (found in spinach and kale), vitamin C, vitamin E and zinc help protect against AMD, which afflicts more than 1 million Americans.

Brain Food

Citicoline, a brain-boosting nutrient found in cauliflower, soybeans, egg yolks, fish and peanuts, enhances the efficiency of the brain’s frontal lobe—the region responsible for judgment, critical thinking and working memory. The National Institutes of Health (NIH) is recruiting traumatic brain injury patients for a clinical trial, after an earlier study showed the vitamin-like compound reduced post-stroke neurological damage.

Flu Fears

“The flu season tends to wane as good weather arrives, except this year,” says Brian Cooper, MD, director of the Division of Infectious Diseases at Hartford Hospital. “The Centers for Disease Control and Prevention (CDC) report that H1N1 infections are still occurring and may persist through the summer.” No vaccine is currently available for the H1N1 flu outbreak, which has been declared a pandemic by the World Health Organization.

Toxic Waste

Avoid the hype about colon cleansing, touted as a way to eliminate toxins. Don’t send for so-called “free” trials of unnecessary—and expensive—herbs, probiotics or laxatives. Not only are you risking a credit card scam, but the American College of Gastroenterology warns that frequent colon cleansing can disrupt your body’s electrolyte balance, causing dehydration, anemia, malnutrition and even heart failure.

NeuroStar: Transcranial Magnetic Stimulation for Depression

Depression robs the mind of joy, leaving relationships in ruins. Despite the benefits of antidepressant drugs and cognitive therapy to change negative thought patterns, depression remains the number one cause of disability in the United States. For many sufferers, the quest for lasting relief is elusive. Feelings of loss or despair can be overwhelming and persistent.

Although effective antidepressant drugs have been available since the mid-1950s, newer antidepressant medications, including selective serotonin reuptake inhibitors (SSRIs), are easier to use than older drugs, which has led to the much wider use of antidepressants by primary care physicians. Millions of people around the world have been prescribed SSRIs, as well as both older and newer types of antidepressants. Although no one knows precisely how the drugs work, research shows that boosting the neurotransmitter serotonin seems to influence mood and behavior.

While many people initially respond to treatment with SSRIs—meaning that their symptoms improve—most find that their depression never completely lifts. Depressed individuals often suffer from personality disorders or substance abuse, heart disease or other medical problems, or feelings of helplessness, anger or anxiety. Available treatments don't work for as many as half of depressed patients. Side effects like sexual dysfunction often lead people to stop taking pharmaceuticals.

"Not everyone responds to antidepressant drugs," explains John W. Goethe, M.D., director of the Burlingame Center for Psychiatric Research and Education at the Institute of Living. "About a third of people get better with medication, but relapse within a few months. About 20 percent respond to a second medication, but no more than 10 percent respond to a fourth or fifth medication. So even without relapse, at least a third of people with depression are resistant to treatment."

The Institute of Living is the first medical facility in Connecticut to offer the innovative NeuroStar transcranial magnetic stimulation (TMS) therapy that harnesses powerful electromagnetic forces to treat depression gently and safely. Since the 1990s, brain mapping and bioengineering studies have suggested that there might be a safe and effective way to stimulate neurotransmitters in the brain without the memory loss often caused by electroconvulsive therapy (ECT), once known as electroshock.

Last fall, the FDA approved the NeuroStar brain-stimulating device to treat depressed adults who have not responded to at least one antidepressant medication. The non-invasive procedure requires no anesthesia or sedation. The patient remains awake and alert during the treatment, a 40-minute outpatient procedure performed in a psychiatrist's office five days a week for four to six weeks.



Psychiatrists John W. Goethe, M.D., and Joanna H. Fogg-Waberski, M.D.

