

ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Summer 2011

When every minute counts...

Early intervention can STOP a stroke as it's happening



ROUNDS

Hartford Hospital's Wellness Magazine

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



Don't Let the Bed Bugs Bite

Bed bugs, the scourge of sleepers since antiquity, have been spotted recently in upscale New York hotels. Insecticides virtually eliminated the parasites in the postwar era, but now the blood-sucking insects are making a comeback.

"Bed bugs bite and run," says Jack W. Ross, M.D., director of the Department of Infectious Disease at Hartford Hospital. "They don't jump. They don't fly. They don't even have wings."

Although they crawl at the speed of a ladybug, the parasites are found worldwide. Bed bugs began to reappear in the decades after the pesticide DDT was banned in 1972 because of its hazards to wildlife and birds (including the near-extinction of the bald eagle). Bed bugs have six life stages and live up to a year.

The flat, brown bugs often hitch a ride in a suitcase. They lurk behind headboards or picture frames or in the tufts of a mattress in the darkness. As you sleep, a bed bug slowly makes its way up toward your face—attracted by the carbon dioxide given off by your breathing—and feeds on your blood. The bites leave itchy, swollen, reddish welts.

"Bed bugs have been coming back in urban areas since 2005," says Dr. Ross. "They are often a problem for the homeless, but they can also infest homes. You can pick them up if you travel."

Since bed bugs are susceptible to heat, Dr. Ross suggests throwing your clothes into the dryer at the hottest setting as soon as you return home from a trip. "Hotels use large heaters to kill the bugs with 'heat remediation,'" he says.

Recently, researchers in Vancouver, British Columbia, Canada, found bed bugs carrying antibiotic-resistant *Staphylococcus aureus*. Even though a bed bug may be infected with "flesh-eating" bacteria, no one has ever documented its transmission to a human host. Bed bugs may be nasty, but unlike ticks or mosquitoes, they don't seem to spread disease.

H E A L T H T I P S

There's An App for Health

Now that smartphones are everywhere, an explosion of "apps" for health, wellness, diet and fitness is underway. ("App" is an abbreviation for *application* software.) Mobile apps are available for the iPhone, Blackberry, Android and Windows phones, as well as the iPad and other tablets. Many cost less than \$1 and nearly all sell for under \$5.

Top health and fitness apps include mobile workouts from magazines like *Men's Health*, *Women's Health*, *Self* and *Runner's World*. Diet-related apps include calorie trackers, body mass index (BMI) calculators and weight-loss plans. Kids can play games to learn how to make healthy food choices or how to burn calories with physical activity.

If you want to check a symptom, download the free WebMD app from iTunes or www.webmd.com/mobile. Just be sure to avoid *cyberchondria* (the kind of hypochondria you get from too much online research). Remember, no app can ever replace your doctor's advice.



UPDATE

In last issue's feature on Hartford Hospital's Center for Education, Simulation and Innovation (CESI), we should have recognized the contributions of anesthesiologist Thomas C. Mort, M.D., who established the hospital's first simulation center.

Food Allergies Can Be Fatal



“Peanut allergies are a major health issue in schools,” says Dr. Factor. “Adolescents or young adults are at particularly high risk because they feel invincible or ashamed to show weakness in front of their friends.”

Why are food allergies on the rise?

The Hygiene Hypothesis

Early exposure to microbes trains the immune system to stave off infection. Some researchers blame food allergies on efforts to create a germ-free environment. Shielding children from disease with antibiotics and vaccines may be adding to allergic reactions, since food allergies are rare in the developing world.

The Food Delay Debate

In 2000 the American Academy of Pediatrics (AAP) urged parents to delay the introduction of foods known to cause allergies. Now the AAP is backpedaling in the wake of an alarming jump in food allergies despite the ban on cow’s milk, eggs and peanuts in early childhood. Peanut allergies are rare in Israel, where one of the first foods given to babies is a snack made from peanuts.

