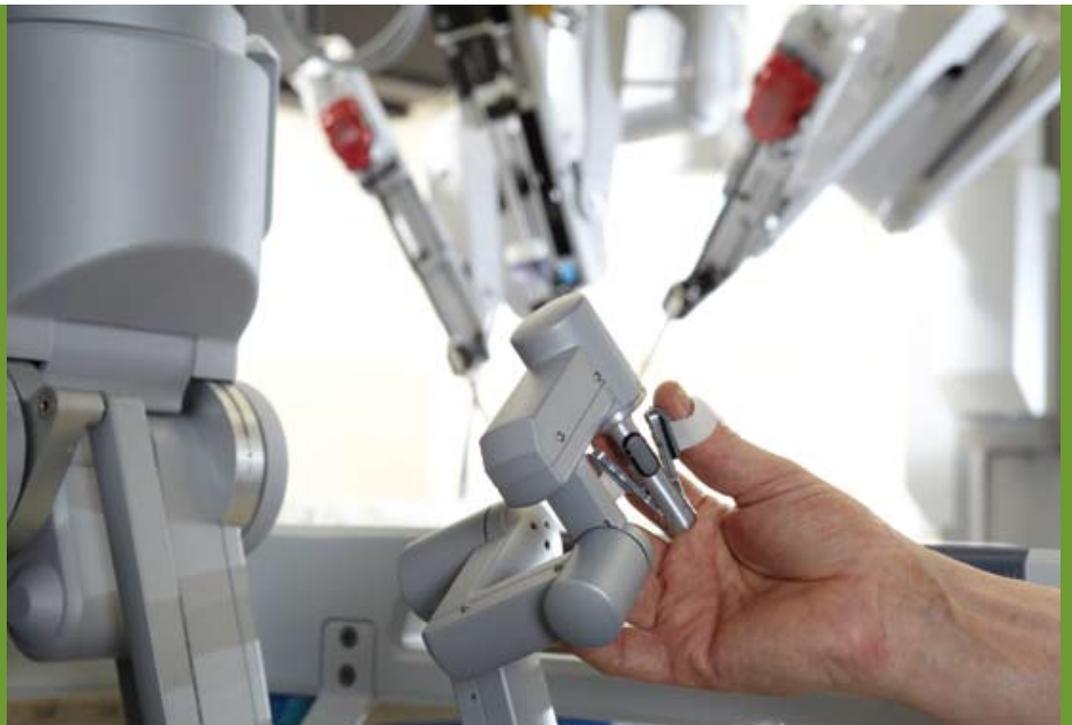


ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Spring 2011

Hartford Hospital's
innovative
simulation center
helps medical
professionals
master new skills



Learning by Simulation

ROUNDS

Hartford Hospital's Wellness Magazine

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H E A L T H T I P S

Silent Signals

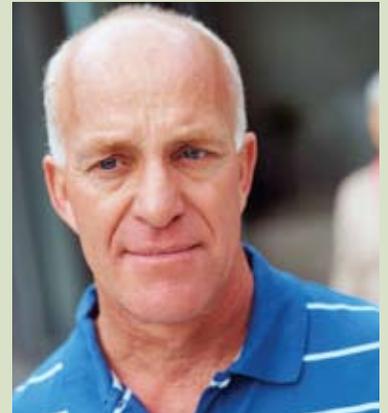
Esophageal cancer is endemic in the United States. Gastroesophageal reflux disease (GERD) can cause genetic damage, changing normal esophagus cells into intestinal tissue. The precancerous condition called Barrett's esophagus often has few symptoms, but can usually be treated successfully if caught early. Physicians at Hartford Hospital treat patients with radiofrequency ablation, reducing the risk of progression to cancer.

Watch for the following warning signs:

- Heartburn or GERD. Approximately 20 percent of American adults experience heartburn at least twice per week, and more than 40 percent experience symptoms almost monthly.
- Chronic cough or hoarseness
- Pain or difficulty swallowing

Other risk factors:

- Male, age over 65
- Use of tobacco and alcohol
- Obesity
- Poor diet (few fruits and vegetables)
- Genetic factors



Who's At Risk?

Esophageal cancer has soared in incidence over the past several decades and is now rising faster than any other cancer. While esophageal cancer once afflicted mostly African American men with a long history of smoking and alcohol consumption, rates have dropped among African Americans in recent years. Today, more white men are being diagnosed with Barrett's esophagus, linked to the epidemic of obesity and GERD in the United States. Barrett's esophagus has increased six-fold in incidence since the 1970s.

For some people of Asian descent, drinking alcohol triggers a bright red blush, called "Asian flush," which raises the risk of deadly esophageal cancer. More than a third of all Japanese, Chinese and Koreans have a genetic deficiency in an alcohol-metabolizing enzyme called ALDH2. The flushing response, sometimes accompanied by a headache, nausea and a rapid heartbeat, keeps many Asians from consuming any alcohol at all, but those with only one copy of the defective gene sometimes develop tolerance and go on to become heavy drinkers.

Asians with the enzyme deficiency have six to 10 times higher rates of esophageal cancer. Although most Asian sufferers are aware of their sunburn-like flush, many don't realize that it puts them at risk for one of the deadliest cancers worldwide.

Is Heartburn A Risk Factor for Esophageal Cancer?

Burning sensations churn your stomach as bitter-tasting acid rises to the back of your throat. Regurgitated acid from a leaky valve at the junction of the stomach begins to erode the lining of your esophagus. Heartburn worsens at night, disrupting your sleep.

Gastroesophageal reflux disease (GERD) afflicts nearly a quarter of all Americans. Popular medications like Nexium, Prevacid and Prilosec are widely used to treat symptoms. If heartburn persists, a gastroenterologist will thread a flexible endoscope tipped with a lighted camera down your throat to reveal inflammation or damage to the cells lining the esophagus, where cancer usually begins. While heartburn may be one sign of esophageal cancer, about 40 percent of people who develop the precancerous condition called Barrett's esophagus have no symptoms at all.

"Unfortunately, there is no recommendation to screen for esophageal cancer as there is for routine colonoscopy," says David M. Chaletsky, M.D., MPH, of Connecticut Gastroenterology. "Researchers are studying biomarkers linked to esophageal cancer, but we currently rely on symptoms and family history to decide who needs endoscopy."

Rare until the 1970s, esophageal cancer has soared in incidence over the past several decades and is now amongst one of the fastest rising cancers. New guidelines from the American Gastroenterological Society warn that "watchful waiting" is no longer recommended for high-risk Barrett's esophagus patients with advanced precancerous cells. Although deadly adenocarcinoma of the esophagus strikes two to three times as many men as women, anyone over 50 may be at risk for a tumor that is often unresponsive to radiation or chemotherapy.

"Esophageal cancer unfortunately has a low survival rate because it often goes undetected until it has spread to adjacent organs," says Dr. Chaletsky. "Surgery can only be performed if the tumor is caught early. We have to take gender out of the equation when deciding who should be screened."

Nonsurgical techniques allow physicians to detect and treat changes in the esophagus at a pre-malignant stage. "We can't yet predict which patients will develop cancer," says Dr. Chaletsky. "Someone whose biopsy reveals 'high-grade dysplasia' has a 16 to 50 percent chance of developing esophageal cancer. Surgical removal of the esophagus is a far more painful alternative."

