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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Urologic Cancers **that Target Men**

ROUNDS

Hartford Hospital's Wellness Magazine

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Colorful Cues: Antioxidant Advantages

Brightly hued fruits and vegetables contain disease-fighting “antioxidants” believed to prevent cancer and protect the heart. Vibrant orange, yellow, red and purple foods are packed with naturally occurring compounds that scavenge damaging “free radicals.”



Rich colors hint at immune-boosting *phytonutrients* that counter the effects of aging. While antioxidants have been shown to benefit healthy people, cancer patients should avoid antioxidant supplements and even green tea while undergoing radiation or chemotherapy.



Antioxidants include vitamins A, C and E, plant chemicals, trace minerals, coffee and tea. Citrus fruits, berries and dark green vegetables are rich in vitamin C, while vitamin E is plentiful in whole grains and leafy green vegetables. Sources of vitamin A (beta carotene) include broccoli, spinach, carrots and papayas. **Choose these antioxidant-rich foods:**

Acai

The deep purple color of the acai (*a-sigh-ee*) berry reveals the Amazonian “super”-fruit’s antioxidant power, although commercial processing often lessens the nutritional benefits of the Brazilian berry. Exceptionally high in fiber, nutrient-dense acai resembles a blend of wine and rich chocolate.

Apples

Red Delicious and Granny Smith apples are high in cancer-fighting vitamin C, beta carotene, boron (a trace element that hardens bone) and fiber.

Beans

The USDA says dried small red beans, red kidney beans and pinto beans have the highest antioxidant capacity per serving size of all the disease-fighting foods, as well as high fiber and protein content.

Blueberries

The anthocyanins in blueberries offer antioxidant and anti-inflammatory effects that may help slow memory decline and improve mood. A recent University of Cincinnati study showed that older adults with age-related memory lapses who drank two and a half cups of juice (made from commercially available frozen wild blueberries) performed better on memory tests than non-juicers.



Brazil Nuts

High levels of selenium, a mineral, are found in Brazil nuts, which also contain heart-healthy monounsaturated fats that may lower cholesterol levels.

Cherries

Like blueberries, cherries are packed with antioxidants. Their rich, red color comes from phytonutrients called *flavonoids* with potent anti-inflammatory and anti-aging properties. Cherries contain more anthocyanins than raspberries, blackberries or strawberries.



Curry

The bright golden spice from antiquity may offer Westerners benefits long touted by traditional Indian healers. Yellow-orange *turmeric* contains biologically active compounds with remarkable antioxidant, anti-inflammatory, antiviral, antibacterial and antifungal properties. Research suggests that the *curcumin* in turmeric may help prevent heart disease, colon cancer and Alzheimer’s disease.

Grapes

While the health benefits of drinking red wine have long been known, federally funded researchers are studying the health benefits of *resveratrol*, an anti-inflammatory substance found in red wine (and purple grape juice), berries and peanuts. The antioxidant compound promotes cardiovascular health and may help prevent cancer.

Pomegranates

Native to the Mediterranean Middle East, pomegranates have long been a symbol of fertility and abundance. Rich in antioxidant *phenolics*, red pomegranate juice has been shown to lower cholesterol and blood pressure, while reducing the risk of heart disease and cancer.

Saffron

Psychiatrists in the Middle East believe that saffron boosts mood by enhancing the activity of neurotransmitters in the brain. In traditional Indian medicine, saffron is used to treat bladder, kidney and liver disorders. The journal *Cancer Detection and Prevention* tested saffron’s anti-tumor potential and found that its rich blend of antioxidants may slow cancer growth.



Do Bone Drugs Help?

Osteoporosis slowly weakens bones, leaving an estimated 44 million Americans vulnerable to a sudden break. Each year, osteoporosis-related fractures add up to about \$17 billion in treatment costs.

Hip fractures can be deadly. Nationally, a quarter of hip fracture patients require long-term care and 20 percent die within a year. Osteoporosis leads to two million fractures of the hip, spine and wrist annually. Drugs to reduce bone breakdown or promote new bone growth have been welcomed by worried women.

Several types of FDA-approved drugs to protect against bone loss are on the market, but all have rare, but potentially serious side effects. Elderly women taking drugs designed to build up fragile bones have reported spontaneous fractures of the thigh bone. “We’re seeing transverse fractures of the femur,” says endocrinologist Joel M. Miller, M.D., an osteoporosis specialist. “That kind of fracture used to occur only in motor vehicle accidents.”

Millions of post-menopausal women are taking bone-building *bisphosphonates* with brand names like Fosamax, Actonel or Boniva. Most don’t realize that while bone drugs do increase bone density, studies show they only reduce vertebral fractures by half—and have not been shown to prevent fractures in people who don’t yet have osteoporosis.

While bisphosphonates do strengthen bones, the drugs may actually weaken bone at certain sites. Another rare, but potentially serious side effect is weakening of the jawbone (osteonecrosis of the jaw), which has led to major dental problems in cancer patients receiving the drugs intravenously. Bone drugs improve scores on bone mineral density tests, but may delay normal healing of tiny “microfractures” that can lead to a major fracture.

Millions of Baby Boomers diagnosed with “osteopenia” as the result of bone mineral density tests fear that it will progress to osteoporosis. “There’s a gray zone about whether we should treat osteopenia,” says Dr. Miller. “Bone drugs have not been proven to protect against fracture in people with osteopenia.”

The World Health Organization (WHO) defines *osteopenia* as thinning of bone mass in comparison with the average healthy 30-year-old woman. With age, bones become thin and brittle. Most post-menopausal women naturally have lower bone mineral density because bone loss accelerates at menopause and may persist into post-menopausal years.

“People at risk for osteoporosis should take vitamin D to facilitate calcium absorption and promote bone mineralization,” says Dr. Miller. “Ask your primary care doctor to test your 25-hydroxy vitamin D levels. I recommend 1,000 international units (IU) of vitamin D per day, along with 1,200 mg of calcium twice a day with meals.”

African Americans tend to have higher bone density levels than white or Asian women, but often suffer from vitamin D deficiency. While women’s bone mass plummets when estrogen levels drop, men usually don’t experience bone loss until their seventies. As men’s testosterone levels drop, they’re at risk for fractures, too.

Osteoporosis risk factors include gender—women are twice as likely to have low bone density—age, diabetes, dementia, poor nutrition, cigarette smoking, alcoholism, family history and use of corticosteroid asthma medications. “Anyone over 50 who has a fracture should definitely be treated for osteoporosis,” says Dr. Miller.

You can use WHO’s online FRAX calculator to gauge your own risk factors for osteoporosis. To assess your fracture risk, go to www.shef.ac.uk/FRAX.



Mainly Men

**Urologic cancers afflict more than
300,000 American men each year**

Anoop Meraney, M.D., director of Urologic Oncology at Hartford Hospital, is fellowship trained in both minimally invasive surgery and urologic oncology.

Bladder and kidney tumors are three times more likely to occur in men, who are also vulnerable to prostate and testicular cancers.

Last spring, after Harvey Desruisseaux was diagnosed with early bladder cancer, malignant growths began to recur with increasing frequency. Chemotherapy failed to stop the aggressive cancer as tumors invaded the muscle wall. After discussing his treatment options with urologic oncologist Anoop Meraney, M.D., of Connecticut Surgical Group, the Hebron resident decided on a surgical procedure to remove his diseased bladder and fashion a new one from a segment of his intestine.

Hartford Hospital surgeons shaped a new organ, called a *neobladder*, during an operation that typically takes six to eight hours. Urologists must divert the internal plumbing, create the bladder, stitch it to the urethra (the body's urine-flow outlet) and reconnect the severed intestine. "I knew Harvey was in good hands," recalls his wife, Diane. "But it was a long, difficult surgery complicated by scars from an old appendectomy. The surgical team kept us informed as we sat for hours in a hospital waiting room."

After nine days in the hospital (three of them in intensive care), Harvey went home. Harvey's wife, Diane, did the hard work of post-operative irrigation and wound care. "My recovery was a joint project, thanks to my wife," Harvey says. "I relied on my faith, my family and my friends. Dr. Meraney—who had recently joined Hartford Hospital from New York's Memorial Sloan-Kettering Cancer Center—called me several times to make sure everything was going well. There's no question we made the right choice."

Harvey's decision to undergo surgery to remove both the bladder and prostate was confirmed when the pathology report revealed that he also had stage III (locally advanced) prostate cancer. "Prostate cancer is a very common cancer in men, and one-fourth of men who undergo surgery for bladder cancer also have prostate cancer," says Dr. Meraney. "Removal of the prostate along with the bladder is the standard surgical treatment for muscle-invasive bladder cancer."

"The patient has to learn how to urinate using the new bladder," says Joseph Wagner, M.D., who pioneered robotic surgery for bladder cancer at Beth Israel Medical Center in 2002 and brought the procedure to Hartford Hospital in 2003, "but it's a better alternative than wearing a urine-collecting bag on the outside of the body. However, wearing a bag is sometimes the best option in

patients who do not qualify to undergo formation of a new bladder, which is a considerably more complex operation."

Bladder Cancer

More than 70,000 new cases of bladder cancer are diagnosed in the United States each year. Bladder cancer—the fourth most common male cancer in the United States—is twice as likely to affect cigarette smokers or people exposed to solvents or pesticides in the workplace.

Chemotherapy agents can be instilled directly into the bladder to treat cancers confined to the lining of the bladder, but surgical removal of the organ is necessary for invasive cancer that has spread into the muscle wall. Surgery remains the "gold standard" in bladder cancer treatment, sometimes in combination with chemotherapy. If caught early, even aggressive tumors can be removed with good five-year survival rates.

Technology and Experience

Hartford Hospital has long been a leader in developing revolutionary ways to treat cancer in the least invasive way possible. Prostate cancer typically afflicts aging men, kidney and bladder cancers tend to occur in late middle age, and testicular cancer strikes men in late adolescence or early adulthood. The hospital's long-standing commitment to technological innovation has given surgeons an arsenal of advanced medical weapons in the fight against urologic cancers.

Smaller scars, reduced pain and shorter recovery times have driven the rapid growth of minimally invasive cancer surgery over the past decade. Laparoscopy opens a small "window" to the internal organs. In frail or elderly patients, minimally invasive laparoscopic techniques often allow life-saving surgery with far less risk than conventional "open" methods.

Robotic Surgery

In 2003, Hartford Hospital became the first hospital in Connecticut to acquire a da Vinci surgical system. Dr. Wagner pioneered robotic surgery for nerve-sparing prostate cancer surgery in New England, and use of the da Vinci has grown exponentially since then—the hospital now has five surgical robots. Hartford Hospital is one of a

Stuart Kesler, M.D.

Stuart S. Kesler, M.D., a member of Connecticut Surgical Group, is Board-certified in urology. Areas of specialization include minimally invasive laparoscopic and robotic-assisted surgery for kidney and prostate cancer, kidney disease, endourology, adrenal surgery and urologic oncology.

He graduated *magna cum laude* with a B.S. in chemistry from Binghamton University, where he was a member of Phi Beta Kappa. He then attended medical school at the University of Medicine and Dentistry, New Jersey (UMDNJ) – Robert Wood Johnson Medical School, where he also did his internship and residency. He continued his specialty training with a fellowship in endourology, laparoscopy, and minimally invasive urologic surgery at Hackensack University Medical Center in Hackensack, New Jersey.

Dr. Kesler joined Hartford Hospital as a urologist with Connecticut Surgical Group in 2007. He served as moderator for a live surgery webcast of “Robotic-Assisted Partial Nephrectomy” performed by Hartford Hospital urologist Steven Shichman, M.D., at the National Robotics Kidney Surgery Symposium held in Hartford in 2009. He has published widely. In his spare time, he enjoys skiing, old movies and softball.



handful of medical institutions internationally to have such a vast “army of robots” under one roof.

Urologists choose robotics when extraordinary precision is required to treat complex cancers of the male urinary and reproductive system. “The surgeon retains complete control,” says Dr. Wagner, who directs Hartford Hospital’s Robotic Surgery Program. “The greatly magnified three-dimensional view allows precise removal of the cancerous prostate gland while preserving urinary continence and vital nerves essential for sexual function.”

Urologists now routinely perform robotic-assisted laparoscopic surgery for kidney, prostate and bladder cancers. The surgical robot has a steep learning curve and requires specialized training, but in the right patient it offers clear advantages, including reduced blood loss and lower risk of wound infection. Even the steadiest of human hands cannot match the flexibility and control of the sophisticated surgical tool.

Early bladder cancers can be removed robotically with significantly less pain and blood loss. Just as in conventional laparoscopy, surgeons insert instruments through slits in the skin, while a small abdominal incision (about three inches long) is used to remove the diseased organ and create a new bladder. “Cancers that are limited to the bladder can often be treated robotically,” says Dr. Meraney, “but more advanced cancers may require conventional ‘open’ surgery and a large abdominal incision.”

Testicular Cancer

Testicular cancer, which typically occurs in men aged 15 to 35, remains one of the most curable solid-organ cancers. Following removal of the diseased testicle, further treatment involves surgery for removal of lymph nodes, radiation or chemotherapy, often utilized in combination. Depending on the stage of the cancer, surgery for

removal of abdominal lymph nodes is at times needed as first line treatment or following chemotherapy and radiation. Urologic oncology experts at Hartford Hospital perform surgery for both early and advanced testicular cancer.

Kidney Cancer

Hartford Hospital surgeons pioneered the development of laparoscopic techniques used across the nation for kidney surgery. Since 1998, when he introduced an innovative laparoscopic procedure for kidney removal at Hartford Hospital, Steven J. Shichman, M.D., a urologist with Connecticut Surgical Group, has seen a dramatic shift toward minimally invasive surgery for kidney cancer.

Better diagnostic imaging has led to earlier detection of tumors in more patients. Chemotherapy and radiation are ineffective against kidney cancer, which can be cured only if the tumor is diagnosed early and surgically removed before cancerous cells migrate out of the kidney.

Over the years, Hartford Hospital surgeons have achieved expertise in performing complex procedures safely and effectively. Patients come to Hartford Hospital from all over the Northeast for robotic-assisted kidney cancer surgery.

Today’s robotic techniques reduce blood loss, shorten hospital stays and speed recovery. Dr. Shichman makes four half-inch-long abdominal incisions to insert ports for the robotic camera and instruments. The tumor is removed through a two-inch incision in the belly button. Rather than removing the entire cancerous kidney (a radical nephrectomy), Dr. Shichman now more frequently performs delicate “nephron sparing surgery” (partial nephrectomy) to retain kidney function while removing even large tumors.

In the past, removal of a cancerous kidney required almost a foot-long incision through the abdomen, flank or chest. Dr. Shichman and Hartford

Robotic-assisted laparoscopic surgery to remove a cancerous prostate gland is a daily occurrence at Hartford Hospital, with outcomes that far exceed national averages.

Hospital urologist Stuart Kesler, M.D., of Connecticut Surgical Group, were the first surgeons in the state to perform a robotic-assisted “partial nephrectomy” that removed only the part of the kidney containing the tumor.

“One advantage of the robot is its high-definition 3D visualization,” says Dr. Shichman. “We can cut a lot more accurately and repair the kidney more quickly. During partial nephrectomies, the blood vessels supplying blood to the kidney need to be clamped off to prevent excessive blood loss during resection of the tumor and repair of the kidney. We can only keep the blood vessels clamped for a maximum of 30 minutes or kidney tissue starts to die.”

In the hands of a high-volume, experienced surgeon, the da Vinci robot helps the surgeon work faster, minimizing the time blood is not flowing to the kidneys, thereby facilitating preservation of kidney tissue.

“Alternatively, when removing kidney tumors that are more complex in nature, partial nephrectomies are performed with kidneys placed in ice slush to prevent cell death while the blood vessels are clamped,” explains Dr. Meraney. The kidneys—each about the size of a fist—filter the blood and rid the body of excess water, sodium and waste products. “The kidney cleanses the blood,” explains Dr. Shichman. “Whenever possible, we cut out the tumor, leaving as much of the kidney as we can. The more of the kidney we preserve, the better the patient’s overall health and longevity.”

Prostate Cancer

The second-leading cause of cancer death in men, prostate cancer strikes nearly 200,000 and kills more than 27,000 men annually. Prostate cancer occurs in one in six men over the course of their lifetime. Although bladder cancer is twice as likely to occur in white men, African American men are twice as likely to develop prostate cancer as white or Asian men.

Thanks to better screening and new treatments, today more than two million American men are prostate cancer survivors. A revolution has occurred in prostate cancer surgery, as minimally invasive techniques have replaced operations that once required lengthy, open incisions.

The da Vinci system’s precision helps surgeons preserve sexual function and urinary continence. “Ninety percent of men who undergo prostate surgery are *not* incontinent after recovering from prostate surgery,” says Dr. Meraney. “The exceptions are older patients with advanced cancer or obese patients with poor muscle tone who may not regain complete bladder control.”

Prostate cancer is silent and potentially deadly. Early detection is possible with a blood test that measures *prostate-specific antigen* (PSA), an enzyme linked to changes in the walnut-size gland that produces semen. Elevated PSA levels can indicate a variety of conditions, including cancer.

Cancers of the prostate can grow very slowly or with devastating speed. Although prostate cancer death rates have fallen steadily since the introduction of PSA testing, controversy has erupted over whether the benefits of PSA screening outweigh the risks of overtreatment, such as urinary incontinence or erectile dysfunction.

The American Cancer Society says men should be offered PSA screening and a digital rectal exam after age 50 (African Americans or those with a close male relative with cancer should consider screening at age 45). “New guidelines urge men to begin screening at age 40 because those whose cancers are detected earlier and who have the longest life expectancy are likely to benefit most from treatment,” explains Dr. Kesler.

There are various treatment options for patients with clinically localized prostate cancer. “Select patients may qualify for active surveillance, which

avoids standard invasive treatment and involves careful monitoring of cancers that are not biologically aggressive,” adds Dr. Meraney. “This is an attractive option for some men, based on their quality of life and aggressiveness of their cancer.”

“The question of how aggressively to treat prostate cancer depends on multiple factors that include age, other medical conditions, social attitudes and quality of life issues,” says Dr. Kesler. “Only after factoring in all of these considerations and treating each situation individually can an experienced physician and patient come to the correct treatment decision. Two large clinical trials showed that PSA screening offers a significant survival benefit. Screening means we usually diagnose patients before symptoms appear. Treating cancer after symptoms present usually has a worse prognosis.”

Hartford Hospital’s multidisciplinary approach brings together urologic surgeons, medical oncologists and radiation oncologists who collaborate on the best possible treatment. For example, hospital urologists are investigating whether patients who receive hyperbaric oxygen treatments to improve blood flow have better sexual function after prostate cancer surgery. Hartford Hospital’s comprehensive urologic cancer program treats even rare malignancies, including penile and adrenal cancers.

Cancer is the second-leading cause of death in Connecticut and nationwide. Hartford Hospital’s longstanding commitment to innovation has brought advanced imaging capabilities to the diagnosis of urologic cancers. New surgical treatments for prostate, bladder and kidney cancers are extending men’s lives. Prostate cancers are being found earlier—and the death rate is going down.

Kidney Stones



Kidney stones sometimes block the flow of urine from the kidney, causing sudden, excruciating discomfort. Pain reaches from the middle of the back down the flank on one side, radiating from the back into the groin or testicle. Each year in the United States, kidney stones account for three million visits to health care providers.

“Many people go to their primary care physicians because of severe pain,” says Spencer G. Erman, M.D., medical director, Hartford Medical Group, Avon Wellness Center. “As part of the exam, we test the urine to look for blood. An X-ray may show a calcium stone, but ultrasound or a CT (*cat*) scan may be necessary to see an obstruction or dilation of the ureter (the tube leading from the kidney to the bladder).”

When he suspects that the sudden pain is caused by a kidney stone, Dr. Erman may give the patient a shot of an anti-inflammatory/pain medication, ketorolac (Toradol), a non-narcotic pain medication.

“After the injection, we send them downstairs for an X-ray. Usually by the time they get back, the pain is much better. We can also begin to give fluids intravenously.”

Kidney stones are usually easy to diagnose and treat. “The pain comes on suddenly over a couple of hours,” says Dr. Erman. “We encourage fluids and treat the patient with pain medications. Patients are sent home with a strainer to catch the stone so it can be analyzed to see what’s causing it.”

If the stone doesn’t pass and the pain continues beyond 48 hours, or if a fever or signs of infection develop, the patient is referred to a urologist. In severe cases, the specialist inserts a catheter into the bladder and snakes it up through the ureter to remove the stone. Stones can also be shattered with ultrasound in a non-invasive procedure called *lithotripsy*. In rare cases, open surgery may be necessary.

“Some people have stones that stay in the kidney without causing any trouble,” adds Dr. Erman. “Risk factors for stones include taking a lot of calcium or vitamin C, certain medications that change the chemistry of the urine, parathyroid problems or gout.”

Although painful, most stones pass on their own. If stones recur, dietary restrictions can usually help prevent them.

WHAT'S GOING AROUND...News & Breakthroughs

Recurrence Risk

Drinking alcohol not only raises the risk of developing breast cancer, but also increases the chances of a recurrence, say Kaiser Permanente researchers who followed nearly 1,900 women for three years. Those who drank three to four standard servings of alcohol per week—especially those who were post-menopausal or overweight—were 34 percent more likely to experience a recurrence than those who drank little or not at all.

Silent Strokes

Columbia University Medical Center researchers found that people who most closely followed a Mediterranean-style diet—rich in vegetables, legumes, fruits, fish, olive oil and other mono-unsaturated fats—were 36 percent less likely to suffer brain damage caused by “silent” strokes that raise the risk for subsequent strokes and accelerated loss of mental skills.

Soft Drink Scare

Two soft drinks a week may nearly double the risk of pancreatic cancer, say University of Minnesota and National University of Singapore researchers. People who drank two or more soft drinks a week had nearly twice the risk of pancreatic cancer compared to those who drank none, reports a study in *Cancer Epidemiology, Biomarkers & Prevention*. The study did not account for consumption of red meat or other risk factors.

Clots and IBD

A study published in the British medical journal *Lancet* found that patients with a flare-up of inflammatory bowel disease (IBD) were three times more likely to develop a blood clot than those without IBD. The Surgeon General estimates that between 300,000 and 1.2 million Americans experience such clots each year, and more than 100,000 die from them.

The Depression Initiative

New Hope for Recovery from Mood and Anxiety Disorders

The Institute of Living (IOL) is seeking philanthropic support for a groundbreaking initiative to investigate and treat depression, bipolar disorder (formerly called manic-depressive illness) and anxiety disorders.

Mood and anxiety disorders exact a heavy toll on individuals and society in terms of human suffering, lost productivity and health care costs. The “Depression Initiative” is aimed at enabling sufferers to achieve not just improvement, but full, functional recovery.

The Depression Initiative’s goals include research, clinical care and enhanced integration of research and clinical programs. The Depression Initiative will develop innovative clinical and research programs to advance the understanding of these disorders, develop state-of-the-art treatments tailored to each patient, and establish The Institute as a national Center of Excellence in mood and anxiety disorders.

“Philanthropy has always been a critical part of the Institute’s funding,” says Hartford Hospital’s Vice President of Behavioral Health Harold I. Schwartz, M.D., Psychiatrist-In-Chief and Director of the Department of Psychiatry. “Over the past decade, philanthropy has funded many new clinical research and pilot programs. Nearly all of our major research programs have begun with a pilot study funded with donor support, which has then led to grant funding from the National Institutes of Health.”

For example, the Olin Neuropsychiatric Research Center at the IOL was established through a substantial bequest from the estate of Ruth C. and Phillip F. Holton and very generous funding from the Yanner and Olin families. The Center is supported by a number of grants from the National Institutes of Health (NIMH, NINDS, NIA and NIDA) that amount to several million dollars.

Neuroscientists at the IOL use sophisticated, noninvasive tools like functional magnetic resonance imaging (fMRI) to analyze the workings of brain cells and identify abnormal structural or functional regions of the brain. While the psychiatric community has in recent years gained a greater understanding of depression, bipolar disorder and anxiety disorders, their fundamental causes remain unknown. Treatments are often applied on a trial-and-error basis, and existing therapies may be ineffective or only partially effective for many patients.

Genetic influences, abnormal brain chemistry and environmental factors all contribute to crippling depression, bipolar illness and anxiety disorders that cause cognitive distortions and disordered thinking. Mood disorders are not only very common, but often chronic and disabling.



Major depressive disorder affects approximately 14.8 million adults, or about 6.7 percent of the population over age 18 in the United States. Dysthymic disorder (a milder form of depression) afflicts 3.3 million, and bipolar disorder affects 5.7 million Americans. As much as 30 percent of the population will suffer from a clinically diagnosable anxiety disorder at some point in their lives.

Because antidepressants, mood stabilizers and anti-psychotic drugs are highly effective in treating mood disorders, accurate diagnosis and early treatment are vital. The Anxiety Disorders Center at the IOL specializes in Cognitive-Behavioral Therapy (CBT), a form of counseling that has been proven to be effective for many anxiety disorders.

The Institute’s Depression Initiative represents an opportunity for individual and institutional donors to support an undertaking that will expand scientific knowledge, relieve human suffering and provide far-reaching social benefits. “The majority of patients admitted to the IOL are treated for depression or a mood disorder,” says Dr. Schwartz. “The Depression Initiative will enhance our knowledge of these illnesses, improve treatments and increase access to treatment. We’re seeking at least \$3 million in individual, corporate and foundation support to make this happen.”

For more information about the Depression Initiative, contact Director of Major Gifts Susan H. Dana at (860) 545-2226 or email sdana@harthosp.org.

Saving Pam's Life

Right now, more than a thousand Connecticut residents are on a waiting list for a kidney transplant. An estimated eight percent of Americans suffer from chronic kidney disease, and about 25 million Americans have lost at least half of their kidney function.

Kidney failure can be treated by dialysis or organ transplantation from a live or deceased donor. Deceased donor transplants are typically anonymous, while live donors are usually family members or friends.

Why would someone donate a kidney to a stranger? A "Good Samaritan" (a complete stranger) is also called an *altruistic* donor. Most people find it admirable to risk one's life to save a stranger from a burning building, but oddly, the far less dangerous act of donating a kidney seems incomprehensible.

"The first thing we do when a Good Samaritan offers a kidney is to send the individual to a psychiatrist for an evaluation," says David Hull, M.D., director of Hartford Hospital's kidney transplant program. "The donor is a humanitarian motivated by a desire to help others. It is odd, however, that our first thoughts of those who try to help in this way is that there must be something wrong with them."

Last year, of the 58 kidney transplants that took place at Hartford Hospital, only one was from an altruistic donor. Half were from living donors, higher than the national average. More than half of patients in need of a transplant don't ask family or friends for help.

Fred Brown, a 43-year-old credit union executive who lives with his wife, Robin and their two dogs in Colchester, saw a story about kidney donation on the news and decided to offer one of his, designating only that it go to the person most in need and who would benefit the most. For Brown, the decision was an easy one. "It's kind of cool to save a life," he says. "I want to try to inspire others to donate. I have a kidney I'm not using, so why wouldn't I give my extra kidney to help someone else?"

Last fall, Pam Cyr's kidneys were failing. Polycystic kidney disease (PKD) runs in her family, ruling out a donation from a family member. Her late father and sister also suffered from

PKD and her three daughters are at risk for the hereditary disease.

As kidney disease progresses, the grueling blood-filtering process called *dialysis* often grows increasingly arduous. Cyr, 49, was hooked up for more than four hours three times a week to a machine that siphoned off all her blood, removed the toxins and returned the cleansed blood to her body. Although her sister had lived for 12 years on dialysis before dying of something else, Pam was battling renal failure, abscesses and repeated hospitalizations. Without a transplant she would die.

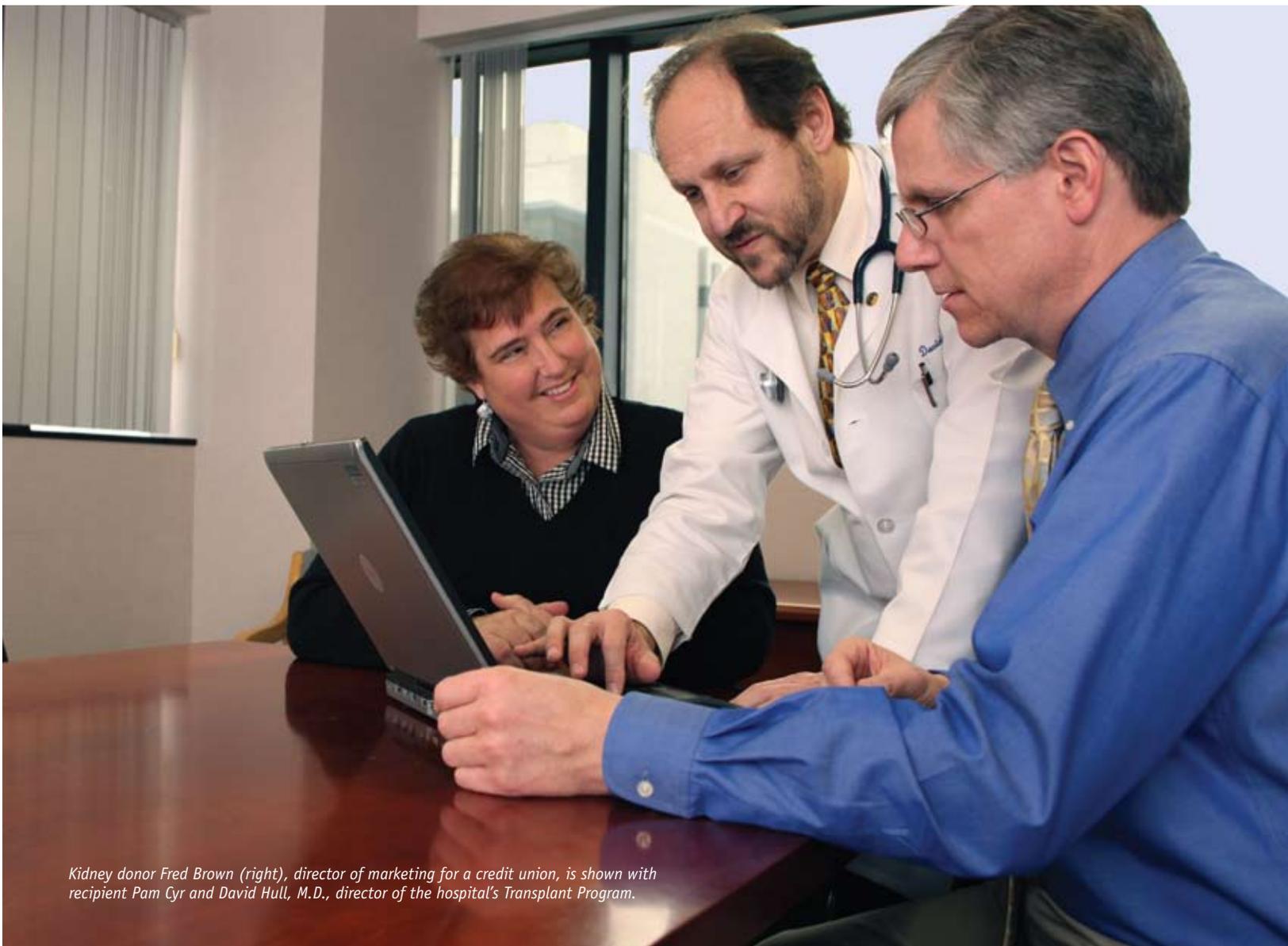
For Cyr, the progression from flu-like symptoms to needing a transplant was frighteningly rapid. "Dialysis wasn't working," she says. "I would leave work and go straight to dialysis three days a week until eight o'clock in the evening. I'm a single mom and my kids missed me. I was exhausted all the time."

"The donor saved her life," Dr. Hull says simply. Hartford Hospital—the only medical center in the region to perform transplant surgery—pioneered the use of hand-assisted laparoscopic techniques for kidney surgery. Dr. Hull performed the hospital's first minimally invasive kidney donor operation for transplant in 1997. Today, thanks to minimally invasive surgery, donors go home with a four-inch scar around their belly button and two half-inch scars on their side.

"I was at dialysis when I got the call that an organ was available," says Cyr. "I wondered, who is the donor? Is it someone I know? I found out it was Fred when I saw him on TV two days after surgery. We met a couple of days later and found out we have mutual friends."

Strict rules prohibit the buying and selling of organs in the United States. In many other countries from Singapore to Israel, "presumed consent" rules allow doctors to take any needed organs after cardiac death. All individuals are considered to be organ donors unless they "opt out" through a government registry. In the United States, even after someone signs a uniform donor card, the next-of-kin will still be asked to sign a consent form at an emotionally difficult time.

"Kidney donation is very safe for donors," says Dr. Hull, noting that after a living kidney donation, the remaining organ expands to meet the body's demands. "For recipients,



Kidney donor Fred Brown (right), director of marketing for a credit union, is shown with recipient Pam Cyr and David Hull, M.D., director of the hospital's Transplant Program.

it's a whole new life. Newer anti-rejection drugs mean that the median survival of the transplanted kidney is about 13 to 15 years. One major reason for organ failure after transplant is that patients become noncompliant, usually because they can't afford their medications because they lose their jobs or their insurance benefits run out. The Transplant Program helps patients as much as possible."

Funding sources to help people afford their post-transplant medications are scarce in today's economy. "Medications only cost a couple of thousand dollars a year," says Dr. Hull, "compared to dialysis, which takes about \$90,000 in taxpayer costs."

Of the estimated 83,000 people on the National UNOS kidney deceased donor waiting list, one-third are African American, yet they receive only about 12 percent of living donor kidneys—despite being more likely to fall victim to kidney-destroying diabetes and high blood pressure.

"There's a real shortage of organs," says Dr. Hull, who has raised awareness among the Jewish community to allow deceased donors to perform a *mitzvah*—a blessing—by donating their organs. "In 2009, only about 58 people in Connecticut were lucky enough to get a kidney transplant, but many are still waiting for a donor kidney—and some of them are at risk for dying."



CALENDAR

HARTFORD HOSPITAL PROGRAMS & EVENTS FROM MARCH 15 THROUGH JUNE 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 on 4/1, 5/6, 6/3 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.

Women with Cancer Support Groups

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:

- **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 3/23, 4/27, 5/25. 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 4/6, 5/4, 6/8. 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:** 1st Monday of each month from 11:30 a.m. to 1:30 p.m. on 4/5 and 5/3 in Hartford and on 5/10 in Avon. Spanish session also available. 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. FREE.

4/13 *Hypnotherapy*—Lisa Zaccheo, CHT

5/11 *Therapeutic Touch*—Karen Kramer, RNC, MA

6/8 *Acupuncture*—Susan Bisbee-White, LAc



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. **Schedule:** Wednesdays, from 7:00 to 8:00 p.m. on 4/14 in West Hartford or 5/12 in Glastonbury.

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.

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.

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:** Call 860-545-3127 for more information and. 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. Meets weekly at Hartford Hospital for six sessions from 5:00 to 6:00 p.m. Call 860-545-3127 for schedule. 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 from 5:00 to 6:00 p.m. Call 860-545-3127 for schedule. 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, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 from 12:30 to 1:30 p.m. at The Institute of Living's 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 3/22, 4/12, 4/26, 5/10, 5/24, 6/14 from 1:00 to 2:15 p.m. at 85 Jefferson Street #116. For more information, call 860-545-2290. FREE.

Bereavement Support Group (Age 55+)

For people 55 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month on 3/23, 4/27, 5/25 from 10:00 to 11:30 a.m. at McLean in Simsbury. To register, call 860-658-3700. FREE.

Bereavement Support Group (Age 35–55)

For people age 35–55 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 3/16, 4/20, 5/18, 6/15 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 3/22, 4/26, 5/24 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 3/16, 4/20, 5/18, 6/15 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 treatments and ways to help family members better cope with the illness. Facilitated by David Vaughan, LCSW. **Schedule:** From 5:15 to 6:30 p.m. on 4/13. For more information, call Mary Cameron at 860-545-7665. 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—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 4/6, 5/4, 6/1 from 5:15 to 6:30 p.m.

• Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on every day activities, and provide tips on what you can do to make things better at home. **Schedule:** From 5:15 to 6:30 p.m. on 6/8.

• Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** From 5:15 to 6:30 p.m. on 3/23.

• 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. **Schedule:** 1st and 3rd Thursday of each month, on 3/18, 4/1, 4/15, 5/6, 5/20, 6/3 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. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. on 5/11. Call Mary Cameron at 860-545-7665 for more information.

• 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:** From 5:15 to 6:30 p.m. on 4/27.

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. FREE.

2010 BrainDance Awards Competition

A competition to fight the stigma of mental illness and to improve the attitudes of teenagers toward people with this disease, high school students from around Connecticut will showcase their academic and art projects. Please join us for the awards ceremony and academic/art fair. **Schedule:** April 29 at the Institute of Living, Commons Building. For more information or details, contact David Vaughan, LCSW at 860-545-7467.



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.)

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

Evening (5:00 to 8:00 p.m.)

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing support from other adults with diabetes. Meetings are held quarterly. **Schedule:** From 9:00 a.m. to 12:00 noon on 5/13 at Hartford Hospital. Program on *Foot Care* and *Dining Out* on 5/4 from 7:00 to 8:30 pm. in Wethersfield. FREE.

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.

Visit our web site at www.harthosp.org

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Expressive Art Class – Soul Collage

Join Diana Boehnert, BFA, MFA, to create images that will be used to make a deck of cards. Use intuition to find your own meaning in answering some of life's questions. No previous art experience needed. **Schedule:** From 6:00 to 9:00 p.m. on 4/7 in Glastonbury. Preregistration required. Fee: \$25.

Expressive Art Retreat for Cancer Survivors

Led by Diana Boehnert, MFA, at Sagamore Beach and Highlands, Cape Cod. Using the creative process and expressive art exercises can be stress-reducing, promote wellness, and help create a sense of community in a nurturing environment. **Schedule:** From 7:00 p.m. 4/23 to 1:00 p.m. 4/25. No previous art experience necessary. Preregistration required. Contact Diana at rx.art@snet.net or 860-573-3178 to register. FEE: FREE to Cancer Survivors.

Brain Fitness—Keeping Your Mind Fit

Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** Join Kathleen Kiley from 12:00 to 1:30 p.m. on 5/19 in Avon or from 1:00 to 2:30 p.m. on 5/21 in Glastonbury. FEE: \$15.

Dreams—Tapping into Your Inner Wisdom

Learn how to understand thoughts, feelings and sensations in your dreams, and get to know yourself better. Presented by Kathleen Kiley. **Schedule:** Six-week series from 11:00 to 12:30 p.m. on 4/16, 4/23, 4/30, 5/7, 5/14, 5/21 in Glastonbury or from 10:00 to 11:30 a.m. on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18 in Avon. FEE: \$90/6 classes. Three week series from 3:00 to 4:30 p.m. on 4/14, 4/21, 4/28 in Avon. FEE: \$45/3 classes. Registration required. Call (860) 545-1888.

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 4/8, 5/20, 6/24 (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. **Schedule:** 4/28 from 7:00 to 9:00 p.m. at Newington campus gym. Registration is required. Call 860-545-1888. FEE: \$40.

Reading the Body Electric

Join Kathleen Trestka and other energy practitioners to develop advanced skills for reading and assessing client's mind, body, and energy field. **Schedule:** 4-week series from 6:30 to 8:30 p.m. on 5/5, 12, 26, 6/2 in Windsor. Registration is required. Call 860-545-1888. Fee \$150.

Reflexology Lunch and Learn

Join Debbie Halsted, CRT, to learn the health benefits of hand and foot reflexology and some basic take-home techniques. **Schedule:** From 12:00 to 1:00 p.m. on 6/3 at Hartford Hospital. Registration is required. Call 860-545-1888. FREE.

Therapeutic Touch—Basic

Karen Kramer, RN, MA, teaches an energy technique that can help decrease pain and stress, accelerate healing, and enhance well-being. **Schedule:** From 12:30 to 8:00 p.m. on 3/26 or 5/16 in Avon. Registration is required. Call 860-545-1888. FEE: \$160.

Tibetan Bowls Practitioner Level I

Singing Bowls provide sound vibrations that help the body achieve energy flow, relaxation and decrease pain. Taught by Marie Menut, RN. **Schedule:** Four Mondays from 5/3 to 5/24 from 6:00 to 9:00 p.m. at Hartford Hospital's ERC. Registration is required. Call 860-545-1888. FEE: \$150.

Tibetan Bowls Practitioner Level II

Prerequisite: Level I with Marie Menut, RN; This class will expand on information gained from Level 1. Learn new techniques for yourself and others. **Schedule:** Four Mondays, 6:00 to 9:00 p.m. on 6/7 to 6/28 in Hartford. Registration required. Call 860-545-1888. FEE: \$150.

Yoga Fusion

This 11-week series (for all levels) includes meditation, breath work, core strengthening, posture flows as well as longer holds of postures. **Schedule:** Mondays, 4/5 to 6/28 from 6:30 to 7:45 p.m. in Newington. FEE: \$145. Registration is required. Call 860-545-1888.

Sunrise Yoga

Early morning class suitable for all levels of fitness and yoga experience. **Schedule:** Tuesdays, 4/27 to 6/1 from 6:00 to 6:45 a.m. in Hartford. Registration is required. Call 860-545-1888. FEE: \$72 for 6 sessions.

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. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 4/29 at Hartford Hospital. CEUs/contact hours available with certification. FEE: \$250 (includes home study kit with CD and manual).

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. Call 860-545-4444.

Mindful Eating: Permanent Weight Loss

Shoshana Levinson, dietician and nutritionist, leads this 2-week series which will change your life as you learn to rebalance body chemistry and eliminate cravings and overeating. **Schedule:** From 6:30 to 8:30 p.m. on 5/18 and 5/25 in Avon. Registration required. FEE: \$100.

Nutrition 101: Basics of Healthy Eating

With Shoshana Levinson, dietician and nutritionist. Learn current beliefs about eating well and how to incorporate these recommendations into your daily life. **Schedule:** From 6:30 to 8:00 p.m. on 4/28 in Wethersfield. Registration required. Call 860-545-4444. Fee: \$25.

Spring Cleansing for Your Kitchen and You

With Shoshana Levinson, dietician and nutritionist. Learn about the foods to eliminate from your kitchen and which ones to add more of. Cleansing your kitchen will be a natural cleansing of the body and provide improved energy and better digestion. **Schedule:** From 6:30 to 8:00 p.m. on 4/21 in Wethersfield. Registration required. Call 860-545-1888. FEE: \$25.

Embracing Menopause

Led by Shoshana Levinson, dietician and nutritionist. If life, health, and weight control seem out of control and you are in the menopausal "change"..., Have Hope! Learn the major symptoms associated with menopause and how you can create more comfort and balance in your life. Discussions will include healthy diet, realistic exercise, relaxation techniques, and nutritional supplement support. **Schedule:** From 6:30 to 8:00 p.m. on 5/6 in Wethersfield. Preregistration required. Call 860-545-1888. FEE: \$25.

VOLUNTEERS

Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital on June 4 from 7:00 a.m. to 12:45 p.m. Registration is necessary. 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.

Trauma After-Care Volunteer Training

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 please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail 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 Wednesday 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 7:30 to 8:30 p.m. in Avon from 5/12 to 6/2 or 6/9 to 6/30. FEE: \$50 for 4 sessions.

Parent Education Classes

Registration is required for all classes. Call 860-545-1888. Visit us on our website at www.harthosp.org/parented.

• *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 4/15 to 4/29 at Hartford Hospital. FEE: \$125.

• *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: \$25.

Avon: 3/25, 4/22, 5/27

Glastonbury: 4/12, 5/10, 6/14

West Hartford: 4/5, 4/26, 5/3, 6/7

Wethersfield: 5/12

• *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 4/19, 6/8. 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: \$25.

Avon: 4/1, 5/13

Glastonbury: 3/15, 4/5, 5/3, 6/7

West Hartford: 3/22, 4/12, 5/10, 5/24, 6/14

Wethersfield: 4/14, 6/9



• *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-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 3/15, 5/17. FEE: \$25.

• *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 4/24 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 4/24. 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 5/5 in Wethersfield. 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 4/21. 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 4/27 in Avon. 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 4/7, 6/2 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:** 5/13 from 6:30 to 9:00 p.m. in Hartford Hospital's High Building, #685. Call 860-545-1888 to register. 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. **Schedule:** Call 860-545-1888 or go to www.harthosp.org/parented. FEE: \$100.

- **Hypnobirthing® Class**

This class teaches the use of guided imagery, visualization, special breathing techniques, and self-hypnosis for a more comfortable birthing process. **Schedule:** Series runs 6:00 to 9:00 p.m. on Mondays from 4/5, 4/19, 4/26, 5/3 **OR** 6/7, 6/21, 6/28, 7/5 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).

- **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 9:00 p.m. on 4/27, 6/1 in West Hartford. FEE: \$65/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. on 4/1, 6/3 at Hartford Hospital. FREE.

- **Sibling Preparation**

A class to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Hartford from 9:30 to 10:30 a.m. on the following dates:

Pre-school—4/10, 5/1, 6/5

School-Age—3/20, 4/17, 5/15, 6/12

FEE: \$15 per child; \$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 11:15 a.m. to 12:15 p.m. weekly from 3/31 to 5/5 **or** 5/12 to 6/23 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 11:30 a.m. on 3/27, 4/24, 6/5 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 parenting issues. **Schedule:** Wednesdays, 10:00 to 11:30 a.m., 3/31 to 5/5 **or** 5/12 to 6/23 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. **Schedule:** Four-week sessions in Avon from 5:30 to 6:45 p.m., 5/12 to 6/2 and 6/9 to 6/30. Call to register. FEE: \$50.

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 offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 4/6 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.

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. For schedule, call 860-545-1888. FREE.

SCREENINGS/SUPPORT GROUPS

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol

Conducted by VNA Health Care and 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. 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:** Meets from 5:30 to 8:30 p.m. in Glastonbury. For 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:** From 7:00 to 8:30 p.m. in Glastonbury. For 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:** From 6:30 to 7:30 p.m. on 3/25, 4/22, 5/27 at West Hartford Senior Center, 15 Starkel Road. 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 with 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:** From 6:00 to 8:00 p.m. in the Gilman Auditorium of the Conklin Building at Hartford Hospital. FREE.

4/20 *Shaking It Up Before & After Bariatric Surgery* with Joanne Britton, Zumba Instructor

5/25 *Tightening Sagging Skin After Bariatric Surgery* with Orlando DeLucia, MD, Plastic Surgeon

6/15 TBA

Visit our web site at www.harthosp.org

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

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

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

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

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.



TIME is BRAIN

The management of acute stroke has advanced dramatically over the past decade. In this symposium, we will focus on the initial 24 hours. **Objectives:** to delineate the basic clinical management of acute stroke patients over the continuum of care; identify new treatment opportunities and clinical trials to improve the outcomes of acute ischemic and hemorrhage stroke; and demonstrate decision-making via case studies. **Schedule:** Friday, March 19, at the Connecticut Convention Center from 6:45 a.m. to 4:00 p.m. Registration is required. To register Call 860-545-1888 or 1-800-545-7664. For more information, contact Val Riccio at 860-545-5816. FEE: \$100 for practicing physicians and nurses. No charge for medical or nursing trainees, residents and fellows.

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 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 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

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

SPECIAL EVENTS AT HARTFORD HOSPITAL

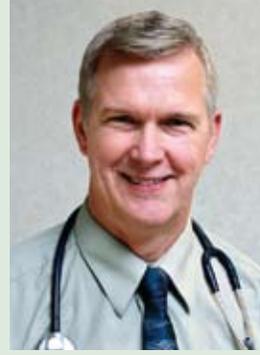
REGISTRATION IS REQUIRED for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at 860-545-1888 or toll-free at 800-545-7664 to register.



Morris Papernik, M.D.



Arjun Banerjee, M.D.



Dan Mussen, P.A.

GLASTONBURY PROGRAMS

The following free programs, presented by Dr. Morris Papernik, Dr. Arjun Banerjee and Physician Assistant, Dan Mussen, will be held in the Education Room at Gateway Medical Park, 300 Western Boulevard. Reception at 6:30 p.m. and program at 7:00 p.m.

Wednesday, March 31

Fibroyalgia

Explore the diagnosis, treatment and causes of fibromyalgia.

Wednesday, April 14

Chronic Fatigue Syndrome

Explore the diagnosis, treatment and causes of Chronic Fatigue Syndrome.

Wednesday, May 26

Ask the Doctor

Get answers to the questions you've been afraid to ask.

Eating Healthy

Please join Robin Rhoades, R.D., from Hartford Hospital's Diabetes LifeCare, for this free educational seminar. It will provide you with valuable information on how you can reduce your risk of diabetes by eating smart. Learn the risk factors for getting diabetes and know what foods might reduce the risk of adult-onset dementia. **Schedule:** Saturday, June 12, from 10:00 to 11:00 a.m. at the Enfield Public Library, 104 Middle Road, Enfield.



Robin Rhoades, R.D.



Jinnah Phillips, M.D.



Elizabeth Brady, M.D.

Breast Cancer Screening and Diagnosis

Dr. Jinnah Phillips will discuss the difference between screening and diagnostic mammograms and the latest advances in breast cancer screening. Dr. Elizabeth Brady will present information on the indications for breast conservation versus mastectomy and the purpose of lymph node staging and methods for evaluation. Breast reconstruction options will also be discussed. **Schedule:** Saturday, May 8 from 10:00 to 11:00 a.m. at the Enfield Public Library, 104 Middle Road, Enfield.



Andrew E. Caputo, M.D.



Rachel Fraser, OTR/L, CHT

The Basics of Carpal Tunnel Syndrome

Join Andrew E. Caputo, M.D., a Board-certified orthopedic surgeon, and Rachel Fraser, OTR/L, CHT, a certified hand therapist, as they discuss the symptoms and causes of carpal tunnel syndrome. You'll learn about both surgical and non-surgical options available to you. **Schedule:** Saturday, April 10, from 10:00 to 11:00 a.m. at the Enfield Public Library, 104 Middle Road, Enfield.

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

Cook's
Circle

Strawberry Yogurt Mousse

Prep Time: 15 minutes (plus chilling)



Lowfat “Greek” yogurt tastes rich and creamy because it contains less sugar and more protein than American brands. Greek yogurt made in the United States usually contains cow’s milk, rather than the tangy ewe’s milk often used in Greece. After the milk is heated and cultured, it is allowed to sit in muslin or cheesecloth bags. The old-world straining method removes the watery whey from the yogurt, resulting in yogurt that is thicker and less runny than American brands.

Yogurt has been a dietary staple of some of the longest-lived people in the world for more than 4,000 years. While yogurt has long been associated with health and longevity, beware of the hype about the purported digestive benefits of trademarked yogurt cultures. *Probiotics*—the “good” microbes that aid digestion—added up to \$425 million in sales in 2008. Although yogurt contains “live” bacterial cultures, only a handful of the thousands of probiotics have been studied or shown to be beneficial in clinical trials.

More than 15 percent of Americans suffer from constipation, pain, bloating and diarrhea. No wonder people paid attention to Jamie Lee Curtis’ commercials about regularity. Last fall, Dannon paid \$35 million to settle a class action suit relating to exaggerated claims about the health benefits of its Activia and DanActive product lines.

Ingredients

- 1 lb. ripe strawberries, preferably organic
- $\frac{3}{4}$ cup chilled nonfat evaporated milk (refrigerate overnight or freeze for 30 minutes)
- 2 Tbs. superfine sugar (*may substitute honey or other sweetener*)
- 1 cup thick, Greek-style lowfat yogurt (plus more to serve)

Directions

Mousse can be made several hours in advance. Slice the strawberries, setting several aside. Divide half the strawberries among 4 dessert glasses. Purée the remaining strawberries in a food processor or blender. Strain (using a sieve) to remove seeds.

Beat the chilled evaporated milk with an electric mixer on high speed about 7 minutes, or until volume is doubled. Beat in the sugar. Stir in the strawberry purée and yogurt and combine well. Spoon into the glasses and refrigerate for 15–20 minutes, until lightly set. Garnish with a dollop of yogurt and the reserved strawberries. Serves 4.

Calories: 136
Protein: 7.5 g
Carbohydrate: 24.5 g
Fiber: 2.25 g
Fat: 1.4 gm
Cholesterol: 5.6 mg
Vitamin C: 67.5 mg (90% of DRI)
Calcium: 270 mg (27% of DRI)

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

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