The Climate Connection

Scientists are studying whether sunshine and Vitamin D play a role in food allergies, since Vitamin D deficiency is linked to allergies and autoimmune disorders. Physicians write three to four times more prescriptions for *epinephrine autoinjectors* (EpiPens) in cold climates than in sunny southern states.

“The EpiPen can delay or prevent an allergic reaction if used right away,” says Dr. Factor. “Although 80 percent of children outgrow milk, soy or wheat allergies, shellfish or tree nut allergies often persist into adulthood.”

Desensitization Therapy

Nearly eight million Americans with food allergies live under constant threat of a deadly allergic reaction. Dr. Factor is currently using an experimental technique to desensitize at-risk children by introducing gradually increasing amounts of peanut allergen in a controlled environment.

So far, he has enrolled 65 children with peanut allergies. “One patient accidentally ate half of a peanut butter cookie at a social function,” he says. “Nothing happened. Before desensitization it would have been a life-threatening emergency.”

Call 1-800 DOCTORS to locate an allergy specialist near you.

For people with food allergies, menu choices can be challenging. In susceptible individuals, food allergies trigger the release of inflammatory compounds that can lead to a life-threatening over-reaction throughout the body known as “anaphylactic shock.”

“Food allergies have increased in prevalence over the past 15 years,” says Jeffrey M. Factor, M.D., an allergist and immunologist with the Connecticut Asthma & Allergy Center. “Serious allergies that can cause fatal or near-fatal reactions have increased threefold.”

Eggs, nuts, milk and shellfish can trigger a severe immune response in sensitive individuals. Your mouth and throat begin to itch and your tongue starts to swell, signaling the onset of a severe allergic reaction called *anaphylaxis*. Breathing difficulty, severe stomach pain, rash, vomiting and diarrhea follow quickly, usually within two hours after eating.

By contrast, fresh apples, peaches or cherries tend to cause an itchy mouth and a mild reaction that generally responds to over-the-counter antihistamines. Suspected food allergies can be confirmed with skin testing or blood tests that measure antibodies produced by the immune system.

No one knows for sure why food allergies have risen so dramatically, but no one disputes that potentially fatal allergic reactions have soared in both children and adults in recent years. The prevalence of peanut allergy has nearly doubled over the past decade.



Saving Your Brain: A Million Neurons at a Time

When you're having a stroke, minutes count.

Dawn Beland, R.N., the coordinator of the Stroke Center, urges you to remember the acronym “FAST” if you suspect you may be having a stroke. “If something’s wrong with your Face, Arms or Speech, note the Time of onset and call 911.”

As the ambulance races toward Hartford Hospital, paramedics assess your vital signs and wirelessly transmit data to alert the emergency department (ED) to the imminent arrival of a potential stroke victim. The resident physician follows the procedure for an “activated stroke” and pages the Stroke Center team on call 24/7.

The ambulance pulls into the emergency bay. Waiting personnel hustle you onto a gurney and sprint to the critical-care Red Pod, where nurses and physicians are standing by. Sometimes a stroke victim arrives by air ambulance via the hospital’s helicopter, LIFE STAR. Within minutes, life-saving care begins.

“As part of a regional stroke center, our emergency department manages acute stroke patients in an emergent, prioritized fashion,” says emergency medicine physician Lincoln Abbott, M.D., co-medical director of the Stroke Center at Hartford Hospital. “The multi-disciplinary team is often activated even before patients arrive, and patients are rushed to immediate care in the same way as a heart attack or trauma victim. This organized, emergent treatment affords patients the best chance at recovery from their stroke.”

The management of acute stroke has advanced dramatically over the past decade. Founded in 2001, Hartford Hospital’s Stroke Center was the first in New England to be certified by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

The Stroke Center provides rapid treatment in the critical minutes just after a stroke by reopening vessels and rapidly restoring blood supply to the brain. Hartford Hospital is the only medical center in the area with the expertise and equipment to treat even high-risk

 This organized, emergent treatment affords patients the best chance at recovery from their stroke.” 

patients with clot-busting drugs and minimally invasive neurointerventional procedures.