Today at Hartford Hospital, physicians proactively identify and remove areas of Barrett's tissue with noninvasive radiofrequency ablation. Performed early enough, the FDA-approved technique for removal of diseased tissue using heat energy has been shown to offer a highly successful preemptive strike against cancer. Follow-up studies nationwide have found that up to 98 percent of patients remained disease-free after two and a half years and 92 percent after five years. In some patients, several ablations may be necessary.

While the risk of developing cancer is low even in someone with Barrett's esophagus, ablation and surveillance allow physicians to keep a watchful eye on abnormal cells in the lining of the esophagus. Studies show better outcomes are associated with large-volume centers such as Hartford Hospital, one of the busiest centers in New England for treatment of Barrett's esophagus.

For more information, see www.harthosp.org/Gastroenterology



Stephen Donahue, RRT, director of the CESI program, supervises two medics from the Connecticut National Guard, Ryan Haigh and Kristi Artigue.



CESI: Training for Tomorrow

Hartford Hospital recently completed a multimillion-dollar expansion of its clinical education and training center, creating a regional hub for training the next generation of medical professionals and emergency personnel. The advanced Center for Education, Simulation and Innovation (CESI) is New England's premier destination for simulation and robotic surgery training.

With more than \$4 million in funding—including an anonymous million-dollar gift—and another \$3 million in in-kind support from industry, the hospital is growing its reputation as a leader in education and training. The original Simulation Center, launched in 1999 at the suggestion of Director of Trauma and Emergency Medicine Lenworth M. Jacobs, M.D., has grown from 900 to 14,000 square feet in size. Five simulated patient care rooms and two surgical robots provide state-of-the-art clinical training without real-life patient risks.

"We are building on our culture of innovation with the establishment of CESI, the first comprehensive, multidisciplinary center in the region," says Hartford Hospital Executive Vice President and Chief Operating Officer Jeffrey Flaks. "CESI will enhance patient safety and quality, and also provide leadership based on our existing success and expertise in training at the regional and national level."

The advent of laparoscopic and robotic techniques has brought a revolution in the minimally invasive options available to patients. The wide popularity of robotic surgery has spurred a growing need for physicians with surgical deftness and technical mastery of the sophisticated equipment used in complex procedures. "As a destination center, CESI will draw new talent to the region and reinforce our reputation for medical innovation," says Mr. Flaks. "The center is expected to be particularly effective for training physicians to perform low-frequency, high-risk procedures."

Leadership for the Future

The development of CESI is a natural strategic direction for Hartford Hospital's nationally acclaimed surgery, training and robotic programs. As the second-largest surgical center in New England (after Mass General) and the Northeast's largest robotic surgery

center (with six Intuitive Surgical robots and a Hansen Sensei® cardiac robotic system), Hartford Hospital trains physicians from throughout the country. The pioneering vision behind the new endeavor is to merge surgical leadership—advanced simulation, minimally invasive techniques and robotic surgery—to build a regional center available to physicians from across New England.

CESI is home to the hospital's simulation center, where medical students, doctors, nurses, first responders and other clinicians can hone their skills by practicing on computerized replicas of the human body. Better than textbooks for clinical education, anatomically realistic patient simulators—featuring air hydraulics and touchscreen interactive technology—offer new training tools for medical professionals in patient-care scenarios.

"CESI represents the educational paradigm of the future for both procedural and clinical simulation scenarios," says Vice President, Academic Affairs Neil S. Yeston, M.D. "Not only do clinicians have an opportunity for hands-on training in the simulation center, but realistic simulations give surgeons an opportunity to rehearse in advance of performing an actual procedure."

Leaving the Classroom Behind

Patient simulators are fully responsive human models that teach clinicians how to handle life-and-death situations. Computer chips make the simulator's pupils dilate when drugs are injected into its "arm" or provide real-time feedback about CPR performance. Simulators are so lifelike that they breathe in oxygen and exhale carbon dioxide.

Sometimes the simulator is a bruised and bleeding trauma victim lying inert and unconscious. Other times, he's a choking heart attack victim with shortness of breath and a difficult airway. His chest rises and falls, his tongue swells, he clenches his jaw and cries out in pain. The simulator can also become "pregnant" with the addition of female reproductive organs for labor and delivery scenarios.

The use of medical mannequins with sophisticated circuitry helps clinicians and first responders gain confidence as they learn how to administer medications, intubate the

Thomas Nowicki, M.D.

Thomas Nowicki, M.D., an emergency medicine specialist, is a fellow of the American College of Emergency Physicians and a member of the Society of Academic Emergency Medicine. A member of the international Society for Simulation in Healthcare, he has been an integral part of the development of simulation-based medical education for Hartford Hospital and the development of the new Center for Education, Simulation and Innovation (CESI).

He earned his medical degree from New York Medical College in 1995 and completed his residency in emergency medicine at the University of Connecticut in 1998. Board-certified in emergency medicine, Dr. Nowicki's primary areas of interest include airway management and simulation education. He holds a faculty appointment as an associate professor of emergency medicine at the University of Connecticut School of Medicine. He also serves as the director of Medical Simulation for the University of Connecticut School of Medicine.

His hobbies include photography, old cars, playing the guitar and home brewing.



Not only do clinicians have an opportunity for hands-on training in the simulation center, but realistic simulations give surgeons an opportunity to rehearse in advance of performing an actual procedure.

—Neil Yeston, M.D.



airway, defibrillate or resuscitate patients in critical care scenarios. Five simulation rooms replicate an operating room, an emergency department trauma room, an intensive care unit, a hospital patient care floor and an obstetrics-gynecology (labor and delivery) suite.

"It's a long way from the classroom to the innovative technology we're using to enhance patient safety," says Stephen Donahue, RRT, a respiratory therapist who brings more than 20 years of experience as a primary critical care educator to his new job as director of the CESI program. "We teach critical thinking skills. We're also using simulators for multidisciplinary team training for emergency services and the crew of our LIFE STAR helicopter."

From behind a two-way mirror, CESI trainers evaluate and record the team's performance (for later debriefing) as trainees monitor pulse and heart rates or perform procedures in a real-life patient environment. "For example, we can make the airway very narrow so it's extremely difficult for students to insert a breathing tube," says Thomas Nowicki, M.D., an emergency medicine physician. "Over the next few years, CESI will be part of the curriculum for all clinicians and health care providers, and robotic-assisted surgery will be an integral component of medical residency training programs."

According to Dr. Nowicki, "CESI will provide a wide range of medical simulation technologies rang-

ing from basic procedures—such as inserting an intravenous line—through laparoscopic surgical skills and robotic training all the way to full patient encounters." During the complex scenarios that take advantage of the center's human patient simulators, the participants treat the mannequin as a real patient—introducing themselves, performing a history and physical exam, ordering diagnostic tests and ultimately providing treatment for their "patients."

Battle Ready

Paramedics from the Connecticut National Guard recently converged on CESI for a daylong training session. Two military ambulances brought a contingent of "medics" in full-body Kevlar armor who treated wounded soldiers while wearing night vision equipment in the dark fog of smoke from a simulated explosion.