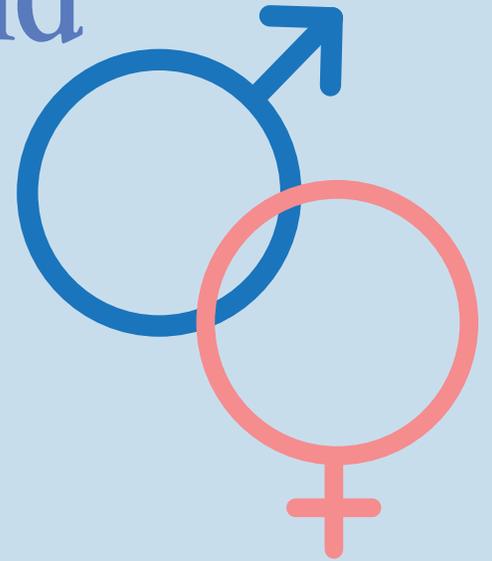
The American Journal of Psychiatry says TMS is as effective as ECT in non-psychotic patients with major depression, yet has significantly fewer side effects. In thousands of treatments during clinical trials, TMS was not associated with weight gain, sexual problems, stomach problems, sleepiness, or dry mouth—and there were no negative effects on memory or ability to concentrate. The treatment coil is applied to the head above the left prefrontal cortex, the part of the brain involved with mood regulation.

"Highly focused MRI-strength magnetic pulses generate a weak electrical current that stimulates nerve cells in the area of the brain linked to depression," says Dr. Goethe. "Although some individuals may initially experience a headache or scalp pain, it generally goes away after a few treatments. TMS is appropriate for people who can't take drugs or who have medical problems that rule out anesthesia."

Patients whose physicians have recommended NeuroStar TMS therapy will be assigned a case manager who will work with them to secure coverage and insurance reimbursement for the experimental procedure. For more information, call (860) 545-7102.

Hartford Hospital is launching an effort to raise at least \$3 million in charitable gifts for a groundbreaking initiative aimed at enabling people with depression, bipolar disorder or anxiety disorders to achieve not just improvement, but full, functional recovery. Gifts to this Depression Initiative will help incorporate new treatment modalities like TMS into our treatment programs. To learn more about the Depression Initiative, call us at (860) 545-2226 or visit harthosp.org/InstituteOfLiving/DepressionInitiative.

Medical Myths and Misconceptions



When it comes to their health, just as in relationships, men and women might as well be from different planets.

Men die earlier, but suffer fewer chronic autoimmune diseases like lupus, multiple sclerosis or rheumatoid arthritis. A woman's extra X chromosome gives her a competitive advantage in sex-linked traits like hemophilia, but she's more likely to suffer a fatal stroke. The National Stroke Association says that of the 700,000 Americans who suffer a stroke each year, 62 percent of those who die are women.

MYTH: Men Are Better Drivers than Women

Neuroimaging studies reveal that although men and women are equally intelligent, their brains are very different when it comes to driving and navigating. Women score higher on spatial recognition memory, attention span and motor control. Virtual reality simulations using functional magnetic resonance imaging (fMRI) reveal major differences in the way men and women use their brains to escape from a three-dimensional maze. Women rely on landmarks to navigate, while men seem to have an internal compass.



MYTH: Women Rarely Have Heart Attacks

"Gender matters when it comes to a heart attack," says James E. Dougherty, M.D., medical director of Hartford Hospital's heart transplant program. "Men may be stoic, but they tend to arrive in the emergency department with classic symptoms of a heart attack—sweating and crushing chest pain. Women's symptoms are more subtle. Because women may have pain in the neck or elbow, the 'door to balloon' time—how long it takes for angioplasty or a stent—is longer. The good news is that half of young doctors are now female, which has helped increase awareness and sensitivity to the very real differences between men and women."

MYTH: Men Don't Get Osteoporosis

Osteoporosis is not just a women's disease. Although elderly women outnumber men, men lose bone mass just as fast as women after age 70. Each year in the United States, osteoporosis leads to two million fractures of the hip, spine and wrist. Up to 20 percent of hip fracture patients die within a year after the break and a quarter need long-term nursing home care. While women are twice as likely to break a hip, each year 90,000 men suffer a hip fracture and one-third die within a year afterward.