In EDs nationwide, physicians rely on the National Institutes of Health (NIH) “stroke scale” to help assess the severity of a stroke. Physicians ask the patient a series of standard questions. “Can you raise your arm?” asks neurologist Catherine M. Hosley, M.D., a hospitalist who cares for stroke victims while they’re in the hospital. “Can you squeeze my hand?”

“Stroke patients receive rapid, coordinated care,” says neurologist Isaac Silverman, M.D., of Hartford Neurology, co-medical director of the Stroke Center. “The team works as quickly as possible, sending the patient for a brain scan, inserting an intravenous line and drawing blood for lab work. Some patients may need a breathing tube or treatment in our dedicated neurointensive care unit. Our team includes physicians from emergency medicine, neurology, interventional neuroradiology, neurosurgery and anesthesiology, among other specialties.”

Time Is Brain

The most blood-hungry organ in the body, the brain is extremely vulnerable to damage because of its constant demand for oxygen and other nutrients delivered through the bloodstream. When blood flow to the brain is suddenly cut off by a stroke, oxygen-starved tissue rapidly begins to die.

“If you have new onset of neurologic symptoms, seek immediate medical attention,” says Dr. Gary Spiegel, M.D., director of Interventional Neuroradiology and co-medical director of the Stroke Center. “Patients may have no predisposing medical condition before the onset of a stroke. In any stroke, particu-

Martin Ollenschleger, M.D.



Martin D. Ollenschleger, M.D., an interventional neuroradiologist, treats conditions such as acute stroke and cerebral aneurysms with minimally invasive techniques. Dr. Ollenschleger is part of the hospital's multidisciplinary Stroke Center team.

Dr. Ollenschleger graduated from the University of Medicine and Dentistry of New Jersey–New Jersey Medical School in 2002. He then completed a combined residency and fellowship training program in neurology, radiology and diagnostic neuroradiology at New York University (NYU) Langone Medical Center from 2007 to 2009. The following year, he completed an additional fellowship at NYU in interventional neuroradiology.

He practices with Jefferson Radiology, where his areas of interest include interventional neuroradiology, stroke and neurological imaging. Dr. Ollenschleger, whose hobby is astronomy, says looking at faint object through a telescope utilizes the same skills he uses when diagnosing a stroke or spotting a brain aneurysm on a CT scan or MRI.

larly one where blood flow to the brain has been limited by blockage of a vessel, *time is brain.*”

An estimated 1.9 million neurons—the critical nerve cells in the brain—are lost after one minute of blockage caused by a blood clot. After an hour, it jumps to 120 million neurons. When not recognized or treated rapidly—optimally within three hours—stroke can result in death or severe loss of function. Stroke is a killer, accounting for one in every 18 deaths in the United States.

Sudden-onset language difficulties, dizziness, confusion, loss of vision, unusual headache, numbness or weakness—especially on one side of the body—signal the beginning of a stroke. Each year, more than 795,000 Americans suffer a stroke, making it the fourth leading cause of death and the leading cause of disability in adults. Someone suffers a stroke every 45 seconds.

Different Strokes

An ischemic stroke happens suddenly. About 85 percent of all strokes occur when a blood clot lodges in an artery that supplies the brain, blocking blood flow and depriving the brain of oxygen. The clot blocks the vessel in the same way a clogged pipe stops water from going down a drain.

Whenever possible, Stroke Center physicians use minimally invasive techniques and catheter-delivered therapies to dissolve or retrieve a blood clot in the brain. “We make a nick in the skin over the femoral artery at the groin,” says Dr. Spiegel of Jefferson

Radiology. “Catheters (tiny tubes inserted into a blood vessel)—some of them finer than a strand of angel hair pasta—are used to deliver coils, sealants, clot-dissolving medicines, or dilating balloons to the affected area of the brain. We can stop a stroke as it happens.”