The medics ran combat scenarios against a backdrop of battle sounds as bullets whizzed and artillery shells thudded realistically. Wearing helmets and M16 rifles slung over their shoulder to simulate battlefield conditions, the medics spent the day learning to sharpen their clinical and decision-making skills for combat readiness.

One simulated "patient"—a soldier with extensive burns on his face—wheezed noisily as the medics struggled to open his blocked airway. As the trainees ran through the rooms of the high-tech training center, confronting



Above, simulation software allows trainees to practice suturing, cutting and cauterizing as they control robotic instruments in “virtual reality.” At right, Dr. Shichman, CESI’s medical director, looks on as surgical resident Dr. David Chalmers manipulates the robot’s “EndoWrist” instruments, which provide surgeons with natural dexterity and a range of motion far greater than the human hand.



a series of lifelike injuries and trauma scenarios, they never knew what was coming next. Not only did the medics practice emergency response teamwork, but they also honed communication skills that will be vital when they deploy to Iraq or Afghanistan.

Surgical Robotics

An outgrowth of a U.S. Army effort in the 1980s to develop a remote-controlled laparoscopic robot for battlefield surgery, Intuitive Surgical’s da Vinci robot reduces blood loss, lessens pain and speeds recovery after tumor removal, nerve-sparing prostatectomy, hysterectomy or abdominal surgery.

“Like a fighter jet pilot who practices for hours in a simulator before flying solo, physicians at Hartford Hospital use simulation software

to train on the da Vinci robot,” says urologist Joseph R. Wagner, M.D., director of the hospital’s Robotic Surgery Program. “Virtual reality models help people learn in a calm, less stressful environment.”

Computer-assisted technology is revolutionizing the delivery of health care. Today, a growing number of the 27 million operations performed annually in the United States rely on robotic techniques to enhance the steadiness and precision of minimally invasive surgery. The multiple instrument arms of the spider-like robot and a slender fiberoptic camera are inserted through the navel and four small incisions in the patient’s abdomen.

In the skillful hands of a surgeon, the da Vinci robot manipulates instruments with precision and artistry. “Today 85 percent

of all prostatectomies (removal of the prostate gland) are performed robotically,” says Dr. Wagner, who was only the second surgeon in the country to perform the procedure using the da Vinci in 2001.

“We’re working with industry and the hospital’s biomechanical engineering center to develop new products and training courses to create a truly comprehensive center for surgical innovation,” adds CESI Medical Director Steven J. Shichman, M.D., a urologic surgeon and nationally recognized pioneer in minimally invasive surgery for kidney removal. “We need to train new physicians to become experts in these new technologies and techniques. The high-definition, open-access network allows three-dimensional medical imaging and real-time surgery to be



broadcast over the web to the hospital community and beyond.”

CESI will be open to all Hartford Healthcare health providers and physicians throughout the country. “In the old days, the usual practice was to ‘see one, do one, teach one’ when it came to surgery,” says Dr. Shichman. “The traditional, apprentice-style training that physicians receive is not always the best way for doctors to learn high-tech surgical procedures—such as robotic surgery—that require practice before being used on patients.”

Training the Next Generation

Five computer servers hum gently in the background as physicians monitor high-resolution screens projecting the three-dimensional view seen by surgeons when a patient lies on a table in the glare of the operating room. X-rays and ultrasound images projected on a large screen beside the operating table give the entire surgical team a camera’s-eye view.

Across the room, the surgeon sits at a sleek gray console—about the size of an ATM machine—operating sophisticated hand controls and bright yellow or blue foot pedals. Eyes glued to the viewfinder, the surgeon’s feet move seamlessly across the pedals. The robot’s “EndoWrist” instruments are designed to provide surgeons with natural dexterity and a range of motion far greater than the human hand. Virtual reality shows trainees how to delicately lift a blood vessel, cauterize it in two places with a lifelike puff and sizzle, then swap pedals and slice it neatly.

“Learning in a virtual environment helps students gain proficiency and receive real-time feedback to track their progress,” says CESI Program Director Donahue. “The open architecture of the da Vinci system software allows for future development of new practice modules. Each patient simulator is computer-controlled and can be programmed to react in very human ways.”

When patients clamor for robotic surgery, they should understand that laparoscopic alternatives may be faster and safer for some procedures. Virtual reality helps physicians prepare for the real life-and-death challenges of high-risk surgery. In the hands of an experienced and highly trained surgeon—but only in the hands of an expert—the da Vinci robot speeds surgery and transforms even a hint of a tremor into rock-solid steadiness.

“One drawback to the rapid switch to robotics has been the very real need to train physicians to harness new technologies with speed and safety,” says Dr. Wagner. “Hartford Hospital is recognized as one of the foremost robotic surgery training centers in the region. We have been very fortunate with our track record in surgical outcomes after robot-assisted surgery at Hartford Hospital.”

Hartford Hospital Attracts Top Talent

We welcome some of the newest members of our Hartford Hospital Medical Staff. For more information on these and other physicians at Hartford Hospital, visit our website at www.harthosp.org or call the Health Referral Service at 860-545-1888.



Medicine/Pulmonology

John R. McArdle, M.D.

Dr. McArdle graduated from medical school at the State University of New York, Buffalo, in 1994 and completed his residency in Internal Medicine at Yale-New Haven Hospital in 1998. Board-certified in both Internal Medicine and Pulmonary Disease, he did his fellowship training in Pulmonary/Critical Care Medicine at Yale-New Haven Hospital (1998–2001).

Anesthesiology

Benjamin Kong, M.D.

Dr. Kong earned his medical degree at the University of Dublin, Trinity College, in 2004. He did his residency at Cape Breton Regional Hospital and Dalhousie University in Family Medicine (2004–2006) and in Anesthesiology at Johns Hopkins Hospital (2006–2009), followed by a fellowship in regional anesthesia at the Hospital for Special Surgery (2009–2010).



Transplant Surgery

Brian D. Shames, M.D.

Dr. Shames graduated from medical school at the University of Connecticut School of Medicine in 1994. He completed his residency in General Surgery at the University of Colorado School of Medicine (2001) and did his fellowship training in Transplant Surgery at the University of Wisconsin (2001–2004).



Hunting A Stomach “Bug”



Deadly toxins lurk in tainted food, waiting to hijack their human hosts. Each year, Americans suffer as many as three to five attacks of diarrhea and vomiting caused by a virus, bacteria, or food-borne illness. Most brief attacks of stomach “flu” resolve in a few days without treatment.

“You usually don’t need antibiotics when you can’t decide whether to throw up or have diarrhea,” says Jack W. Ross, M.D., director of the Division of Infectious Disease at Hartford Hospital.

“Seek medical help if a gastrointestinal illness is associated with fever, lasts more than two days or causes severe dehydration or blood in the stool.”

Cruise ships are notorious for outbreaks of the Norwalk virus, a novovirus that spreads rapidly among passengers in close quarters, daycare centers or nursing homes. “This highly contagious virus is self-limiting,” says Dr. Ross. “Symptoms

of acute gastroenteritis—vomiting, diarrhea and stomach pain—usually go away after one or two days. While victims may feel better quickly, they can shed virus and infect other people for up to 21 days.”

Bacterial pathogens multiply rapidly within human hosts, co-opting the body’s defenses. Strains like Salmonella, Shigella and Campylobacter have developed ingenious ways to invade and outwit their hosts. Some microbes, such as the Salmonella bacteria that swarm in picnic egg dishes, poultry, or undercooked frozen foods, can take up to 72 hours to produce violent diarrhea, fever and stomach cramps.

Staphylococcus, on the other hand, causes a “toxin-mediated” illness, which means that the food consumed contains a toxin. The infection usually comes on about six hours after eating contaminated pastries, meat products or custards. Every year, at least 300,000 Americans are stricken with food poisoning after eating foods that look and smell normal.

Highly virulent strains of enterohemorrhagic E. coli—notably the deadly O157 strain—can cause fever, lightheadedness and bloody diarrhea. Eating undercooked ground beef or contaminated spinach can cause severe diarrhea and dehydration, leading to kidney failure and even death in young children or the elderly.

The human body harmlessly hosts an estimated 5,000 to 35,000 species of bacteria. Resistance develops as a result of overuse of antibiotics, so any strategy that helps physicians limit the use of antibiotics to situations where they’re truly vital will help delay the emergence of difficult-to-treat strains of bacteria.

WHAT’S GOING AROUND...News & Breakthroughs

Stroke Surge

Strokes are increasing in the young and middle-aged, warns the American Stroke Association, suggesting that booming obesity rates are fueling a rapid upturn in strokes. The first nationwide study of stroke hospitalizations by age showed an alarming 50 percent jump in strokes among men age 15 to 34 and a 36 percent rise in females age 35 to 44.

Eye Enzyme in View

Age-related macular degeneration (AMD) causes progressive deterioration of the central part of the retina, eventually causing blindness. In a recent article in *Nature*, a team of English and American researchers linked failure of an enzyme called DICER1 to the “dry” form of the damaging condition that robs individuals of their ability to see fine detail.

Cancer Clues

The H. Lee Moffitt Cancer Center in Tampa, Fla., is sequencing the genome for common cancer types and studying potential molecular targets for personalized cancer therapy. Hartford Hospital, a prime collaborator, has submitted thousands of tumor tissues from patients who have consented to participate in the cutting-edge research. Researchers hope to develop targeted drugs and a better understanding of which cancers are likely to grow and spread.

A-fib Advance

An experimental anti-clotting drug, apixaban, appears to work better than aspirin to prevent blood clots and strokes in people with atrial fibrillation (A-fib), according to the *New England Journal of Medicine*. Researchers hope patients with the abnormal heart rhythm will benefit from a class of new drugs that control the body’s clotting mechanism with fewer bleeding risks.



Sweet Dreams

*Break the sleepless cycle—
Hartford Hospital's Sleep Disorder
Center can help you get a
good night's rest.*

Worried and tense, you restlessly toss and turn. Every few minutes, you sit up and look at the alarm clock, watching its luminous numerals adding up to hours of sleeplessness. Nearly a third of Americans say they lie awake at least a few nights each week.

Sleeping too little (or even too much) may be hazardous to health. According to Natalya Thorevska, M.D., who specializes in pulmonary, critical care and sleep medicine at Hartford Hospital's Sleep Disorder Center, people who sleep less than seven or more than nine hours have higher mortality rates. Not only do the sleep-deprived die earlier, but they are more likely to be obese. Sleep loss affects appetite and metabolism, reducing energy and contributing to weight gain.

Sleepless Spiral

Insomnia is diagnosed when sleeplessness lasts a month or more. Over time, anxiety about not sleeping tends to become a self-fulfilling prophecy: disturbed sleep causes psychological distress that leads to even less sleep.

Normally it takes about 15 to 20 minutes to fall asleep. After a few weeks of clockwatching, insomnia can become coupled with debilitating anxiety. Insomnia keeps you up for hours, wakes you in the middle of the night and leaves you feeling fatigued all day.

"Insomnia creates a vicious cycle of worry and wakefulness," says Scott Hannan, Ph.D., a clinical psychologist at the Institute of Living (IOL). "Exaggerated fears about lack of sleep can cause people to develop 'safety behaviors' that make insomnia worse. They get caught up in compulsive checking to see what time it is. Maybe they drink a beer, which helps briefly but is not a good long-term strategy because now they believe they can't get to sleep unless they have a drink."

Sleep Apnea

Nearly 20 million Americans suffer from a potentially deadly condition called *sleep apnea*, caused by excess weight and narrowed airways that block the flow of air. People with obstructive sleep apnea stop breathing intermittently, their sleep broken by noisy snoring or breathless gasping. Untreated sleep apnea has been shown to raise the risk of death from cardiovascular disease and accidents. Not only do sleep-deprived people have more fatigue-related car crashes,



Dr. Scott Hannan

but research has also linked sleep apnea with depression, irritability, memory loss and sexual dysfunction.

When sleep disruption lasts a month or more, Sleep Disorder Center physicians perform a comprehensive "sleep study," eight hours of continuous monitoring of brain waves, rapid eye movement (REM) sleep, respiratory flow and rate, muscle activity, heart rate, blood pressure, blood oxygen levels and snoring. Patients diagnosed with obstructive sleep apnea can be fitted with a continuous positive airway (CPAP) device that gently blows a small amount of air into the nose and mouth to prevent the airway from collapsing during sleep.

Because sleep apnea is linked to high blood pressure, cardiac problems and stroke, it's important to rule out a physical cause of insomnia before beginning cognitive behavioral therapy. The Sleep Disorder Center refers patients to the Center for Cognitive Behavioral Therapy, part of the IOL's Anxiety Disorders Center, only after evaluation by a sleep specialist.

Because sleep apnea is linked to high blood pressure, cardiac problems and stroke, it's important to rule out a physical cause of insomnia before beginning cognitive behavioral therapy. The Sleep Disorder Center refers patients to the Center for Cognitive Behavioral Therapy, part of the IOL's Anxiety Disorders Center, only after evaluation by a sleep specialist.

No More Clockwatching

"Good sleep hygiene begins with a calming routine, such as reading, just before bedtime," says Dr. Hannan. "The primary function of one's bed is for sleep. Stay away from activities, such as work-related projects, while in bed. Individuals often try watching TV or exercising when they're having trouble sleeping. These are stimulating activities, however, and are not helpful for sleep."

While heavily advertised sleep medications are prescribed readily, none are FDA-approved for long-term use. Although a nightly dose of Ambien may be prescribed initially, cognitive behavioral therapy helps individuals learn to identify thoughts and patterns that interfere with sleep.

"To address the worry, 'I'm never going to get to sleep,' we help patients alter faulty behavior and thought patterns," says Dr. Hannan. "We may tell patients to turn the clock around so they can't see it. We also challenge their beliefs about the consequences of a poor night's sleep. By introducing behavioral experiments that help counter their fears, we hope to break the cycle of worry and sleeplessness."

For evaluation by a sleep specialist in Hartford or Bloomfield, call the Sleep Disorder Center at (860) 545-2996 or visit www.harthosp.org/sleep.



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM APRIL 1 THROUGH JUNE 15, 2011

The Henry Low Heart Center At Blue Back Square 2011 Educational Seminar Series Presents:

Cardiology 101

A four week program taught by Hartford Hospital's expert faculty. Learn how doctors use history taking and clinical exams to diagnose and treat heart disease. From 6:30 to 8:30 p.m. on Thursdays in West Hartford. FEE: \$150.00 per person and includes all sessions, residency and certificate.

Week 1—April 7

An Overview Of Heart Disease

Paul Thompson, M.D.
Director, Division Of Cardiology

Week 2—April 14

Cardiovascular Disease Prevention

Heather Swales, M.D.
Assistant Director, Cicu

Week 3—April 21

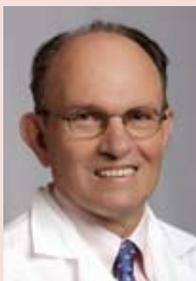
Heart Rhythm Management

Meir Friedman, M.D.

Week 4—April 28

Residency At Hartford Hospital

Justin Lundbye, M.D.
Director, Cardiac Intensive Care Unit



Dr. Paul Thompson



Dr. Heather Swales



Dr. Meir Friedman



Dr. Justin Lundbye

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. **Schedule:** For schedule of classes and to register, call 860-545-0693.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing your concerns (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call 860-545-0693 to schedule an appointment.

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing support from other adults with diabetes. Meetings held quarterly. **Schedule:** From 7:00 to 8:30 p.m. Registration is required. Call 860-545-1888. FREE.

4/18—Windsor – “Prevention & Treatment of Common Diabetic Foot Disorders”

6/9—West Hartford – “Sleep Apnea, Diabetes and the Metabolic Syndrome”

To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.

CANCER PROGRAM

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 4/7, 5/5, 6/2 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

Women with Cancer Support Groups

Registration is required for each support group as indicated. Meets at the Helen & Harry Gray Cancer Center from 5:30 to 7:00 p.m.

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

A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. To register, call 860-545-3781. Fee applies.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month from 7:00 to 8:00 p.m. 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 online support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call 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 10:00 p.m. 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. Call 860-524-2715 for schedule. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, this is a 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. 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

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Light dinner provided. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center, Hartford, or at the Avon Cancer Center, 80 Fisher Drive. Registration is required. FREE.

Hartford

4/12 *Journaling for Health*—Diana Boehnert, MFA

5/10 *Acupuncture*—Heather Finn, Lac

Avon

4/13 *Tai Chi for Health*—Ken Zabrowski

5/11 *Stress Reduction for Healing*—
Sherri Bernier, Ed.D

6/8 *Achieving Daily Joy*—Sherri Bernier, Ed.D

Risk Factors 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. **Schedule:** From 6:30 to 8:00 p.m. on 4/6 in Wethersfield. Registration is required. FREE.

HEALTHY HEARTS

Stop Smoking for Life Program—

For schedule, information and to register, call 860-545-3127 or send an email to: stopsmoking@harthosp.org.

Resources for Smokers— Community Education Group

This monthly program is open to smokers, 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. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support offered at Hartford Hospital in West Hartford.

Smoke Free for Life Group Support

Support and reinforcement to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 4:00 to 5:00 p.m. on 4/6, 4/13, 4/20, 4/27, 5/4, 5/11. FEE: \$150.

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. FREE.

Stress Management for Cardiac Patients

Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. 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. Sessions are offered in West Hartford.



REHABILITATION/EXERCISE/Wellness

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

Conditioning program that combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. FEE: \$150 for 10 mat sessions.

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Register online at www.harthosp.org/classes or call 860-545-1888.

Expressive Art Classes

(no previous art experience necessary)

Soul Collage for Cancer Survivors:

The Guides in Our Lives

(Diana Boehnert, MFA) Create a multi-layered visual image from a variety of gathered materials. **Schedule:** From 6:00 to 9:00 p.m. in Wethersfield on 4/20. FREE.

Soul Collage for Everyone:

The Guides in Our Lives

See description above. **Schedule:** From 6:00 to 9:00 p.m. on 4/19 in Windsor. FEE: \$35.

Soul Collage for Cancer Survivors:

The Happy Child

(Diana Boehnert, MFA) Using your intuition and imagination, create an expression of a joyful person. We are all children at heart! **Schedule:** From 6:00 to 9:00 p.m. in Wethersfield on 5/18. FREE.

Soul Collage for Everyone: The Happy Child

See description above. **Schedule:** From 6:00 to 9:00 p.m. on 5/17 in Windsor. FEE: \$35.

Soul Collage for Everyone:

The Healer Within

(Diana Boehnert, MFA) As we struggle with life's challenges it is comforting to know that we have a healer within ourselves to help us restore balance in our lives. **Schedule:** From 6:00 to 9:00 p.m. on 6/21 in Windsor. FEE: \$35.

Achieving Daily Joy

(Sherri Bernier, EdD, CH) Learn specific techniques for reestablishing and achieving joy in your life, including the Daily Joy Diary and techniques in boosting self-esteem and self-growth through journaling and guided imagery. **Schedule:** From 6:00 to 7:30 p.m. on 5/26 in Wethersfield. FEE: \$15.

Beating the Sugar Blues FINALLY

(Sheila Cartelli, MS, CHHC) Feeling low energy at 4:00 p.m.? Are Ben & Jerry your best friends? This interactive class can help you understand the hidden causes of your cravings and how to counter them. **Schedule:** From 6:30 to 8:00 p.m. on 4/26 in Wethersfield. Registration required. FEE: \$25.

Brain Fitness—Keeping Your Mind Fit

(Kathleen Kiley) Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** From 1:00 to 2:30 p.m. on 4/11 in Avon. Registration required. FEE: \$25.

Chakra Fun and Creativity

(Dory Dzinski, MAPC, LPC, NCC) Explore the body's energy system, the 7 major chakras, and enjoy fun-filled activities. Create mini-vision boards, do some group movement "sculptures," share a dream, creatively identify some personal strengths. Please bring a journal. **Schedule:** From 9:00 a.m. to 3:00 p.m. on 5/7 in Avon. Registration required. FEE: \$70.

Clearing Your Clutter with Feng Shui

(Krista Polinsky, CFSP, EMP) Clutter represents obstacles and distractions in your life that can keep you from having the life you were meant to live. **Schedule:** From 6:30 to 8:00 p.m. on 5/19 in Wethersfield. Registration required. FEE: \$25.

Cooking with Super Foods

(Jackie Bordonaro, Healthy Eating Specialist) Join us for an informative class on the health benefits of adding nutrient dense super foods to your everyday dishes. Learn how healthy foods can be delicious and nutritious. **Schedule:** From 6:00 to 7:00 p.m. on 4/26 in Glastonbury. Registration required. FREE.

Creating Desserts with Super Foods

(Jackie Bordonaro, Healthy Eating Specialist) Join us for an informative class on the health benefits of adding nutrient dense super foods to your everyday desserts and make them delicious and nutritious. **Schedule:** From 6:00 to 7:00 p.m. on 5/26 in Glastonbury. Registration required. FREE.

Creating Forgiveness in Our Lives

(Dory Dzinski, MAPC, LPC, NCC) Inviting forgiveness into your life allows a place for more peace and happiness to enter and expand as well as the release of stress and tension. Learn tools for achieving peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 5/10 in Avon. Registration required. FEE: \$30.

Dreams—Tapping into Your Inner Wisdom

(Kathleen Kiley) Learn how to understand thoughts, feelings and sensations in your dreams and get to know yourself better. **Schedule:** From 1:00 to 3:30 p.m. on 5/16 in Avon. Registration required. FEE: \$30.

Healthy Kids in the Kitchen

(Sheila Cartelli, MS, CHHC) Healthy eating basics as well as kid friendly recipes and clever ideas that may even result in getting you more help in the kitchen. **Schedule:** From 6:00 to 7:30 p.m. on 5/17 in Wethersfield. Registration required. FEE: \$25.

Hypnobirthing® Class

(Kathy Glucksman, RN, BSN, CHBP) Five-week class for expectant parents/significant others to learn techniques for a safe and more comfortable birthing using guided imagery, breathing techniques and self hypnosis. **Schedule:** Mondays from 6:30 to 9:00 p.m., 4/11 to 5/9 or 5/23 (skips 5/30) to 6/27 in Wethersfield. Registration is required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis and the "Anti-Diet"

(Lisa Zaccheo, CHT) Learn how to release weight without dieting, using hypnosis to understand your relationship with food from the inside out. **Schedule:** From 7:00 to 9:00 p.m. on 4/20 in Avon. Registration is required. FEE: \$35.

Hypnosis & "Slaying the Anxious Dragon"

(Lisa Zaccheo, CHT) Release the fears that are holding you back. It might be a fear of spiders, snakes, public speaking, intimacy, failure or (add your fear here). Learn powerful techniques to conquer your fears. **Schedule:** From 7:00 to 9:00 p.m. on 5/18 in Avon. Registration is required. FEE: \$35.

Hypnosis and Stroke Recovery

(Sherri Bernier, EdD, CH) Learn the latest information on how hypnosis can be beneficial in recovering from a stroke. **Schedule:** From 6:00 to 7:30 p.m. on 4/13 in Wethersfield. Registration is required. FEE: \$15.

Inner Fitness: A Mind-Body Wellness Series

(P.J. Harder, Life Coach)

Living Well Within: A Mind/Body Wellness Program

This introductory session offers an overview of the life balancing process which involves five actions or movements that create a sense of empowerment and reduce stress. **Schedule:** From 6:00 to 8:00 p.m. on 5/25 in Avon.

Connecting with the Power Within to Change

We'll explore ways to connect with your inner knowing and strength through the use of imagery, inviting silence, creativity, music and gentle movement. **Schedule:** From 6:00 to 8:00 p.m. on 6/1 in Avon. Registration is required.

Refocusing: Gaining Clarity and Insight on what You Want to Change

Meaningful and lasting change begins with refocusing your thoughts on what you want. Work with the energy of your thoughts and emotions to pull you toward the changes you desire. **Schedule:** From 6:00 to 8:00 p.m. on 6/8 in Avon. Registration is required.

Moving Forward: Create a MAP to Guide You Toward Change

Learn how to form new habits by designing an individualized MAP that will guide you on your path toward a new way of being. **Schedule:** From 6:00 to 8:00 p.m. on 6/15 in Avon. Registration is required.

Rebalancing: Relax and Stay Calm When You Lose Your Way

Gain an understanding of how to manage stress and rebalance, staying calm and relaxed, so that you can reconnect and begin again. **Schedule:** From 6:00 to 8:00 p.m. on 6/22 in Avon. Registration is required.

Keep Going: Create Ways to Be Inspired and Motivated, When You Want to Quit

Learn ways to stay motivated through the inner qualities of patience, faith, trust and confidence in oneself. Discover the power of support groups and other resources. **Schedule:** From 6:00 to 8:00 p.m. on 6/29 in Avon. Registration is required. FEE: \$225/6 sessions or \$40/session.

"In the Flow" An Introduction to Feng Shui

(Krista Polinsky, CFSP, EMP) Learn about this ancient system developed by the Chinese for creating balance, harmony, and flow in our surroundings. **Schedule:** From 6:30 to 8:00 p.m. on 4/28 in Wethersfield. Registration required. FEE: \$25.

Mastering Change for Upgrading Your Health

(Sheila Cartelli, MS, CHHC) Learn the seven steps to successful change, develop some personal power boosters, and create a plan for your successful health upgrade! **Schedule:** From 6:30 to 8:00 p.m. on 5/3 in Wethersfield. Registration required. FEE: \$25.

Mindfulness Based Stress Reduction

(Randy Kaplan, Ph.D.) This 8-week course is modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. Covers breathing awareness, sitting and walking meditation, basic yoga and techniques of daily living. **Schedule:** Mondays, from 5:30 to 7:30 p.m. starting on 4/18 (required orientation), 5/2 to 6/7, plus all day retreat on 6/18. Registration required. FEE: \$250.

Qigong and Tai Chi Easy™

(P.J. Harder, Life Coach) This class combines the calming and relaxing practice of inviting silence with gentle, rhythmic movements of Tai Chi Easy and Qigong relaxation practices. Wear comfortable clothing and bring water. **Schedule:** From 6:00 to 7:00 p.m. on 4/12, 5/17 or 6/21 at the Avon Cancer Center. Registration required. FEE: \$25/session.

Reiki Healing Touch—Level I

(Alice Moore, RN, MA, RMT) Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on (choose one date) 4/21, 5/19 or 6/30 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Therapeutic Touch (Intermediate)

(Karen Kramer, RN, MA) Expand and sharpen your basic Therapeutic Touch skills. Helps decrease pain, stress, anxiety, and accelerates healing. **Prerequisite:** Basic Therapeutic Touch. **Schedule:** From 12:00 noon to 8:30 p.m. on Saturday, 6/4 and from 12:00 noon to 6:30 p.m. on Sunday 6/5 in Avon. Registration required. FEE: \$160.

So You Think You Can't Dance

(Bonita Weisman, LMT and professional dancer) Work on your concept of "dance" and redefine it. Experience joy. **Schedule:** From: 7:00 to 9:00 p.m. on 4/19, 4/26, 5/3 at the Avon Cancer Center. Registration required. FEE: \$93/3 sessions.

Tai Chi for Health

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** 8-week sessions available in Glastonbury and Windsor. FEE: \$80 for twice/week or \$45 for once/week.

The Breast Cancer Voyage

(Sherri Bernier, EdD, CH) Join a 13 year breast cancer survivor to learn skills for a voyage to inner strength and growth. Emphasize the mind, body, and spirit through self hypnosis and imagery. **Schedule:** From 6:00 to 7:30 p.m. on 6/9 at the Avon Cancer Center. Registration required. FEE: \$15.

The Healing Power of Drumming

(Dave Reynolds, MSW) Music and rhythm make us feel better and more alive, nourishing the body, mind and spirit. No musical ability or experience is needed. Drums will be provided. **Schedule:** Introduction (FEE: \$10) from 7:00 to 8:00 p.m. on 4/7; 6-week series (FEE: \$95), from 6:30 to 8:00 p.m. on Thursdays, 4/14 to 5/19 or 5/26 to 6/30 in Avon. Registration required.

Tibetan Bowls Practitioner Level I

(Marie Menut, RN, MA) Tibetan Singing Bowls provide sound vibrations that improve energy flow in the body to help achieve relaxation and decrease pain. **Schedule:** Mondays from 4/4 to 4/25 or 6/6 to 6/27 from 6:00 to 9:00 p.m. in Newington. Registration required. FEE: \$150.

Tibetan Bowls Practitioner Level II

(Marie Menut, RN, MA) **Prerequisite:** Level I. Expand on information gained in Level I using 3 Tibetan bowls plus tingshaws. **Schedule:** Mondays from 5/2 to 5/23 or 7/4 to 7/25 from 6:00 to 9:00 p.m. in Newington. Registration required. FEE: \$150.

Tool Kit for "UN-stressing"

(Bonita Weisman, LMT, and professional dancer) Informative, fun sessions teach techniques to facilitate tension release and promote health. Wear loose, comfortable clothing. **Schedule:** From 7:00 to 8:30 p.m. on Wednesdays, 6/15 to 6/29 in Avon. Registration required. FEE: \$70/3 sessions.

Yamuna® Body Rolling

(Sharon Sklar, Certified YBR Practitioner and Rolfer) Promotes balance, builds core strength, and provides weight-bearing exercise, improving posture and stimulating bone. Wear yoga type clothes and bring a mat. **Schedule:** From 7:00 to 9:00 p.m. on 4/26 or 6/9 in Avon. Registration required. FEE: \$40/session.

Yoga Fusion

(Cynthia Ambrose, RYT) Includes meditation, breath work, core strengthening and posture flows. Bring yoga mat, water, and optional blanket. **Schedule:** From 6:00 to 7:15 p.m. on Thursdays, 4/7 to 5/19 (skip 4/21) or 5/26 to 6/30 in Glastonbury; Registration is required. FEE: \$80/6 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, LMT) This class is for women who are currently going through breast cancer treatment or have completed treatment. Provides support through a gentle touch, conscious and restorative yoga practice. **Schedule:** From 9:30 to 10:30 a.m. on Thursdays 4/7 to 5/26 at the Avon Cancer Center. Registration is required. FEE: \$64/8 sessions (\$10 drop-ins).

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.



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.

VOLUNTEERS

Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an 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 online at www.harthosp.org/volsvc.

Trauma After-Care Volunteer Training

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 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 eeppetel@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 increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 6-week or 12-week sessions meet twice a week for "no-impact" workouts. **Schedule:** Schedule and registration available online or call 860-545-1888. 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 4/6 to 4/27; 5/4 to 5/25; 6/1 to 6/22 in West Hartford. FEE: \$50 for 4 sessions.

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

PARENT EDUCATION CLASSES

Registration is required for all classes.

Register online at www.harthosp.org/ParentEd or call 860-545-1888.

• Preparing for Multiples

Prepares 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:** From 6:00 to 9:00 p.m. on Thursdays, 4/21 to 5/5 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: 4/28

Glastonbury: 4/6, 5/4, 6/8

West Hartford: 4/11, 5/16, 6/13

Wethersfield: 5/11

• Baby Care for Adopting Families

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention up to 12 months. Appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 4/25. 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: 5/12

Glastonbury: 4/27

West Hartford: 4/4, 5/2, 5/23, 6/6

Wethersfield: 6/15

• Breastfeeding and Returning to Work

Prepares 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 6/20. FEE: \$25.

• Childbirth Refresher Class

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 4/30 in West Hartford. FEE: \$50.

• Cesarean Birth

This class prepares you for the experience from pre-admission through 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:** From 9:00 a.m. to 12:00 noon on 4/2 or 6/4 at Hartford Hospital. 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 5/25 in Glastonbury. FREE.

• Pups and Babies

Concerned about your dog and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 6/1. 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 5/3 at the Avon Wellness Center. FREE.

• Baby Signing: An Introduction

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. An inter-

active program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 4/21 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. For schedule and to register, visit our website. 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. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. **Schedule:** Call 860-545-4431 for schedule. 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 and Wethersfield. **Schedule:** Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.

• The Happiest Baby

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 4/26, 6/14 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 4/7, 5/14, 6/11 at Hartford Hospital. FREE.

• NEW! Comfort Measures for Labor

Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. **Schedule:** From 10:00 to 11:30 a.m. on 1/29 in West Hartford. FEE: \$35.00.

To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.

• **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.

• **Sibling Preparation**

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

For children of all ages—4/9, 5/14, 6/11

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

Nurturing Connections

Nurturing Connections (NC) programs are under the umbrella of the Nurturing Families Network.

• **Telephone Support for New Parents**

For new, first-time parents. Volunteers are available to provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

• **Home Support for New Parents**

Intensive home visiting services for first-time parents. Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860-972-3201.

• **Prenatal Groups**

Groups are offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent-Baby Series

• **Enjoying Infants Together**

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. Wednesdays from 4/13 to 5/18 and 5/25 to 6/29 in Wethersfield. FEE: \$50 for 6-week series.

• **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. **Schedule:** Meets 10:00 to 11:00 a.m. Wednesdays from 4/13 to 5/18 and 5/25 to 6/29 in Wethersfield. FEE: \$50.

• **Time for Infants & Toddlers—Saturdays**

This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends! **Schedule:** From 10:00 to 11:30 a.m. in Glastonbury on 4/16, 5/14. FEE: \$15/class.

Exercise for Expectant and New Moms

• **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. from 4/6 to 4/27, 5/4 to 5/25 and 6/1 to 6/22 in West Hartford. FEE: \$50/4-week session.

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 4/5 in West Hartford. 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. FEE: \$45.

SURGICAL WEIGHT LOSS PROGRAMS

Surgical Weight Loss Education Session

Find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery offered, and whether you might be a candidate. **Schedule:** From 2:30 to 5:30 p.m. on 4/5, 4/19, 5/3, 5/17, 5/31, 6/14. Registration is required. To register, call 860-246-2071 and select option #2. FREE.

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Nina Arnold and Sally Strange, Bariatric Nurse Coordinators. **Schedule:** 4/19, 5/31 from 6:00 to 8:00 p.m. at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. For more information go to www.harthosp.org/obesity-surgery or call 860-545-1888. Registration is NOT required. FREE.

Eating Right— After Weight-Loss Surgery

Whether you are 3 months or 3 years post-surgery, it can be difficult to stick to a healthy eating lifestyle. Get back on track with our 4-week nutrition class series!

- Week 1: Creative Meal Planning
 - Week 2: Grocery Shopping Aisle by Aisle
 - Week 3: Dining Away From Home
 - Week 4: Mindless and Mindful Eating
- Classes are moderated by Hartford Hospital registered dietitians. **Schedule:** From 6:00 to 7:30 p.m. on Wednesday evenings, 4/6, 4/13, 4/20, 4/27 at 330 Western Blvd., Glastonbury. Call 860-545-2604 to register. FEE: \$60 for 4-week series (no single class option is available).

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 pre and post-transplant patients and their families. **Schedule:** From 5:30 to 8:30 p.m. on 5/17 in Hartford Hospital's Special Dining Room. Light dinner provided. To register, call Kathy Turner, 860-545-1212. 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. on 4/28—Donor Awareness/ Live Donor Recognition; on 5/26—Management of Post Transplant Diabetes. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860-545-4219 to register. FREE.

• **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Program includes self-help sessions sharing helpful tips, ostomy care and management, medical speakers and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 9:00 p.m. on 4/28, 5/26 at the West Hartford Senior Center. 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. For schedule or to register call 860-545-4368. 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.

ANXIETY DISORDERS CENTER

Anxiety Disorders Group

Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Learn strategies to manage anxiety in a supportive and respectful environment. Facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

MENTAL HEALTH

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.

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 from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. For information contact Sherry Marconi at 860-545-7202. FREE.

Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health Care Hospice, this program is open to families and caregivers who have lost a loved one. **Schedule:** 2nd and 4th Monday from 1:00 to 2:15 p.m. at 85 Jefferson Street #116. For information, call 860-545-2290. 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 from 1:30 to 2:30 p.m. on 3/28, 4/25, 5/30 at McLean in Simsbury. For additional information call 860-658-3700. FREE.

Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Learn about this disorder and its treatment with specific suggestions to help family and friends cope. Facilitated by Lawrence Haber, Ph.D., Family Resource Center. **Schedule:** 3rd Tuesday of each month from 5:15 to 6:30 p.m. on 3/15, 4/19, 5/17. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

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. Bring your questions and concerns ready since there is time for discussion. Facilitated by Patricia Wardwell, COTA, occupational therapist. **Schedule:** From 5:15 to 6:30 p.m. on 6/21. Registration not required. FREE.

Schizophrenia Program

The following free support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. **Registration is not required unless noted.** For more information or directions, call Mary Cameron at 860-545-7665.

• Schizophrenia—Introduction to the Disorder

Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. 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 from 5:15 to 6:30 p.m. on 4/5, 5/3, 6/7. FREE.

• 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:** For schedule and more information call 860-545-7665. FREE.

• Crisis Management for Individuals with Schizophrenia

Learn how to handle difficulties that arise when a crisis develops at home. **Schedule:** From 5:15 to 6:30 p.m. on 5/10. FREE.

• Support Group for Families Dealing with Major Mental Illness

Share your success and struggles in loving and living with someone who has schizophrenia. Facilitated by David Vaughan, LCSW. **Schedule:** From 5:15 to 6:30 p.m. on the 1st and 3rd Thursday of each month, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16. FREE.

• Peer Support Group—Schizophrenia Anonymous (S.A.)

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Wednesday at 12:30 p.m. in the Olin Center Conference Room. FREE.

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

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. on 5/10. FREE.

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

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

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

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-2564.

- Pediatric First Aid & CPR
- Adult First Aid & CPR with Automated External Defibrillation
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT—Basic Course
- EMT—Intermediate Course
- EMT—Recertification Course
- Core Instructor Program
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-4158.

- Basic Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers—Refresher Class
- CPR Instructor Course

PROFESSIONAL DEVELOPMENT

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, go to 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.

SPECIAL EVENTS AT HARTFORD HOSPITAL

REGISTRATION IS REQUIRED for the following events. To register online go to www.harthosp.org/classes or call 860-545-1888; toll free 1-800-545-7664.



Dr. Jeffrey M. Factor

What We Need to Know About Food Allergies Today

Free educational seminar led by Jeffrey M. Factor, M.D., Board-certified in allergy and clinical immunology. In this lecture you will learn why food allergies are increasing, are more severe, why this is occurring, and which tests are useful in diagnosing food allergies. In addition, hear about exciting breakthroughs in the treatment that help reduce the risk of allergic reactions and

greatly improve quality of life. **Schedule:** From 7:00 to 8:00 p.m. on Tuesday, April 19, in Glastonbury and on Thursday, May 19, at the Enfield Senior Center. Registration is required. Register online at www.hartfordhospital.org/communityeducation or call 860-545-1888.



Dr. Rohini Becherl (left) and nutritionist Charlotte Meucci

Nutrition for the Older Adult

Join geriatric specialist Dr. Rohini Becherl and registered nutritionist Charlotte Meucci to learn how medication, disease and food absorption impacts nutrition and overall health as we age. Learn how to obtain appropriate nutrients, maintain proper hydration and stay healthy as your body changes. **Schedule:** Thursday, June 16 from 7:00 to 8:00 p.m. at the Enfield Senior Center. Registration is required.



Dr. Pavlos Pappas (on left) and Dr. Darren Tishler

Weight Loss Surgery– Is it Right for You?

Drs. Darren Tishler and Pavlos Pappas are co-directors of the Surgical Weight Loss Center at Hartford Hospital. If you've tried everything and you're still unable to lose weight, you'll want to learn about surgical weight loss. Obesity is a national epidemic and in this program, you'll learn how you can achieve success and what to expect before, during and after the procedure. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, April 28 at the Enfield Senior Center. Registration is required. Register online at www.harthosp.org/classes or call 860-545-1888.



Dr. Steven Borer

My stress test was normal. Why am I still at risk for Heart Disease?

Join cardiologist Dr. Steven Borer, to learn how coronary disease occurs and which factors increase your risk. Understand the limitations of a stress test in detecting heart disease and learn about newer tests which may be better in detecting early disease. You'll also hear about therapeutic options for the prevention or treatment of coronary artery disease. **Schedule:** From 7:00 to 8:00 p.m. on Wednesday, May 4, at the Wethersfield HealthCare Center. FREE.

Cook's Circle



Topped with mangoes and a piquant blend of roasted garlic and shallots, Belgian endive makes a tangy salad with an international twist. Arrange endive leaves in a pinwheel with chunks of bright-hued mango for a crisp salad that's a colorful accent to any spring meal.

Sprinkle chopped walnuts, slivered Spanish almonds, chives and crumbled goat cheese over the endive for added protein, fiber and nutrients. Research from around the globe confirms that the healthiest diets consist of plenty of greens, nuts and fruits.

The latest news from the Far East suggests that a plant-based diet provides optimum nutritional benefits. For 20 years, researchers at Cornell University, Oxford University and the Chinese Academy of Preventive Medicine collaborated on the "China Study." Their investigation of healthy eating patterns in rural China linked overconsumption of animal-based foods to chronic disease, while showing that plant-based foods could help prevent diabetes, heart disease and cancer. The mostly vegetarian diet is detailed in a bestselling book, *The China Study*.

Spring Salad Days

Ingredients

¾ c. extra-virgin olive oil	2 mangoes, diced
1 whole garlic bulb, top sliced off	2 oz. goat cheese
¼ c. sherry vinegar	2 oz. chopped walnuts and/or slivered Marcona almonds
2 Tbs. shallot, chopped	fresh chives
20 Belgian endive leaves	salt and pepper to taste

Preheat oven to 400°. Put oil and garlic in a small roasting pan and bake for 30 minutes or until garlic cloves are soft. Remove garlic from oven, separate and discard skins, and squeeze to extract garlic pulp. Process the garlic cloves, oil, vinegar, shallot, salt and pepper in a blender or food processor until smooth. Place five endive leaves in a pinwheel pattern on each of the four plates. Divide mangoes and place on endive leaves. Crumble goat cheese over the mango and top with walnuts and almonds. Drizzle with about one tablespoon of the roasted garlic vinaigrette and garnish with minced chives. Serves 6.

Calories: 361
Protein: 4.3 g
Fiber: 5.4 g
Total fat: 32 g (65% mono-unsaturated fat)

Cholesterol: 4.3 mg
Vitamin C: 23 mg (30% Daily Value)
Vitamin E 4.8 mg alpha-tocopherol (32%)
Sodium: 40 mg

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