MYTH: Women Don't Die from Stroke

While estrogen appears to be protective against stroke in lab animals, clinical trials in humans show that hormone replacement therapy could actually increase the risk of a stroke, say researchers at the University of Connecticut Health Center. "More women than men die from stroke annually in the United States," says Dr. James E. Dougherty. "Stroke is the third-leading cause of death and the leading cause of adult disability, but 80 percent of strokes are preventable. Specific risks for women include oral contraceptives and hormone replacement therapy, especially in conjunction with cigarette smoking, abdominal girth and high triglyceride levels—factors that are all potentially within our grasp to modify and control."



MYTH: Women Can Smoke an Occasional Cigarette

Although smoking is an equal opportunity killer, women are particularly susceptible to the toxic effects of cigarette smoking, say researchers at Boston's Brigham and Women's Hospital. Now a new study of Norwegian smokers shows worse lung damage in women than in male smokers of similar age. Female smokers develop chronic obstructive pulmonary disease (COPD) earlier in life than men, possibly because their airways are smaller. Women are more likely than men to get lung cancer, the leading cause of cancer death.

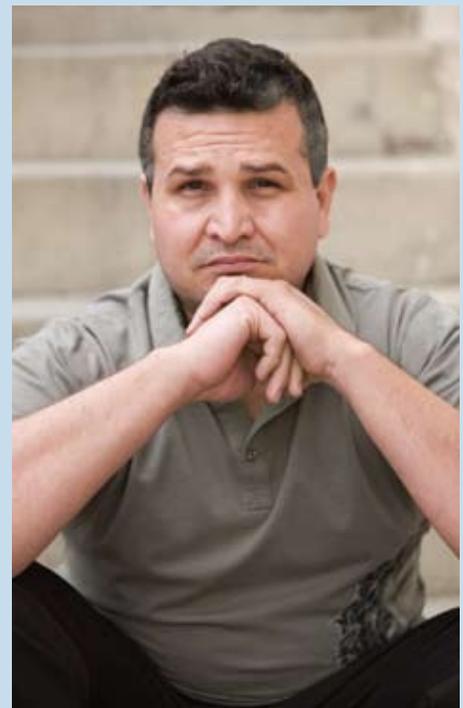


MYTH: Men Have Heart Attacks During Sex

Why do so many medical myths persist? Despite Hollywood dramas, men really aren't very likely to have a heart attack during sex. The typical 50-year-old non-smoking man has a one in a million chance of suffering a heart attack in any given hour, but having sex only raises those odds to a negligible two in a million.

MYTH: Men Don't Get Breast Cancer

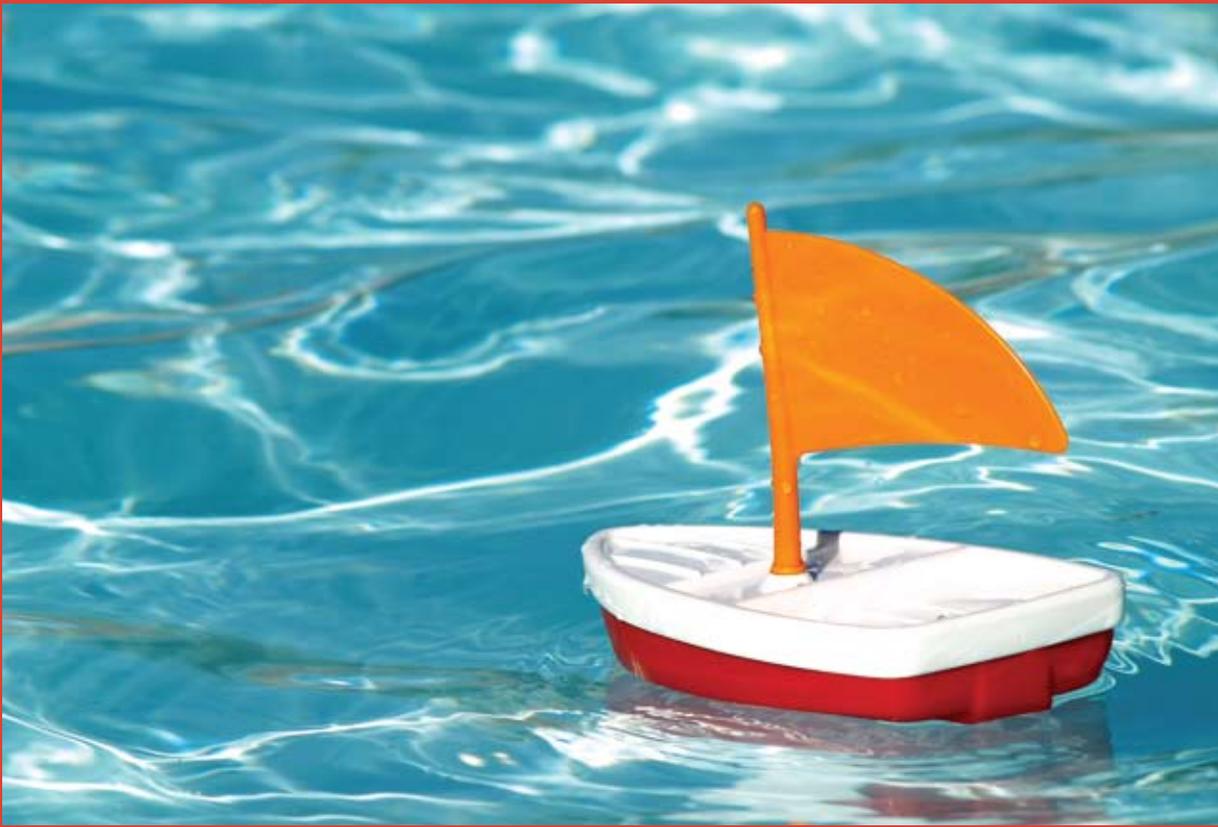
Men account for one percent of all breast cancers, or about 2,000 cases annually in the United States. The average age of onset is 65–67, a decade later than for female breast cancer. Men with breast cancer may have prior exposure to chest wall radiation (from treatment for Hodgkin's lymphoma), or higher estrogen levels caused by Klinefelter's syndrome (an extra X chromosome), liver disease, obesity, alcohol abuse or a family history of testicular disease or breast cancer. Approximately 85–90 percent of male breast cancers have estrogen and progesterone receptors on their cell membrane, compared to only 60–70 percent of female breast cancers. Although men usually have a more advanced tumor stage at diagnosis, overall survival rates for cancers caught at the same stage are comparable.



MYTH: Hormones Are Just for Women

Fatigue, a depressed mood, low sex drive and erectile dysfunction may be treatable symptoms of low testosterone (Low T). Risk factors for Low T include obesity (especially around the abdomen), diabetes, high blood pressure, high cholesterol, asthma and COPD. Hormone therapy is now available in the form of a patch or a gel that can be rubbed on the skin of the arms and shoulders. (Be sure to wash hands well and don't let the treated area come into contact with children.)

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JUNE 15 THROUGH SEPTEMBER 15, 2009

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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 Survivor 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 7/2, 8/6, 9/3—light dinner provided. Registration is required. Call Hillary Keller, LCSW at (860) 545-2318 to register. FREE.

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

- **NEW! The Lebed Method: Focus on Healing**

Gentle medically-based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. Call Sherri Storms, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month on 6/23, 7/28, 8/25. 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 7/7, 8/4, 9/1. 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.

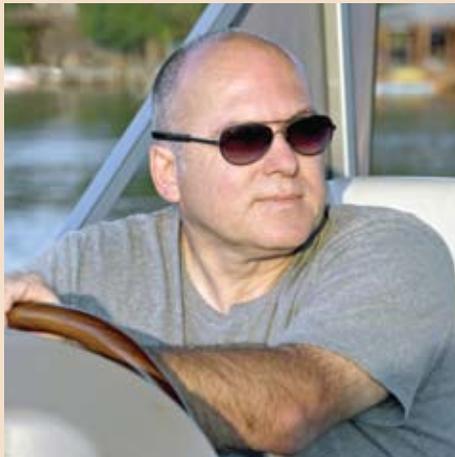
Look Good, Feel Better

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 7/6, 8/3, 9/14. Spanish session on 6/22 from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt 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. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Call (860) 545-1888 to register. FREE.

7/21 Reiki Healing Touch
8/18 ART for Healing
9/15 Massage Therapy



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 (860) 545-3637 for more information.

HEALTHY HEARTS

Support Resources for Tobacco Users Call (860) 545-3127 for registration and information

"Resources for Smokers—What's Available?"

This monthly program will be open to smokers, their friends and family and anyone who wants to learn more about the current treatment options available to help smokers quit. Topics to be covered include: medication options, behavioral strategies and services available to people who smoke. Attendees can expect a supportive environment that offers education and an overview of how different treatment options work. Offered monthly. Call for dates and location. FREE.

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 \$200 for 3 sessions. May be covered by health insurance.

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 and meets weekly for six sessions. **Schedule:** Wednesdays, 4:00 to 5:00 p.m. From 6/17 to 7/22 at Hartford Hospital or from 8/4 to 9/8 at Blue Back Square. FEE: \$150 for 6 sessions. May be covered by health insurance.

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 from 5:00 to 6:00 p.m. on 7/2, 8/6, 9/3. Call for location. FREE.

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. Hartford Hospital employees with Aetna insurance have coverage for smoking cessation programs.

Stress Management for Cardiac Patients—A Six-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 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. 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. Call (860) 545-3127.

MENTAL HEALTH

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues 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, Carolina Cottage, basement level. 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 Monday of the month from 1:00 to 2:15 p.m. on 6/22, 7/13, 7/27, 8/10, 8/24, 9/14 at 85 Jefferson Street, Room 116. For more information, 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 6/23, 7/28, 8/25 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 6/16, 7/21, 8/18, 9/15 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 6/29, 8/31, 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.

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) 545-7665. FREE.

• Schizophrenia Anonymous

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday evening from 5:30 to 6:30 p.m. 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:** From 5:15 to 6:30 p.m. on 3/10.

• 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 7/7, 8/4, 9/1 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 9/22 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 6/18, 7/2, 7/16, 8/6, 8/20, 9/3 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:** 9/8 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:** 8/11 from 5:15 to 6:30 p.m.

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 6/16, 7/21, 8/18, 9/15 in Hartford from 5:15 to 6:30 p.m.

NEW! Depression—An Introduction

For family members and friends of individuals who suffer from depression. Learn about major depression, its treatment and ways to help family members better cope with the illness. Facilitated by David Vaughan, LCSW. **Schedule:** Meets from 5:15 to 6:30 p.m. on 8/11.



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:** Meets from 6:30 to 8:00 p.m. in West Hartford. **Schedule:** Please call for schedule. 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.

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.

Visit our web site at www.harthosp.org

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 7/9, 8/6, or 9/10 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

An Expressive Art Experience—A Healing Journey for Cancer Survivors (5 week series)

Creative expression can be a stress-reducing way to express ourselves, connect with others and promote wellness. Exercises (e.g., collage, journaling, expressive drawing, the chakras, the mandala, etc.) are designed to open a path to inner wisdom. Allow the group process of like minds to activate the creative spirit in all of us! **Absolutely no previous art experience is necessary.** **Schedule:** Wednesdays, 7/29, 8/5, 8/12, 8/19, and 8/26 from 5:30 to 8:30 p.m. at the Avon Cancer Center. Registration is required. Call (860) 545-1888.

Yamuna® Body Rolling!

This dynamic workshop promotes balance, builds core strength, provides weight-bearing exercise, improves posture and directly stimulates bone. Gives you the tools for continued self-care. Wear close fitting yoga or exercise attire and bring yoga type mat. **Schedule:** 7/15 from 7:00 to 9:00 p.m. at Newington campus gym. Registration is required. Call (860) 545-1888.

Body Awareness and Conditioning

Low impact but hi-energy class develops increased well being through body awareness. Increase your confidence, strength, flexibility and prevent injury. Learn to utilize the eyes and breath for ease of movement as nature intended. Yoga or exercise attire, mat and water strongly recommended. **Schedule:** 6 sessions series on 6/18, 6/25, 7/2, 7/9 at Wethersfield location. Registration is required; please call (860) 545-1888.

NEW! Sunrise Yoga

Stay in touch with stress reduction, toning and strengthening this summer. Join Lynn MacDonald, RYT for a 4 week summer morning yoga series suitable for all levels of fitness and yoga experience. Class will include meditation, breath work, core strengthening and posture flows. Feel energized while relaxed and open, release stress, build core strength, and tone muscles. Take into everyday life what you learn on the mat. Bring yoga mat, water and blanket (blanket optional but recommended). **Schedule:** 8/4, 11, 18 & 25 (4 week series per fee) from 4:30 to 5:45 p.m. in Newington. Registration is required; please call (860) 545-1888. FEE: \$60.

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.

Vibrational Sound Healing with Tibetan Bowls—Level 2

Prerequisite: Level 1 with Marie Menut. Students are taught placement of bowls and how to listen to the vibrations of the bowls and tingshaws to determine the progress of the healing process. **Schedule:** 6/16 through 7/21, 6:00 to 9:00 p.m. at the Newington Campus. Registration is required, call (860) 545-1888. FEE: \$175 for 6 sessions.

NEW!! Hypnobirthing® Class

This 5-week class teaches the use of guided imagery, visualization, special breathing techniques, and self-hypnosis for a more comfortable birthing process. In Wethersfield at 1260 Silas Deane Highway. **Schedule:** 6/22 to 7/20 or 8/3 to 8/31 from 6:30 to 9:00 p.m. Registration is required, call (860) 545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid at first class).

EXERCISE/WELLNESS

See additional exercise programs on pages 16-17.

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. Call (860) 284-1190 for information or to register.

Hot Yoga

Challenging 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.

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 Community Education

Learn about the scope of obesity in America and what to do when conventional weight loss attempts fail. Join Dr. Darren Tishler, director of Hartford Hospital's Surgical Weight Loss Program, and Dr. Pavlos K. Pappas as they discuss the surgical treatment of obesity. Benefits, risks and alternatives to the gastric bypass procedure will be covered. **Schedule:** Call (860) 246-2071 for schedule. 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.

6/16 *After Losing the Weight, Removing Unwanted Skin with Cosmetic Surgery—Alex Chec, M.D. Plastic Surgeon*

7/28 *Mindful Eating: Coping with Cravings After Surgery—Char Wilkins, LCSW*

8/25 TBD

Diabetes & Nutrition (Meal Planning and Counseling)

At Diabetes LifeCare, our dietitians specialize in the nutritional needs of people with diabetes. We provide individualized meal plans by addressing your concerns and desires concerning food preferences (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call (860) 545-3526 to schedule an appointment.



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) 545-4501.

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.

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.

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. **Schedule:** 8 week sessions every Tuesday and Thursday in Avon or Glastonbury and Monday and Wednesdays in West Hartford or Windsor. Please call (860) 545-1888 for schedule and to register. FEE: \$160.

Fertility Yoga

Offers a holistic approach for women who are considering pregnancy or actively pursuing parenthood. Gentle yoga uses calming techniques that emphasize breath awareness, physical and mental relaxation. **Schedule:** From 7/29 to 8/26 at 7:30 to 8:30 p.m. Blue Back Square, West Hartford. To register, please call (860) 545-1888. FEE: \$63.

eLearning Childbirth Education

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Includes animated illustrations and videos and covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. An optional one-evening session provides a guided maternity tour, review of breathing and relaxation techniques, birth videos, and time for questions. For more information, call Amy Schroder, (860) 545-4431. FEE: \$100.

Parent Education Classes

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

• "New Dads"—Welcome to Fatherhood

There are not many men in the world who can actually say they were ready to be a father—or knew how to be one—until they were. This 2-night workshop will cover such topics as understanding your baby's "different" cries and ways that you can meet baby's needs. We'll talk the difference you can make in your child's life. **Schedule:** From 7:00 to 9:00 p.m. on 6/16 & 6/23 or 8/4 & 8/11 at Hartford Hospital. FEE: \$75.

• *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: 6/25

Glastonbury: 7/13, 8/10, 9/14

Hartford: 8/24

West Hartford: 7/6, 8/3

Wethersfield: 7/8, 9/9

• *NEW! Baby Care for Adopting Parents*

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention. The focus will be the care of 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 9/15. Call (860) 545-1888 to register. FEE: \$35.

• *Breastfeeding with Success*

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

Avon: 9/10

Glastonbury: 8/17

Hartford: 6/22, 7/7

West Hartford: 7/13, 8/10, 9/14

Wethersfield: 7/8, 8/12, 9/9

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. 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 8/17. 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 7/18 in West Hartford. 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 8/8. FEE: \$50.

• *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 8/3 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 6/24, 9/9. FEE: \$25.

• *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 songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 9/16 in Wethersfield. 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 some Saturdays 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 8/6. 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 for 2 or more children.

Pre-school—Thursday 4:00–5:00 p.m. on 6/18, 9/12

School-Age—Saturday 10:00–11:00 a.m. on 9/19

All Ages—7/11, 8/1

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:** Please call for schedule. **FEE:** \$50 for 6-week series.

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

Led by a pediatric nurse practitioner, this 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:** Please call for schedule. **FEE:** \$15 per class.

• **Time for Toddlers**

Led by a Pediatric Nurse Practitioner, this six-week 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:** Please call for schedule. **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. 5-week session from 7/29 to 8/26; 6-week session from 9/9 to 10/28. **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 for schedule.

DOMESTIC VIOLENCE

My Avenging Angel Workshop

My Avenging Angel Workshop will be in October and November. Sponsored by the Hartford Hospital Domestic Violence Prevention Program since 2001. The workshops have helped women who have been abused move from victims to survivors to “thrivers.” The workshops will be in a two Saturday sessions from 10:30 a.m. to 4:00 p.m. in Avon and Wethersfield. For more information, please call Hartford Hospital Health Referral Services at (860) 545-1888.

VOLUNTEERS

Blood Drive

The American Red Cross will conduct blood drives at Hartford Hospital. For the exact dates and to schedule your appointment, call (860) 545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.



Volunteer Opportunities

If you are interested in giving 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.

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 is mandatory 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. 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.

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 6/17, 7/15, 8/19 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 7/14, 8/11, 9/8 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 6/25, 7/23, 8/27. 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:** 6/25 at 7:00 p.m. (Pot Luck) at West Hartford Senior Center, 15 Starkel Road. Contact Mary at (860) 571-7009 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 from 1:00 to 3:00 p.m. 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.

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.



Visit our web site at www.harthosp.org

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 a schedule and an application, visit our website at www.harthosp.org or call (860) 545-2612.

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 a schedule and an application, visit our website at www.harthosp.org or call (860) 545-2612.

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 or call (860) 545-3350

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, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at (860) 545-1888 or toll-free at (800) 545-7664 to register.

Understanding Crohn's Disease and Ulcerative Colitis: What Every Patient Needs to Know

Presented by The Connecticut chapter of the Crohn's & Colitis Foundation of America and Dr. Michelle Smedley, of Connecticut GI and Hartford Hospital. Dr. Smedley will discuss and review current therapies and emerging research. She'll also discuss management of this disease, emotional wellness and resources.

Pre-registration is required as a light dinner will be served. **Schedule:** Thursday, June 25 from 6:30 to 8:30 p.m. at the West Hartford Meeting & Conference Center. To register contact Mary Grande, CCFA, at (203) 208-3130 or mgrande@ccfa.org.



Colon Cancer? Not Me!

Hartford Hospital invites you to learn about ways to protect yourself and the ones you love against colon cancer. Join Dr. Kristina H. Johnson, a Board-certified

rectal surgeon with Connecticut Surgical Group, to hear the most up-to-date information on how you can protect against colon cancer. Dr. Johnson's areas of interest include colonoscopy, colorectal cancer and female incontinence and reconstruction. Dr. Johnson is an attending physician at Hartford Hospital and assistant professor at the University of Connecticut. **Schedule:** June 20 at 10:00 a.m. in the Enfield Public Library. Call (860) 545-1888 to register.



Summer Lecture Series in Blue Back Square

Presented by Dr. Elizabeth Evans

June 18 Salads with a Flair! Healthy Summer Eating

Come learn how to keep off those summer barbeque pounds by eating a healthier diet. Watch live cooking demonstrations by the noted coauthor of the *Zone Diet*, Janet Candella, as she shares her best summer recipes.

July 16 Splash Into Summer, Taking Care of Your Skin

Dermatologists say up to 80% of all ageing and 90% of all skin cancers may be due to sunlight. Learn how to get that healthy summer glow without burning. Plus makeup tips/tricks and giveaways by celebrity makeup artist, Sandra Downie.

August 18 Have Fun & Get Fit! Exercise for Your Good Health

Make regular exercise a fun family summer activity. Learn how lifestyle changes can prevent disease and may even prolong your life.

September 10 Itchy Eyes? Runny Nose? Tips for Surviving Allergy Season

Learn about proven tips for surviving the spring and summer allergy season. Don't face common allergens without a cure for your stuffy aching head. Alternative cures are also discussed.



Weight Loss Surgery—Is it Right for You?

Have you tried all the diets and have not been able to lose weight or keep it off? Is your excess weight contributing to diabetes, high blood pressure, high cholesterol, depression, sleep disorders or other health issues? Dr. Darren Tishler and Dr. Pavlos Papasavas from Hartford Hospital and Connecticut Surgical Group will discuss your options, including weight loss surgery. Learn about the obesity epidemic in the U.S., who qualifies for surgery and what you can expect from the Surgical Weight Loss Program at Hartford Hospital. **Schedule:** Join us at the Enfield Public Library on Saturday, September 12th from 10:00 to 11:00 a.m.



Dr. Darren Tishler



Dr. Pavlos Papasavas

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

Cook's Circle



Serving accessories can be purchased at the Hartford Hospital Auxiliary Gift Shop.

Ground sesame seeds with a nutty flavor, rolled oats, and dried fruits—cherries, raisins or cranberries—blend with the delicate sweetness of agave nectar to create a healthy and tasty treat. Agave (pronounced ah-GAH-vay) nectar comes from a plant known in Mexico as *aguamiel*, or “honey water.” The ancient Aztecs, who revered the liquid they believed had been bestowed by the gods, used agave syrup to sweeten both food and drink. Among its benefits as a sweetener is the fact that agave nectar does not cause a spike in blood sugar when ingested. It’s the same plant used for tequila.

Tahini, or sesame paste, is a solid source of calcium, protein and B vitamins, as well as essential fatty acids that keep skin youthful. Since tahini is fairly high in calories, it should be used in moderation, but it contains mostly unsaturated fats. Tahini also contains the amino acid *methionine*, which helps detoxify the liver. You’ll find tahini in supermarkets, while agave nectar is easily found at a health foods store.

Tahini chews* are not too sweet and can be consumed as a high-energy snack food. Beware of their addicting flavor while feeling good about their wholesome ingredients.

Tahini Chews

Ingredients

- ½ c. tahini
- ½ c. agave nectar
- 1½ c. rolled oats
- ⅓ c. dried cherries, raisins, cranberries or blueberries

Preheat oven to 350° F. Line a cookie sheet with parchment paper and set aside. Place the tahini and agave nectar in a large bowl and stir together. Stir in the oats and dried fruit. Drop the batter onto the lined cookie sheet using a teaspoon. Bake 10 minutes. Let the chews cool on the baking sheet for 10 minutes before transferring to a cooling rack. Makes 24 cookies.

Soft chews: Use quick cooking oats in place of the rolled oats.

Peanut butter chews: Use natural peanut butter in place of the tahini and increase the agave nectar to 2/3 cup.

Serving size: 1 cookie

Calories: 63

Carbohydrates: 9.5 g

Protein: 1.5 g

Fat: 2 g

Fiber: 2.25 g

Recipe analyzed by Heather Pascual, UConn Dietetic Program Intern. The recipe was analyzed using cranberries.

**From Glastonbury nutritionist and chef Maribeth Abrams' forthcoming book, 4-Ingredient Vegan, available for pre-order on Amazon.com.*