A less common *hemorrhagic* stroke occurs when an artery within the skull suddenly ruptures, spilling blood into the brain. Hartford Hospital’s neurosurgical team is always on call to collaborate with the Stroke Center’s neuro-interventional radiologists to stop the bleeding. Craniotomy (removal of part of the skull) may be the only way to perform lifesaving surgery on delicate blood vessels lying deep within the brain, although several clinical trials are ongoing at Hartford Hospital to treat brain hemorrhage.

Clot-Busting Therapy

The clot-dissolving drug *tissue plasminogen activator* (tPA) significantly increases the odds of survival after an ischemic stroke. When administered quickly, tPA halts the cascading brain injury that otherwise can lead to cognitive impairment, language difficulties, paralysis, coma or death.

Thrombolytics like tPA dissolve clots only if administered within a very short period of time. The worst-case scenario occurs when someone suffering mild symptoms goes to bed—rather than going directly to the ED—and wakes up with a massive stroke that can’t be treated because too much time has passed.



Patients and their families should respond to stroke symptoms not by calling their doctor but by immediately dialing 911.



“Patients and their families should respond to stroke symptoms not by calling their doctor but by immediately dialing 911,” says Dr. Silverman. “Driving your family member to the hospital wastes valuable minutes since you’ll be seen much more quickly if you come by ambulance.”

Timing Is Crucial

Although the treatment window has widened slightly over the years, physicians still juggle life-and-death decisions. Will the patient benefit from clot-busting drugs? How much time has elapsed since the onset of symptoms? If too much time has passed, the risks of bleeding and brain injury outweigh the potential for healing.

“The standard treatment ‘window’ for patients with diabetes or a prior stroke is three hours,” explains Dr. Hosley. “In someone without diabetes under age 80 who hasn’t had a prior stroke, we can sometimes go out to four and a half hours. We often won’t see any damage on a CT scan from an ischemic stroke if you arrive at the hospital within the first couple of hours after symptoms start. Therapy choices become limited if we see a ‘gray zone’ of injured brain tissue.”

Hartford Hospital is one of only a few medical centers in the country with the expertise to “shoot” stroke-stopping medications through a catheter directly up into the brain, called intra-arterial or IA therapy. Intra-arterial thrombolytic agents can reduce debilitating brain damage even when injected

up to six hours after a stroke. While nationally only about 3.4 percent of stroke patients receive “clot-busting” drugs, the Stroke Center treats up to 28 percent of patients arriving in the ED within the crucial window of three to six hours with either intravenous or intra-arterial agents.

Strokes that affect the brainstem are especially devastating. “Patients become uncoordinated, weak or paralyzed on one side and can’t speak,” says Dr. Hosley. “We can use intra-arterial tPA up to 12 hours after the onset of symptoms because patients often don’t survive or are left severely disabled after a catastrophic stroke.”

Catching A Clot

The most active stroke center in the state, the Stroke Center provides non-invasive diagnostic brain imaging and 24/7 neurointerventional emergency treatment. Hartford Hospital’s Stroke Center is the premier center for diagnosis and treatment of acute stroke in the region.

In 2001, the Stroke Center pioneered the development of the revolutionary MERCI retrieval device to capture a clot. Interventional neuroradiologists maneuver a catheter through a small incision in the groin, then thread the device up through arteries to the brain, where they snag the clot or dissolve it to restore the normal flow of blood.

When a scan shows a dense area in a vessel or choked-off area where a clot is visibly blocking the circulation, the patient may undergo an angiogram to map the blood vessels.

“We don’t waste time,” says Martin D. Ollenschleger, M.D., an interventional neuroradiologist. “The biplane *Artis zee* imaging technology allows us to rapidly identify the blocked blood vessel and the pathway to it.”

The 52-inch, high-definition flatscreen display just above the table provides a range of exquisitely detailed images that can be viewed by technicians in an adjacent room during delicate neurointerventional procedures. Rolling carts in the biplane suite are stocked with devices in various shapes and sizes for catheter-based procedures. The carts can be moved to either of the hospital’s two neurointerventional suites.

“We employ a large selection of devices—including the MERCI and Penumbra systems—along with angioplasty balloons and stents to open up blocked arteries to the brain,” says Dr. Ollenschleger. “Newer stent-like devices that firmly grab and remove the clot even more rapidly should be approved for use soon.”

Nearly half of stroke victims who arrive at the hospital promptly have no lasting effects from a mild stroke. “If a patient gets to Hartford Hospital in time, we can usually break up the clot with a combination of tPA and neurointerventional techniques,” says Dr. Ollenschleger, M.D. “It’s great when you get here early because large areas of your brain can be saved.”

For more information go to the Stroke Center page on our website at www.harthosp.org.

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.



Cardiology

Steven M. Borer, D.O.

Dr. Borer graduated from the University of Medicine and Dentistry of New Jersey–School of Osteopathic Medicine in 2003. He completed his residency in Internal Medicine at the University of Connecticut (2006), was Chief Medical Resident in (2007), and completed his cardiology fellowship at Hartford Hospital in 2010, where he served

his final year as the Chief Cardiology Fellow. He is a non-invasive cardiologist with board certifications in Internal Medicine and Cardiovascular Disease.



Family Medicine

Richard P. Dibala, M.D.

Dr. Dibala earned his medical degree from the University of Virginia School of Medicine (1971–1975). He completed his residency in Family Medicine at Milton Hershey Medical Center (1975–1978). He is board-certified in Family Medicine.

Cardiology/Electrophysiology

Meir Friedman, M.D.

Dr. Friedman graduated from Albert Einstein College of Medicine in 2001 and completed his residency in Internal Medicine at Montefiore Medical Center in 2004. He did his fellowship training in Cardiology (2004–2007) at Beth Israel Medical Center and an additional fellowship in Electrophysiology (2007–2008) at Columbia Presbyterian Medical Center. He is board-certified in Internal Medicine, Cardiovascular Disease and Cardiac Electrophysiology.



Internal Medicine

Bernadette S. McKell, D.O.

Dr. McKell graduated from the University of New England College of Osteopathic Medicine in 2007. She completed her residency in Internal Medicine at the University of Connecticut Health Center (2007–2010).



Internal Medicine

Michael E. Keenan, M.D.

After graduating from the University of Dominica School of Medicine, Roseau, Dominica, West Indies, in 1982, Dr. Keenan completed his residency in Internal Medicine at the Helene Fuld Medical Center (1982–1985) and Saint Francis Medical Center–Trenton in Internal Medicine (1982–1985). He is board-certified in Internal Medicine.





Breastfeeding Is Best

At Hartford Hospital, new moms are encouraged to begin nursing their newborns as soon after birth as possible. Members of the maternity nursing staff provide hands-on support for new mothers during their stay in the hospital.

“We teach mothers how to breastfeed their babies on the postpartum unit,” explains certified lactation consultant Sara Young, R.N., MSN, IBCLC. “After they leave the hospital, they can always call the Lactation Center for a follow-up appointment if they have questions or concerns. We provide advice, guidance and hands-on help.”

Certified lactation consultants are available seven days a week in the Maternity Unit. Nursing mothers from the community can also make an appointment to meet with a lactation consultant on an outpatient basis. Many obstetricians in the area refer their patients to Hartford Hospital's Lactation Center on the sixth floor of the Bliss Building.

“Young babies don't always latch properly, so we show new moms how to position the baby,” she says. “Most mothers do quite well with basic instruction, but others struggle at first. They may have too much milk or not enough milk.”

Babies can nurse up to 8–12 times in 24 hours during the first few weeks. “Good” babies who sleep all the time are probably not getting enough milk. Some mothers produce too much milk. “We tell moms with a large milk supply to lie down and let the force of gravity help them regulate the amount of milk they're giving the baby,” says Ms. Young. “Babies who start choking and sputtering may be getting too much milk.”

Lactation consultants also help mothers who experience engorgement, soreness, latching difficulties or problems with breast pumping. Breast pumps are available to rent or purchase from the Hartford Hospital Auxiliary Store in the main lobby.

The Special Deliveries Childbirth Center has been designated a Baby-Friendly Facility by Baby-Friendly USA, part of UNICEF'S Baby-Friendly Hospital Initiative. Breast milk contains the optimum nutrients to help protect your infant against childhood illnesses and help your infant grow into a strong and healthy toddler.

To make an appointment for breastfeeding support, call the Lactation Center at 860-545-2824 or visit www.harthosp.org/women/PregnancyChildbirthServices/Breastfeeding.

WHAT'S GOING AROUND...News & Breakthroughs

Diabetes Rising

One in 10 Americans suffers from type 2 diabetes. If current trends continue, one in three will suffer from the disease by the year 2050, according to the Centers for Disease Control and Prevention. Researchers from Johns Hopkins University recently found that lower-cost generic drugs may lower blood sugar better than newer medications, with fewer side effects.

Hope for Hep C

The Food and Drug Administration has approved a new drug for chronic hepatitis C infection that may cut treatment time. Incivek (telaprevir) is approved for patients who have either not received interferon-based drug therapy or who have not responded adequately to prior therapies. About 3.2 million people in the United States are infected with the hepatitis C virus.

Building Brains

Scientists at California's Stanford University School of Medicine manipulated DNA transcription to transform human skin cells into nerve cells, or neurons, according to a report in the journal *Nature*. Someday, the experimental technique may be used to create new, perfectly matched cells for transplantation into the brains of patients with neurological conditions.

Sunscreen Foils Cancer

Exposure to the sun is a strong risk factor for melanoma, the potentially deadly form of skin cancer. A new study in the *Journal of Clinical Oncology* shows that wearing sunscreen outdoors decreases the risk of melanoma. Avoid tanning beds, which emit ultraviolet (UV) radiation. The EPA says melanoma is the most common cancer among people in their late 20s.

Fixing Broken Bones



Dr. Michael A. Miranda, orthopedic surgeon, holds a stainless steel rod used to reinforce a bone during trauma surgery.



Although most severe breaks necessitate ‘open’ surgery, minimally invasive techniques have made their way into the orthopedic operating room.



Summer is “trauma season” in hospitals nationwide. During the summer months, there’s an upswing in visits to Hartford Hospital’s Emergency Department, which treats more than 80,000 patients annually. Summer is the season for car crashes, head injuries and broken bones.

As one of only two Level I trauma centers in the state, Hartford Hospital has earned the highest national designation for trauma surgery and critical care. Accidents can leave orthopedic trauma patients clinging to life, with shattered bones and devastating injuries.

Victims airlifted from the scene of a car wreck often have multiple fractures, complicated by life-threatening blood loss and plummeting blood pressure. Hartford Hospital’s air ambulance system, LIFE STAR, transports about 1,200 critical care patients annually. With five intensive care units (including a neurointensive ICU for head injuries), Hartford Hospital cares for the most critically injured patients in the region.

Orthopedic Trauma

“Motorcycle trauma patients are flown in from all over the state, southern Rhode Island, Massachusetts and eastern New York,” says Michael A. Miranda, M.D., the only private practice, board-certified traumatologist in Connecticut, who practices with Orthopedic Associates of Hartford. “We operate on a thousand fractures a year. People don’t realize the level of care provided by Hartford Hospital. We have critical care beds available in our ICUs and a step-down unit to stabilize acute trauma patients who have lost a lot of blood.”

The rapid pace of a hospital emergency room creates a particularly hectic setting for physicians dealing with complex fractures, a ruptured spleen or severe bleeding. Since bones have rich blood supplies, breaking a long bone (such as the femur in the thigh) can cause significant blood loss. Orthopedic trauma victims can lose as much as a liter (about a quart) of blood.

“We were ahead of the rest of the country,” says Dr. Miranda, who joined Hartford Hospital in 1994. “Since 1988, an orthopedic trauma team at Hartford Hospital has treated orthopedic emergencies 24 hours a day, seven days a week, 365 days a year. Anesthesia is critical. Our team approach includes access to a dedicated operating room and collaboration with colleagues from neurosurgery, trauma and other specialties. We treat the very sick patients other hospitals won’t take.”

Healing Takes Time

“Critically ill patients need to be stabilized first,” says Dr. Miranda. “We do damage control right away with surgery to stop the bleeding and splint the fractures. Life over limb is our first priority. After a few days we can begin tackling the fractures.”

New research published in the journal *Archives of Surgery* shows that more than 60 percent of traumatic injury survivors still suffer significant pain a year later. “When someone doesn’t die right away, orthopedic and neurological problems often persist,” says Dr. Miranda. “Recovery from multiple broken bones can take up to a year and a half.”

Minimally Invasive Surgery

Smaller scars, reduced pain, minimal blood loss and shorter recovery times have spurred the rapid growth of minimally invasive surgery over the past decade. Although most severe breaks necessitate “open” surgery, minimally invasive techniques have made their way into the orthopedic operating room.

Under real-time X-ray guidance, Dr. Miranda makes a small incision and slides a metal plate over the break, anchoring the plate with screws drilled through the skin. “Typically, the fracture is right under the skin in the tibia (shinbone),” he says. “Minimally invasive surgery is more challenging, but we try to do it when appropriate.”

Fixing Broken Bones

Metal plates, screws and rods have now replaced rigid plaster casts in the high-tech operating room. “Bones heal better when they’re fixed with a little flexibility,” says Dr. Miranda. “Allowing the patient to move the extremity normalizes the blood flow, decreases swelling and speeds healing. We encourage people to move a broken limb that has been splinted with internal plate-and-screw fixation.”

Hartford Hospital’s Department of Orthopaedic Surgery, headed by Bruce Browner, M.D., treats a wide range of patients with challenging musculoskeletal problems who are referred by other orthopedic surgeons from all of Connecticut and the northeast. Dr. Miranda travels around the world teaching other orthopedic surgeons the innovative techniques developed at Hartford Hospital.

Calendar



Hartford Hospital Programs & Events From July 1 Through September 15, 2011

Problem Wounds—Prevention and Current Treatment Options

If you have diabetes, a spinal cord injury, venous stasis disease or a history of difficulties with wound healing, you need to know how to prevent and treat problem wounds. Dr. Kelly Johnson-Arbor, Medical Director of the Wound Healing and Hyperbaric Medicine Center and Jennifer



Dr. Kelly Johnson-Arbor

Wolverton-Wade, RN, Wound Care Clinical Specialist at VNA Healthcare, Inc. will discuss the risk factors for the development of problem wounds, how to care for these wounds and the role of outpatient wound centers and visiting nurse services. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, August 25, at the Enfield Senior Center.

Diabetes LifeCare Programs

Diabetes Education Classes

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. A physician referral is required. Please contact your physician to make arrangements.

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. A physician referral is required. Please contact your physician to make arrangements.

Diabetes Support/Education Group

“In the Trenches—Dining Out”
Learn healthy dining out basics for healthier selections, the effects of beverages and carbohydrate resources. Presented by Molly Kirschner, RD, CDE, CD-N. **Schedule:** From 7:00 to 8:30 p.m. on 8/22 in Windsor. Registration is required. Call 860-545-1888. FREE.



Dr. Arjun Banerjee



Dr. Morris Papernik

Diabetes—How Sweet it Isn't!

Besides taking the right medications, how can you control your diabetes? Learn how to choose the right foods, the right exercises and get more out of your doctor visits by being an active participant in your health and asking the right questions. Join Arjun Banerjee, M.D., Morris Papernik, M.D. and Dan Mussen, PA for this free lecture. **Schedule:** 6:30 p.m. on Tuesday, 7/26 in Glastonbury.

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 7/7, 8/4, 9/1 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

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. **Schedule:** From 5:30 to 7:00 p.m. at the Helen & Harry Gray Cancer Center. 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. **Schedule:** From 5:30 to 7:00 p.m. at the Helen & Harry Gray Cancer Center. Call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

New Beginnings

A six-week program for men and women during transition from an acute cancer battle to the challenges of survivorship. It will help patients take a pro-active approach to maintaining and improving their physical, nutritional and mental well-being. **Schedule:** From 5:30 to 7:00 p.m. at the Helen & Harry Gray Cancer Center. 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 patients who do not have their own. Call 860-545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for 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:** First Monday of each month from 11:30 a.m. to 1:30 p.m. Offered in Spanish in August and October. 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

7/12 Reflexology—Deb Halsted, CRP

Avon

7/13 Manual Lymph Drainage—Kelly Su Lim, LMT, CLT

8/10 The Healing Power of Drumming—David Reynolds, MSW

9/14 Using Hypnosis for Recovery—Lisa Zaccheo, MA CHT

See our website for more programs.

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 8/3 at Blue Back Square in West Hartford. Registration is required. FREE.

Quality of Life After Prostate Cancer

Dr. James Graydon, board-certified urology surgeon will be presenting on Quality of Life After Prostate Cancer. Annually in Connecticut, about 850 men are treated surgically for prostate cancer. Another 800 to 1000 are treated with radiation. Although cancer cure is the goal, many of these patients sustain damage to two important body functions, bladder control and erectile ability. **Schedule:** From 6:30 to 8:00 p.m. on Thursday, 7/14, at the Avon Cancer Center. FREE.

Rehabilitation/Exercise/Wellness

Additional exercise programs on pages 16-17.

Cardiac Rehabilitation Classes

EKG monitored exercise class, education and counseling for individuals who have recently experienced a cardiac event or require risk factor modification. 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 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.

Healthy Hearts

Stop Smoking for Life Program—

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

Resources for Smokers— Community Education Group

This monthly program is open to smokers, and anyone who wants to help someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

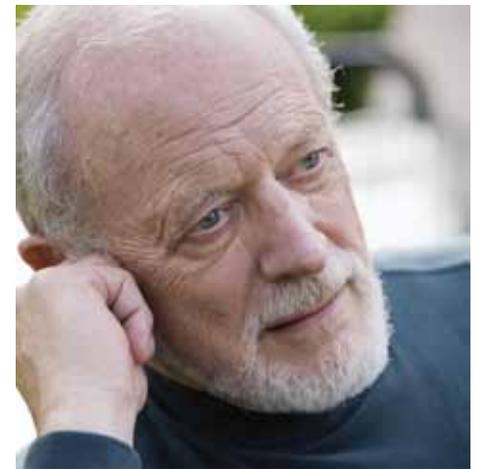
Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support offered at Hartford Hospital in West Hartford.

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 7/6, 7/13, 7/20, 7/27. 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 recovery. Sessions are offered in West Hartford.

Wellness/Integrative Medicine

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

Expressive Art Classes

(no previous art or writing experience necessary)

A Healing Experience through Expressive Painting

Learning to ask questions leads us into the mysteries of what we really need and want. "What if" ... you listened to your intuition and painted what you need to paint rather than what you think you should paint? Or created something out of nothing? Or painted without following someone else's blueprint? **Schedule:** From 6:00 to 9:00 p.m. on 7/8; from 9:00 a.m. to 4:00 p.m. on 7/9; and from 9:00 a.m. to 2:00 p.m. on 7/10 at the Avon Cancer Center. This is a 3-day weekend retreat. FEE: Free for cancer survivors. However, a \$15.00 material fee needs to be paid to the teacher at the beginning of the retreat.

Journaling for Everyone

(Diana Boehnert, MFA) Discover this catalyst for self-discovery, self-reflection and healing. Learn simple techniques to free your mind and expand your horizons. Bring paper and pen or a favorite journal. **Schedule:** From 6:00 to 9:00 p.m. on 7/19 in Windsor. FEE: \$30. (Free for cancer survivors.)

Mask Making: 3 Part Workshop Series for Cancer Survivors

(Diana Boehnert, MFA) