

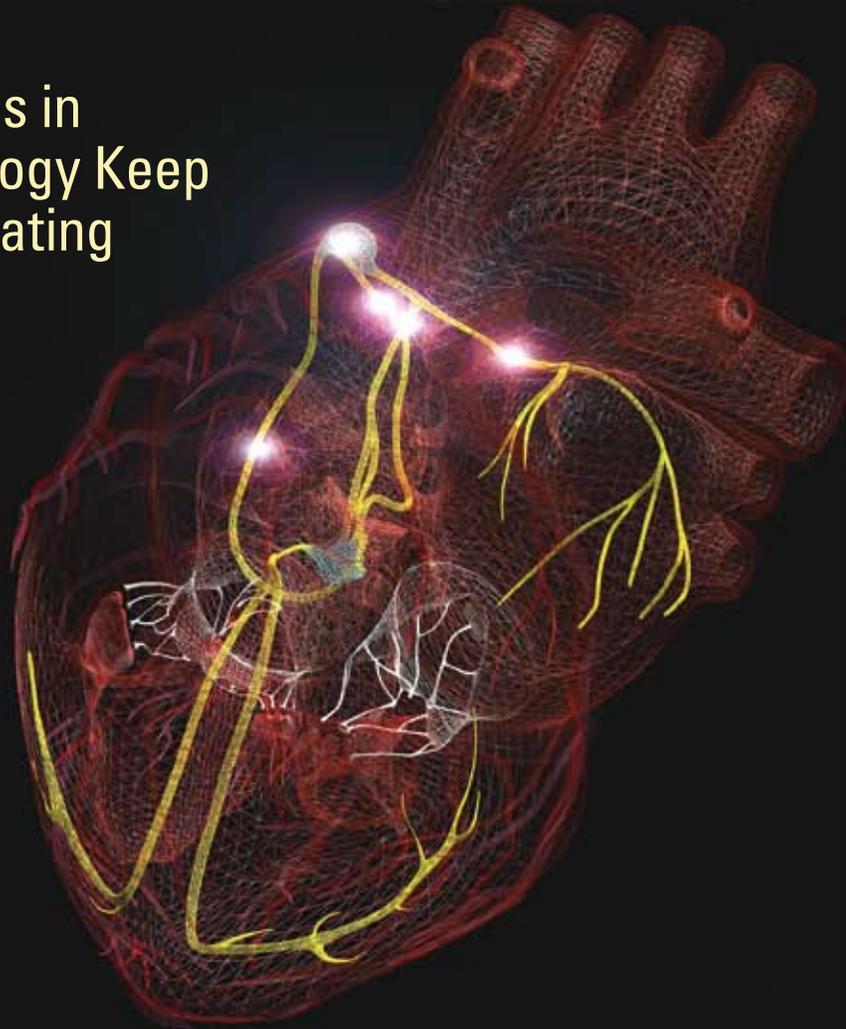
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Your Heart's Electrical System

Advances in  
Electrophysiology Keep  
Hearts Beating



# ROUNDS

Hartford Hospital's Wellness Magazine

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



## Dying for a Tan

Meghan Rothschild of Massachusetts began weekly visits to a tanning salon when she was 17 for a year-round "summer glow." At age 20, the fair-skinned redhead was diagnosed with melanoma, the deadliest form of skin cancer.

Today, after surgery to remove a cancerous mole and eight lymph nodes from under each arm, she is cancer-free. Meghan was lucky. While melanoma represents only three percent of skin

cancer cases, it accounts for more than three-quarters of skin cancer deaths.

An estimated 30 million people tan indoors in the United States each year, the majority of them women between the ages of 16 and 29. "A recent international study demonstrates that tanning bed users increase their risk of developing melanoma," says David P. Eisenberg, M.D., of Hartford Surgical Oncology Specialists. "The risk increases nearly 75 percent for those who first use tanning beds before age 35."

Worldwide melanoma incidence is rising faster than any other cancer. Sunlamps and ultraviolet-emitting tanning beds used for cosmetic reasons are now in the same class of carcinogens (cancer-causing agents) as cigarettes, arsenic and asbestos, says the cancer-fighting arm of the World Health Organization.

There are no federal regulations governing the use of tanning salons by young people.

"Tanning salons often advocate the safety of a 'base tan' and promote using a tanning bed before taking a tropical vacation," says Dr. Eisenberg. "We now know there is no such thing as a 'safe' tan."

## H E A L T H T I P S

### Killing Frost

Frigid weather poses risks to climbers, hikers and winter sports enthusiasts in wilderness areas. Less severe than frostbite, "frostnip" causes the skin, especially the ears, nose, fingers and toes, to appear white or waxy yellow and feel cold to the touch. With progression to more serious stages of frostbite, ice crystals cut off the blood supply, causing lasting tissue damage or gangrene necessitating amputation.

"Numbness, tingling or burning sensations that don't resolve with rewarming signal the need for emergency transport to the hospital for rapid treatment," says A. Jon Smally, M.D., medical director of Emergency Medicine at Hartford Hospital. "Occasionally we treat an elderly individual with hypothermia and frostbite who has been lying in a snow-bank after falling and breaking a hip."

Although gradual rewarming in lukewarm water used to be recommended, new medical guidelines call for immersion, when possible, in gently circulating water 104–108° F (hot tub temperature).

#### Follow these tips to avoid frost-related injuries:

- Be aware of the wind-chill factor and limit exposure
- Avoid alcohol on the trail
- Wear multiple layers of lightweight clothing and waterproof boots
- Remove wet gloves and tuck hands in armpits
- Never take off boots before walking out of woods
- Never vigorously rub cold, white skin





**“Testicular cancer is a highly treatable disease...”**

## Testicular Cancer

**T**esticular cancer is on the rise in relatively young men. While the odds of survival are less grim than for many other cancers, aggressive treatment begins with surgery to remove the diseased testicle. The five-year survival rate exceeds 95 percent when the cancer is caught early.

“Testicular cancer is a highly treatable disease that can be cured with very good success rates, even when it has spread to the brain or other areas,” says urologic oncologist Anoop Meraney, M.D., of Connecticut Surgical Group, noting that only about 8,000 cases occur each year in the United States, compared to nearly 220,000 cases of prostate cancer. Unlike prostate cancer, which affects twice as many African Americans, testicular cancer is most common in whites, particularly men of Scandinavian descent.

The most common cancer in men between the ages of 15 and 35, testicular cancer falls into two pathologic subtypes: seminoma and non-seminomatous germ cell tumors. Testicular cancer is classified as stage I (limited to the testicles); stage II (spread to abdominal lymph nodes); and stage III (spread beyond lymph nodes to distant organs). The malignancy is treated with surgery, chemotherapy and/or radiation, depending on disease stage and pathologic subtype.

“Chemotherapy and radiation are effective because testicular cancer is highly sensitive to treatment, but because so many patients are young, they are at risk of developing a second cancer 30 to 40 years later,” says Dr. Meraney, who recently joined Hartford Hospital from New York’s Memorial Sloan-Kettering Cancer Center.

The sports world was stunned in 1996 when world-class cyclist Lance Armstrong was diagnosed at age 25 with a highly malignant form of testicular cancer that had already

spread to his abdomen, lungs and brain. After undergoing surgery and chemotherapy, he went on to win the grueling Tour de France seven times. The cycling champion also fathered four children, three of them through *in vitro* fertilization using frozen sperm he banked before treatment and his youngest in the usual way.

Fatherhood has also been a challenge for patients with testicular cancer who undergo retroperitoneal node dissection (RPLND), a surgical procedure utilized to treat many patients with early testicular cancer. RPLND is also used in select patients following chemotherapy and radiation treatment. Since only about five percent of testicular cancers affect both testes (necessitating testosterone supplementation), sexual function usually isn’t affected. Dr. Meraney uses nerve-sparing surgical techniques to retain fertility whenever possible.

Like most young, healthy men, Lance Armstrong ignored the early warning signs of testicular cancer. Because the malignancy is highly treatable when caught before it spreads, men should see a physician immediately if they experience pain, heaviness, swelling or even a painless lump in a testicle. Regular self-examination is vital because most men discover testicular cancer themselves.



Urologic oncologist Anoop Meraney, M.D.

# Electrophysiology: *The Body Electric*



*Steven L. Zweibel, M.D., rotates three-dimensional images of a patient's heart on a computer screen as he manipulates robotic instruments with a joystick.*

## *I sing the body electric...There swells and jets a heart*

— Walt Whitman, *Leaves of Grass*

With every beat, electricity ripples through cardiac muscle fibers, relaying impulses to the chambers of the heart and pumping oxygen-rich arterial blood throughout the body. Cardiac cells fire an “excitation wave” that rhythmically squeezes the heart’s upper chambers (atria), triggering the filling of the lower chambers (ventricles) and circulating blood in a continuous cycle.

The heart is an exquisite network of electric pulses and throbbing blood vessels that pumps about five thousand quarts of blood out through the arteries and back through the veins every day. Every second, waves of electricity signal chemical messengers to relax and contract the heart muscle as it beats an estimated 2.5 billion times over a lifetime. Arrhythmias arise when sporadic electrical impulses accelerate or weaken the vital pulse of the beating heart, disrupting the regular pattern of circulation.

Now, thanks to advanced robotics, wireless technology and minimally invasive techniques, electrophysiologists at Hartford Hospital routinely restore a normal heartbeat without wielding a scalpel.

Each year in the United States, about 325,000 people collapse and die from *sudden cardiac arrest*. An irregular heart rhythm prompts the ventricles to *fibrillate*, or quiver uselessly as they stop pumping blood. We’ve all seen it on TV—defibrillator paddles on the chest, people yelling “clear!”—but in real life sudden cardiac arrest, which is far more deadly than a “heart attack,” is usually fatal.

### **Missing A Beat**

Many victims of sudden cardiac death are unaware of the fatty deposits clogging their coronary arteries. Arrhythmias serve as warnings from the body that the heart’s electrical system is malfunctioning. Silent or severe, they create a bewildering array of symptoms ranging from harmless flutters and palpitations to heart pounding, weakness, dizzy spells, shortness of breath, sweating and chest pain.

Abnormal heart rhythms can result from coronary artery disease, heart failure, heart muscle damage, valve disease, electrolyte imbalance, an overactive thyroid gland, heart attack or cardiomyopathy (a weak and enlarged heart).

Arrhythmias are diagnosed with an electrocardiogram (EKG), Holter monitors, loop recorders and specialized electrophysiology tests. While *ventricular* fibrillation strikes suddenly, and often fatally, *atrial* fibrillation, or “A-fib,” is a common condition that afflicts an estimated 2.2 million people in the United States.

A-fib, which can increase the risk of blood clots or stroke, occurs when random electrical waves cause the upper chambers of the heart to beat chaotically. “A-fib accounts for a third of all hospital admissions for cardiac rhythm disturbances,” says Hartford Hospital Director of Electrophysiology Steven L. Zweibel, M.D. “Hospitalizations for A-fib have increased by two-thirds over the past 20 years. Assuming the trend continues, an estimated 15.9 million Americans will have A-fib by 2050.”

A complex disease with genetic links and multiple mechanisms, A-fib may spontaneously go away or intensify and become permanent. Highly symptomatic patients with rapid or irregular heartbeats are treated first with antiarrhythmic and anticoagulant drugs. When A-fib persists despite treatment with multiple medications, a minimally invasive procedure called *ablation* can often drastically reduce symptoms and potentially restore the normal rhythm of the heart.

### **Remote Control: Robotics**

Now a new “robotic” ablation system from Hansen Medical is bringing innovative technologies to the treatment of A-fib, improving electrophysiology techniques and reducing radiation exposure for both patients and physicians. Studies show that medical centers that perform the most ablations have the best outcomes. Hartford Hospital, which pioneered A-fib ablation in Connecticut, is the first medical center in the region to employ the power and versatility of robotics for A-fib ablation.

“I used to stand over the patient draped in heavy protective garments made of lead, holding instruments in both hands, ablating with one foot pedal and operating the fluoroscope (X-ray) with the other foot pedal,” says Dr. Zweibel, the first Hartford Hospital electrophysiologist to use the new Sensei X robot. “Now I do everything seated at a console across the room, rotating images

**Eric M. Crespo, M.D., M.P.H.**

Eric M. Crespo, M.D., M.P.H., an electrophysiologist who specializes in heart rhythm management, recently joined Hartford Hospital's Division of Electrophysiology. After graduating from Providence College in Rhode Island, Dr. Crespo attended the University of Connecticut School of Medicine. He also earned a master's degree in Public Health at the University of North Carolina School of Public Health, Chapel Hill, North Carolina.

Dr. Crespo completed his internship and residency at Duke University Medical Center in Durham, North Carolina, and his Cardiovascular Medicine fellowship at the University of North Carolina. He joined Hartford Hospital following completion of a Cardiac Electrophysiology fellowship at the University of Vermont, where he trained in complex ablations and device implantation techniques. In addition to clinical care of patients with heart rhythm disorders, Dr. Crespo is actively involved in research in the area of physiologic pacing.

A native of Burlington, Connecticut, Dr. Crespo recently returned to the area, settling in Simsbury with his wife, who is also a physician, and their two daughters.



of the heart on a video screen and controlling robotic instruments with a joystick."

Highly sophisticated visualization and navigation techniques allow Dr. Zweibel to target and ablate complex arrhythmias, guided by high-resolution mapping and tactile-response software. "The robotic system reduces the need for X-ray fluoroscopy because it intuitively 'knows' the direction I want to go," he says. "There's less fatigue and better accuracy because I'm no longer waiting for a technician to try to anticipate my movements. The system merges real-time data with magnetic resonance imaging (MRI) and CT (cat) scans to create a 3D view of the heart."

Ablation eliminates the stray electrical waves that trigger erratic heart rhythms. Dr. Zweibel manipulates robotic controls to insert a *catheter* (a long, flexible tube with electrodes at the tip) into the heart. Patients are hospitalized for two or three days after the procedure and usually experience only slight discomfort in the leg where catheters are introduced. So far, studies show that about 70–80 percent of A-fib patients are in normal rhythm two years after ablation. By comparison, drugs only work about half the time. Most people treated with drugs alone will eventually have recurrent A-fib.

Most faulty electrical signals that cause A-fib arise in the four pulmonary veins that feed the heart. Dr. Zweibel ablates, or "burns" tiny areas in a circular pattern around each of the pulmonary veins to isolate and "fence off" the area where the random electrical pulses originate. He can also perform cryoablation (using cold instead of heat) to ablate abnormal electrical pathways close to the normal conduction system of the heart.

In addition to A-fib ablation, Hartford Hospital electrophysiologists also use the technique to treat a wide variety of other heart rhythm disorders, including supraventricular tachycardia (SVT), atrial flutter and ventricular tachycardia. Since many of these rhythms are not as electrically complex as A-fib, ablation usually offers a complete cure for most patients.

**Keeping the Pace**

Small, pager-sized devices nestled beneath the skin of the chest can monitor the heart's rhythm and keep the heart beating normally. Patients with a prior cardiac arrest or at high risk for cardiac arrest receive an "implantable cardioverter defibrillator" (ICD) containing a pacemaker and a defibrillator, which rapidly "paces" the heart to stop an arrhythmia or administers an electric shock if a heartbeat becomes dangerously erratic.

*The flexible catheter used for A-fib ablation literally "turns on a dime" for precision control.*





*Hansen Medical's Sensei X robotic system for A-fib ablation.*

When the heart beats too slowly, a pacemaker can be surgically implanted to provide specially timed electrical impulses that stimulate the heart to contract, taking over the function of the heart's "spark plug." A tiny internal computer chip figures out the timing and type of electrical pulses to send to the heart. Wires, or *leads*, that conduct electrical impulses are threaded from the device through a vein in the chest to one or both sides of the heart.

Hartford Hospital was the first medical facility in the region to implant a state-of-the-art *wireless* pacemaker that allows physicians to monitor patients remotely. Although hospital electrophysiologists have implanted wireless ICDs for years, the FDA only recently approved the technology for pacemakers. The new pacemaker developed by St. Jude Medical automatically alerts physicians to critical changes in the patient's heart rhythm or device performance between regularly scheduled office appointments—often before patients are aware of a problem.

An extremely slow heartbeat leaves sufferers fatigued and unable to walk even short distances without becoming short of breath. Symptoms of a faltering heart rate include weakness, dizziness or fainting spells. The strong, steady pulse of the self-adjusting device "paces" the heart to keep the rhythm normal, while automatically alerting the physician to worsening symptoms. It can even sense when a patient is active and increase the heartbeat accordingly.

The wireless pacemaker uploads test results and complete diagnostics to a secure patient care network site on the Internet, where physicians can easily transfer cardiac

data to the patient's electronic health record. The device is programmed to record the signals that precede and follow a triggering event.

"Until now, pacemaker patients had to come in to the doctor's office to have the device 'interrogated' by placing a telemetry wand on the skin," says Eric Crespo, M.D., M.P.H., an electrophysiologist at Hartford Hospital. "Now they simply put the base station on a nightstand next to the bed and the pacemaker wirelessly transmits data while the patient is sleeping."

The wireless pacemaker operates within a dedicated range of radio frequencies designated for medical devices, which reduces potential interference. Although U.S. cell phones do not interfere with pacemakers, Dr. Crespo suggests holding the phone to the opposite ear and not storing it in a shirt pocket next to the pacemaker.

Hartford Hospital has long been a leader not only in the mapping and ablation of arrhythmias, but also in cardiac care. "Implanting a pacemaker is often just the first step in caring for patients with heart rhythm disorders," adds Dr. Crespo. "The ability to remotely monitor the patient's heart increases the chances of a life-saving intervention."

*In addition to Drs. Zweibel and Crespo, Hartford Hospital's Division of Electrophysiology also includes Director of Interventional Electrophysiology Christopher A. Clyne, M.D., and Director of Heart Rhythm Management Jeffery Kluger, M.D., along with a staff of 28. Dr. Clyne is leading the hospital's participation in the nationwide CABANA clinical trial comparing the effectiveness of ablation with antiarrhythmic drug therapy for atrial fibrillation.*

## Shadowy Vision: Detached Retina?

The eye is an amazingly complex visual mechanism. Light passes through the eye's cornea, lens and clear "vitreous" gel and focuses on a thin layer of tissue called the *retina* that covers the back inside wall of the eye.

A "detached" retina may occur if the vitreous pulls away from the retina. While most people experience no lasting effects, weakened areas can tear and leak fluid under the retina, separating it from the wall of the eye. The detached retina loses its ability to relay images through the optic nerve to the brain, causing shadowy or blurred vision.

"People sometimes think they need new glasses or they're developing a cataract," says Jerry Neuwirth, M.D., director of the Department of Ophthalmology at Hartford Hospital. "If there is any loss of vision *at all*, don't wait. Call your ophthalmologist's office for a prompt appointment."

If the retina tears across a blood vessel, the resulting hemorrhage causes bleeding into the vitreous. The sensation of seeing through a spider web or a swirling vortex of black or red lines calls for immediate evaluation by an ophthalmologist. Unless treated promptly, a detached retina can lead to permanent vision loss.

Risk factors for a detached retina include aging, nearsightedness, family history, severe trauma, prior cataract surgery or congenital "lattice degeneration" that can progress to retinal detachment. A sudden shower of spots and flashes of light may be signs that the vitreous is pulling away from the retina. Some people describe a gray curtain or veil moving across their field of vision.



The retina's central "bull's eye" region, the *macula*, creates focus and fine visual detail, ringed by less-focused peripheral vision. "People usually regain their sight if we treat the eye before the macula detaches," says Dr. Neuwirth.

Performed promptly, a simple in-office laser treatment can prevent retinal detachment. If the retina has already detached, Dr. Neuwirth may use cryotherapy (freezing) or laser treatment to seal the retinal tear with a technique called "pneumatic retinopexy," injecting a gas bubble inside the vitreous cavity to push the retina against the back wall of the eye.

Dr. Neuwirth sometimes uses a "scleral buckle," a synthetic band attached to the outside of the eyeball to gently push the wall of the eye against the detached retina. Often, in a surgery called a "vitrectomy," he removes the gel-like vitreous and injects a gas bubble to close and flatten the retina. Both procedures are usually performed under local anesthesia on an outpatient basis at the hospital. Success rates exceed 90 percent with good visual recovery if treated promptly.

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

#### Bone Up on Soy

The *American Journal of Epidemiology* says isoflavones found in soy may play a role in the bone health of postmenopausal women, although soy is not recommended for breast cancer survivors. Women who eat more soy-based foods are up to 36 percent less likely to fracture a hip, report University of Singapore researchers, confirming the findings of an earlier study in China, where soy consumption is higher than in the West.

#### Parkinson's Progression

In Parkinson's disease patients, the higher the levels of *urate*—a metabolite found in blood and cerebrospinal fluid—the slower the disease progression, reports a study funded by the National Institutes of Health. A clinical trial is now underway to investigate the safety and potential benefits of supplemental urate elevation for recently diagnosed Parkinson's patients with low levels of the biomarker.

#### Fish Frequency

Eating fatty fish may not reduce the risk of heart failure, although a diet rich in omega-3 fatty acids does cut the chances of dying from a heart attack or stroke, say Dutch researchers. Previous U.S. clinical trials have shown that weekly consumption of fatty fish such as salmon, tuna and mackerel may help prevent cardiovascular disease by lowering triglycerides.

#### Baby Boon

An experimental genetic-screening test developed at England's Oxford University weeds out embryos with chromosomal abnormalities before implantation in the uterus. Comparative genomic hybridization (CGH) raises the chances of pregnancy for women undergoing IVF fertility treatment by two-thirds, according to results presented at the American Society American Society for Reproductive Medicine's annual conference.



## *Dialectical Behavioral* **Therapy for Borderline Personality Disorder**

**E**motional instability, stormy relationships and self-destructive behaviors often lead adults with “borderline personality disorder” (BPD) to seek help to achieve a “life worth living.” Evidence suggests that BPD—a pervasive dysfunction of the individual’s ability to regulate emotions—results from a complex interplay of a biological vulnerability and environmental influences. Many people with BPD also struggle with substance abuse, depression, anxiety, suicidal thinking, post-traumatic stress disorder (PTSD) or eating disorders.

In 1993, Marsha Linehan, Ph.D., pioneered Dialectical Behavior Therapy (DBT), a type of cognitive behavioral therapy especially helpful for the emotional dysregulation seen in individuals with BPD. The therapeutic approach encourages the “dialectic” between helping clients to accept the reality of their lives on one side, and learning to change dysfunctional behaviors on the other.

The Institute of Living (IOL) offers two DBT programs: intensive outpatient treatment and weekly outpatient therapy. Adults of all ages who meet at least two diagnostic criteria for BPD are eligible for the intensive program that meets three mornings a week for a minimum of three hours. Psychiatrist Angela Cappiello, M.D., provides on-site medication management. During the six- to eight-week rotation, participants learn to both regulate and tolerate their emotions.

“In addition to individual and group therapy, participants in the intensive outpatient program do homework, watch movies and engage in role-playing,” says Program Manager Cheryl Crowe, LCSW. “DBT allows the patient to talk about both present difficulties and past experiences in the presence of an empathetic, accepting and non-judgmental therapist.”

Using techniques of mindfulness, validation and acceptance, the intensive outpatient program teaches concrete skills and strategies. “The goal is to help individuals find a

‘middle path’ for coping with painful experiences, improving relationships, and managing emotional ups and downs more effectively,” adds Ms. Crowe. “Individuals meet in groups and one-on-one with a treatment manager who also provides extra coaching to help overcome problems like impulsivity, self-harming behaviors, emotional instability or interpersonal conflicts.”

As a “step-down” from intensive treatment—or through referral from the community—patients may attend a weekly outpatient skills group that provides ongoing support or as an adjunct to individual therapy. Weekly sessions help people improve their lives as they learn how to change their behavior patterns and develop long-lasting relationships. Penny Barnum Young, APRN, offers DBT through the IOL’s outpatient psychiatric services for adults.

Since loss of supports or structure is often a precipitating factor in BPD, an individual may not be diagnosed until a romantic relationship ends, a parent dies or some other event occurs. “One older woman wasn’t diagnosed with BPD until she retired from her job,” says Ms. Young. “Individuals with BPD may appear to cope in a protected environment or with lots of social support. When they lose the structure and validation of a job, for example, issues of abandonment or dependency may surface.”

DBT is especially beneficial when emotional instability contributes to behaviors like gambling, substance abuse or eating disorders. DBT has been established as an effective treatment for people who binge—consuming unusually large amounts of food while experiencing a clear loss of control over the eating—or purge (bulimia) because of depression or emotional difficulties. Hartford Hospital patients who undergo bariatric (weight loss) surgery are expected to learn new eating behaviors. Ms. Young is currently developing an adaptation of DBT treatment for binge eating and bulimia for patients who may be struggling to cope after bariatric surgery.

## Wireless Technology and Electronic Medical Records



*Cardiologist Brett Duncan, M.D., uses a portable computer to update a patient's chart during an examination.*

In the doctor's office of today, paper charts are vanishing. Welcome to the digital age: Bluetooth, WiFi, Internet portals and "cloud" computing.

Beyond convenience, information technology (IT) ensures accuracy and prevents medication errors when pharmacy orders are transmitted electronically (e-prescribing). Hartford Hospital is at the forefront of innovation in the evolving world of wireless telemetry. Implanted cardiac devices automatically notify physicians via the Internet if a patient's heart rhythm changes drastically.

In the physician's office setting, cardiologists record patient visits on a lightweight, portable computer with a folding screen that swivels from a notebook into

a flat tablet that can be written on with a stylus. Information is uploaded to a patient health network on the Internet that stores electronic medical records (EMR) with secure encryption and easy access from anywhere.

Using wireless technology, doctors record vital signs, place orders or dictate notes without ever touching a keyboard.

# Unplugged: Waves of the Future

“Our practice has adopted voice-recognition software specialized for medical professionals,” says cardiologist Brett Duncan, M.D., of Cardiology, PC. “I simply speak into a microphone instead of dictating into a recording device, eliminating the need for typing and transcription.”

The Health Information Technology for Economic and Clinical Health (HITECH) Act—part of President Obama’s Stimulus package—offers \$44,000 incentives over a period of five years to clinicians who adopt an EMR system. Just last year, a *New England Journal of Medicine* survey showed that only four percent of clinicians have fully functional order-entry and clinical-decision support capabilities.

Web-based software, called “cloud” computing, allows Hartford Hospital cardiologists to use any web browser to access electronic records through secure Internet portals. “Each patient’s confidential file is centrally hosted on a private network accessible from any Internet connection,” says Dr. Duncan. “The patient’s complete file also contains records from linked provider networks, electrocardiograms (EKGs), laboratory results, diagnostic imaging and all other relevant medical reports.”

Hartford Hospital is participating in a groundbreaking effort to develop the physician’s “office of the future” that will share vital patient information electronically across multiple health care organizations, employer groups and insurers. “Hospitals that share a patient’s medical history electronically with other providers can avoid having to guess about medications or allergies,” says Vice President of Information Services Stephan D. O’Neill.

“At Hartford Hospital, we are well on our way to a ‘paperless’ system of e-prescribing and records management,” adds Mr. O’Neill. “Thanks to the passage of the stimulus law and incentives for physicians to adopt electronic health records, federal funding will help us create a statewide health information exchange linking health records from the largest hospitals and medical practices in Connecticut. The current health care delivery system in Connecticut and across the country is often decentralized and fragmented.”

The transition to an electronic medical records system could save an estimated \$371 billion per year nationwide. Hartford Hospital’s Eclipsys system automates and streamlines physician order entry and electronic medication administration records (eMAR) to assure quality and enhance patient safety, while also improving patient care outcomes and clinical performance. Only an estimated eight percent of the 5,000 hospitals in the United States use the kind of computerized record-keeping systems that President Obama envisions for the whole nation.

For the third consecutive year, Hartford Hospital was named one of the nation’s “100 Most Wired” hospitals by *Hospitals & Health Networks* magazine, the journal of the American Hospital Association. Most Wired hospitals show better outcomes in patient satisfaction and other quality measures. The hospital also earned the distinction of being one of the top 25 “Most Wireless” hospitals in the country.



## HARTFORD HOSPITAL PROGRAMS & EVENTS FROM DECEMBER 15, 2009 THROUGH MARCH 15, 2010

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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.—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 12/22, 1/26, 2/23. Call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

- **New Beginnings**

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call 860-545-5113. 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.

### *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 1/5, 2/2, 3/2. 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. Spanish session also available 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.

1/12 *Expressive Art with Diana Bochnert, ART Healing Coordinator*

2/1 *Aromatherapy with Deb Gingras, RN*

### *Women at Risk for Breast Cancer*

Hosted by Dr. Patricia DeFusco, Board-certified Medical Oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP). Learn about established risk factors and current intervention options for breast cancer. Call 860-545-1888 for schedule. FREE.

### *Ductal Carcinoma In Situ*

Ductal carcinoma in situ (DCIS) is a non-invasive form of breast cancer found with increasing frequency since the advent of new, more sensitive screening mammographic techniques. This lecture will explore the features of DCIS, its frequency within the population, its prognosis and treatment options. Dr. Robert Siegel, medical oncologist and hematologist in the Helen & Harry Gray Cancer Center and medical director of the Hartford Hospital Cancer Clinical Research office, will host this event. Call 860-545-1888 for schedule. FREE.

## 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.

## 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

**Stop Smoking for Life Program—**  
**Call 860-545-3127 for registration and information.**

### *Resources for Smokers—Community Education Group*

This monthly program is open to smokers, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. **Schedule:** From 5:00 to 6:00 p.m. on 1/6, 2/3. Call 860-545-3127 for location details. FREE.

### *Individual Cessation Counseling*

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to assist with quitting smoking. Learn about behavioral strategies, medication options and receive counseling support. Individual counseling sessions are offered at Hartford Hospital and West Hartford Wellness Center at Blue Back Square. FEE: Initial consultation fee plus \$200 for 3 sessions. May be covered by health insurance.

### *Smoke Free for Life Group Support*

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:** 5:00 to 6:00 p.m. from 1/4 to 2/8 at Hartford Hospital. FEE: \$150 for 6 sessions. May be covered by health insurance.

### *Breathe Easy Relapse Prevention Support Group*

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered at Hartford Hospital and in West Hartford. **Schedule:** Meets from 5:00 to 6:00 p.m. on 1/6, 2/3. Call 860-545-3127 to register and for location. FREE.

### *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 in West Hartford. Call 860-545-3127 for information. 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 in West Hartford. 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 Mondays on 1/11, 1/25, 2/8, 2/22, 3/8 from 1:00 to 2:15 p.m. at 85 Jefferson Street #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 12/22, 1/26, 2/23 from 10:00 to 11:30 a.m. at McLean in 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 12/15, 1/19, 2/16, 3/16 from 7:00 to 9:00 p.m. at McLean in Simsbury. Call 860-658-3700 to register. 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 12/28, 1/25, 2/22 from 1:30 to 2:30 p.m. at McLean in 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 860-545-7991. 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 12/15, 1/19, 2/16, 3/16 in Hartford from 5:15 to 6:30 p.m.

### 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. Call for schedule.

## 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—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 1/5, 2/2, 3/2 from 5:15 to 6:30 p.m.

### • Managing Schizophrenia

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** From 5:15 to 6:30 p.m. on 2/9.

### • Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. Call for schedule.

### • 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 12/17, 1/7, 1/21, 2/4, 2/18, 3/4, 3/18 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. **Schedule:** 5:15 to 6:30 p.m. on 1/12.

### • 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. Call for schedule.

## Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for adults with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in the treatment of anxiety.

**Schedule:** Please call 860-545-7685, option #3 for schedule or more information. FEE: Billable to insurance and co-pay.

## 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. on 1/26 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.

## DIABETES LIFE CARE PROGRAMS

### Diabetes Education Classes

Self-care education and support for adults with diabetes. 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. Classes in English or Spanish. For more information call 860-545-1888.

*Day (8:30 to 11:30 a.m.)*

1/11 to 1/13, 2/8 to 2/10, 3/8 to 3/10

*Afternoon (1:00 to 4:00 p.m.)*

1/13 to 1/27, 2/23 to 2/25, 2/2 to 2/16, 2/4 to 2/18, 3/2 to 3/16, 3/8 to 3/22

*Evening (5:00 to 8:00 pm.)*

1/5 to 1/19, 1/11 to 1/25, 2/2 to 2/16

### Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing 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. Call 860-545-1888 for schedule.

### Diabetes & Nutrition

Our dietitians 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.

## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### *Befriending your Body*

Learn to cultivate present moment awareness through breath & gentle movement. No previous experience is necessary and all level of fitness welcome. Bring a mat, water bottle and wear loose, layered, comfortable clothing. Six-week session. **Schedule:** From 10:00 to 11:00 a.m. on 1/14, 1/21, 1/28, 2/4, 2/11, 2/25 & 3/4. Preregistration required. FEE: \$90/6 sessions (book & CD may be purchased for \$15 payable to instructor at class).

### *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 1/14, 2/11 or 3/11 (choose one date) from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

### *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:** 2/24 from 7:00 to 9:00 p.m. at Newington campus gym. Registration is required. Call 860-545-1888. FEE: \$40.

### *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*

Discover the healing benefits of Tibetan Healing Bowls and learn how these ancient instruments are used in different settings. Experience the peace and serenity of this unique modality. **Schedule:** Mondays from 6:00 to 9:00 p.m. in Hartford. from 1/11 to 2/1. Registration is required. Please call 860-545-1888. FEE: \$150.

### *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. **Schedule:** Series runs 1/18 to 2/15 or 2/22 to 3/22 from 6:30 to 9:00 p.m. in Wethersfield. Registration is required, call 860-545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid at first class).

### *NEW! Yoga Fusion*

Yoga 10-week series (for all levels) includes meditation, breath work, core strengthening, posture flows as well as longer holds of postures to increase stamina and promote cleansing of major organ systems. **Schedule:** Ten Mondays, 1/11 to 2/8 and (skip one week) 2/22 to 3/22 from 6:30 to 7:45 p.m. FEE: \$135. Registration is required. Call 860-545-1888.

### *NEW! Sunrise Yoga*

Early morning class suitable for all levels of fitness and yoga experience. Class will include breath work, posture flows, and core strengthening to help you feel energized and positive for the day, yet relaxed and calm. Bring yoga mat, water and blanket (optional but recommended). **Schedule:** 1/19 to 2/23 from 6:00 to 6:45 a.m. in Hartford. Registration is required. Call 860-545-1888. FEE: \$90.

### *Yoga for Weight Loss*

Learn tools for stress reduction, toning and strengthening, as well as mindful eating. Class will include meditation, breath work, core strengthening, posture flows as well as longer holdings of postures to increase tone, stamina, and jump-start metabolism. **Schedule:** 1/7 to 2/11 or 2/18 to 3/25 from 4:30 to 5:45 p.m. at the Newington campus gym. Registration is required. Call 860-545-1888. FEE: \$90.

**Mindfulness-Based Stress Reduction** Eight-week course that teaches awareness of breathing, sitting and walking meditation, basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** 8-week session runs 1/26 to 3/30 (required orientation 1/19) from 5:00 to 7:00 p.m. in Hartford. Registration is required. Call 860-545-1888. FEE: \$200 (includes 5 CDs and course workbook).

### *Baby Massage Instructor Certification*

Learn to instruct parents to massage their newborn babies. Upon registration you will receive *Baby's First Massage* workshop home study materials that you must complete before attending. Please call Integrative Medicine at 860-545-4444 for schedule. FEE: \$250 (includes home study kit with CD and instructor's manual).

### *Mobile Mammography*

Mammography equipment can be transported to community organizations to provide screening mammograms for women would not have access otherwise. For information or to schedule a screening day at your site, call Mobile Mammography at 860-545-1018.

### *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 Speaker's Bureau. Physicians, nurses and other healthcare professionals are available to address such topics as *Healthy Eating for Seniors, Diabetes Care, Lyme Disease, Women and Heart Health, Smoking Cessation* as well as topics that may be of specific interest to your members. For more information, please call 860-545-4501.

## DOMESTIC VIOLENCE

### *My Avenging Angel Workshop*

My Avenging Angel Workshop has been 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." **Schedule:** Two Saturday sessions from 10:30 a.m. to 4:30 p.m. in Wethersfield on 2/6 and 2/13. For more information, please call Hartford Hospital Health Referral Services at 860-545-1888. FREE.

## 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 over the age of 14. 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 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](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 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. Call 860-545-1888 for schedule and registration. FEE: \$78 for six-week program.

## Parent Education Classes

Registration is required for all classes. Call 860-545-1888. Visit us on our website at [www.harthosp.org/parented](http://www.harthosp.org/parented).

### • *NEW! Preparing for Multiples*

This three part series will prepare families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** 6:00 to 9:00 p.m. on Thursdays from 1/14 to 1/28 at Hartford Hospital. FEE: \$125.

### • *Welcome to Fatherhood for New Dads*

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 about the difference you can make in your child's life. **Schedule:** From 7:00 to 9:00 p.m. on 2/9 & 2/16 in Windsor. 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:** 1/28, 2/25

**Glastonbury:** 1/11, 2/8, 3/8

**West Hartford:** 1/4, 2/1, 2/22, 3/1

**Wethersfield:** 1/13, 3/10

### • *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 up to 12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 2/9. 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:** 1/7, 2/4, 3/4

**Glastonbury:** 1/4, 2/1, 3/15

**West Hartford:** 1/11, 2/8, 3/8

**Wethersfield:** 2/10

### • *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 1/25, 3/15. 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 1/30 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 2/6. 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 3/1 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 2/24. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 1/19 at the Mandell Jewish Community Center, West Hartford. FREE.

### • *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 2/3 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 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. Please call for schedule. FREE.

### • *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

### • *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. **Schedule:** 3/15 from 6:30 to 9:00 p.m. in Hartford Hospital's High Building, #685. FEE: \$100.

### • *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 variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford, Wethersfield and Windsor. FEE: \$100.

### • **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. Registration is required. Call 860-545-1888 for schedule. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid at first class).

### • **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:** From 7:00 to 8:00 p.m. on 2/16 in West Hartford. FEE: \$65.00/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) 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 2/4. 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:** In Hartford from 9:30 to 10:30 a.m. on the following dates:

**Pre-school**—1/9, 2/13, 3/13  
**School-Age**—1/16, 2/20, 3/20

FEE: \$15 per child or \$25 for 2 or more children

### **Parent–Baby Series**

#### • **Enjoying Infants Together–Mornings**

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 and make new friends! **Schedule:** From 1/6 to 2/10 or 2/17 to 3/24 from 11:15 a.m. to 12:15 p.m. in Wethersfield. FEE: \$50 for 6-week series.

#### • **Time for Infants and Toddlers– Saturdays**

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 and make new friends! **Schedule:** From 10:00 to 11:00 a.m. on 12/19, 1/23, 2/27, in Glastonbury. 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:** Wednesdays, 1/6 to 2/10 or 2/17 to 3/24 from 10:00 to 11:00 a.m. in Wethersfield. FEE: \$50.



### **Exercise for Expectant and New Moms**

#### • **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. Six-week session in West Hartford. Call 860-545-1888 for schedule. FEE: \$78.

#### • **Stroller Fitness**

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

### **EXERCISE/WELLNESS**

See additional exercise programs on pages 16-17.

#### **Cardiac Rehabilitation Classes**

Comprehensive care to individuals who have recently experienced a cardiac event or require risk factor modification. EKG monitored exercise class, education and counseling. Covered by most insurance plans; physician referral is required. **Locations:** Hartford Hospital—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

#### **Pilates Classes**

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 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.

### **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 on 12/16, 1/20, 2/17 at 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

#### • **Heart Transplant Support Group**

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** 2nd Tuesday of the month from 5:30 to 8:30 p.m. on 1/12, 3/9. For more information, call Sue Podolski at 860-545-4339. FREE.

#### • **Transplant Patient Support Group**

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** 4th Thursday of the month in Glastonbury from 7:00 to 8:30 p.m. on 1/30, 2/25, 3/25. For more information, call Sue Podolski at 860-545-4339. 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:** 1/28, 2/25 from 6:30 to 7:30 p.m. at West Hartford Senior Center, 15 Starkel Road. Please call 860-760-6862 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.

#### • **Weight Loss Surgery Support Group**

Education and support for those who have had bariatric weight loss surgery. Conducted by Nina Arnold and Sally Strange, Bariatric Nurse Coordinators. **Schedule:** 1/12, 2/9, 3/9 from 6:00 to 8:00 p.m. in the Gilman Auditorium of the Conklin Building at Hartford Hospital. FREE.

1/12 *Open Forum with the Surgical Weight Loss Program Team*

2/9 *Heart Health After Surgery*

3/9 *Spring and Summer Meal Ideas*

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

## CLINICAL PROFESSIONAL PROGRAMS

### EMS Education

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

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

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

For providers, instructors and those who have a current card but need a refresher course. AHA program designed for health-care 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 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.

#### **The Annual Gathering of the Trauma Support After Care Program**

The After Care Program sponsors an annual "Gathering" where bereaved families, volunteers and hospital staff come together to learn about grief and bereavement. It is a special time to remember loved ones who have died. We also extend our invitation and open it to the public for those who would like to attend. Please call Heide Weise 860-545-5418 for more information.

#### **ONS Chemotherapy/Biotherapy Course**

Comprehensive review of the knowledge needed to administer chemotherapy. Topics include theoretical basis for chemotherapy administration, chemotherapy drug classifications, safe handling, and administration, side effect management, and patient teaching strategies. Participants must be a licensed registered nurse who has been employed at least 6 months. The course is appropriate for nurses new to chemotherapy administration. **Schedule:** From 8:00 a.m. to 5:00 p.m. on 2/23 and 3/2 (must attend both sessions). Please call 860-545-1888 to register. FEE: \$200.

#### **ONS Radiation Therapy Course**

For inpatient and ambulatory oncology nurses. The content is appropriate for those who are new to radiation therapy as well as for those who want a comprehensive review in this topic. This course provides a review of the principles of radiation therapy and the nursing care associated with a variety of radiation treatment modalities. **Schedule:** From 8:00 to 4:30 p.m. on 3/16 at Hartford Hospital, Jefferson Building Room #118. Call Health Referral Services at 860-545-1888 to register. FEE: \$150.

## PROFESSIONAL DEVELOPMENT

### **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 schedule and an application, visit our website at [www.harthosp.org](http://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 schedule and an application, see our website at [www.harthosp.org](http://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](http://www.harthosp.org) or call 860-545-3350

### **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.

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. Call Hartford Hospital's Health Referral Service at 860-545-1888 or toll-free at 800-545-7664 to register.

### ENFIELD PROGRAMS

The following programs are free and are held at the Enfield Public Library 104 Middle Road. Call Health Referral Services at 860-545-1888 to register.



Saturday, January 16  
10:00 to 11:00 a.m.

#### **Skin Cancer: What You Need to Know**

David P. Eisenberg, M.D., of Hartford Surgical Oncology Specialists, will discuss the rapid rise in the incidence of melanoma along with risk factors, screening, and prevention of melanoma and the non-melanoma skin cancers. Learn about modern treatment options including sentinel lymph node mapping and interferon therapy. Dr. Eisenberg completed his fellowship training at the Memorial Sloan-Kettering Cancer Center and the University of Pittsburgh and specializes in all types of cancer surgery.



Saturday, February 20  
10:00 to 11:00 a.m.

#### **Women's Hearts ARE Different**

Heart disease isn't just a man's disease. It's the single leading cause of death in American women. Join Jeffrey P. Thompsen, M.D., F.A.C.C., to learn what you can do to lower your risk by identifying symptoms, major risk factors, and the various options for preventing and treating heart disease. Dr. Thompsen completed his fellowship training through the Henry Low Heart Center at Hartford Hospital. He is Board-certified in general cardiology, nuclear cardiology and echocardiography.



Saturday, March 13  
10:00 to 11:00 a.m.

#### **Back and Neck Pain—When to be Concerned**

Join Hartford Hospital neurosurgeon, Andrew Wakefield, M.D., as he describes the signs and symptoms you should be aware of. He will discuss treatment plans and options including non-surgical as well as surgical therapies. Dr. Wakefield is Board-certified in Neurological Surgery and serves as Associate Director of Neurosurgery at Hartford Hospital. He completed fellowship training in Spinal Surgery at the University of New Mexico and at the Cleveland Clinic. He is also Assistant Clinical Professor of Surgery at UConn School of Medicine.

### **19th Annual Black & Red Gala**

Save the Date! Hartford Hospital enthusiastically presents the 19th Annual Black & Red Gala, to be held on January 16, 2010, at the Bushnell in Hartford. This year, our beneficiary will be the Hospital's Cardiac Surgery Program and will feature entertainment by Vox Audio. For more information call Nadia Woodman at 860-545-2161 or visit: [www.harthosp.org/gala](http://www.harthosp.org/gala) or e-mail [gala@harthosp.org](mailto:gala@harthosp.org). Registration is required. FEE: \$300 and \$500 per ticket. Sponsorship opportunities are available.



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



# CHOCOLATE *Creme*



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

The *cacao* tree of the Amazon was extensively cultivated in Mexico, Central and South America in the pre-Columbian era. The Aztecs, Mayans and other ancient Mesoamericans drank a beverage made from the seeds of the “cocoa” plant nearly three thousand years ago. Chocolate stimulates endorphin production, producing feelings of pleasure.

Derived from succulent plants, agave (pronounced ah-GAH-vay) nectar is a sweet, honey-colored syrup available at health-food stores. Cholesterol-free *dark* chocolate contains heart-healthy antioxidant “flavonoids” that research suggests may help lower blood pressure and LDL (“bad”) cholesterol.

Versatile beyond imagination, Chocolate Creme is a mousse (or a pudding), a rich and chocolaty parfait layer with strawberries and raspberries, the basis of a chocolate cream pie, or even the filling in cupcakes or cake. In short, it’s divine enough to use in many different ways, all of which will satisfy your inner chocoholic.

The Four-Ingredient Vegan: Easy, Quick and Delicious, by Maribeth Abrams, MS, CNC, will be available in December from Tennessee’s Book Publishing Company.

## Ingredients

- 1 box (12.5 oz.) firm silken tofu
- 1/3 cup agave nectar (agave syrup)
- 1 Tbs. pure vanilla extract
- 1 cup dark chocolate chips (vegan varieties available)

Place the tofu in a food processor fitted with a metal blade and process for at least two minutes until smooth, stopping the machine at least once to scrape down the sides. Add the agave nectar and vanilla extract. Process until smooth and set aside.

Fill a large skillet with about 2 inches of water, place over medium heat, and bring to a low simmer. Place the chocolate chips in a heat-proof bowl or pot. Place the bowl or pot containing the chocolate chips into the

simmering water and stir them as they melt, about 5 minutes. When the chocolate chips are completely melted, lift the bowl of chocolate out of the simmering water, dry off the bottom of the bowl with a dish towel and, using a rubber spatula, transfer the chocolate to the tofu mixture in the food processor.

Process to combine, stopping at least once to scrape down the sides of the bowl. Serve immediately or transfer to storage container and refrigerate (it will become slightly firm).  
*Yield: Five 1/2-cup servings.*

<i>Calories: 281</i>	<i>Fat: 13 g (53% saturated)</i>
<i>Protein: 6.2 g</i>	<i>Cholesterol: 0 mg</i>
<i>Carbohydrate: 41.5 g</i>	<i>Magnesium: 62 mg*</i>
<i>Fiber: 2.5 g</i>	<i>Sodium: 62 mg</i>

\*20% of DRI for women and 15% for men

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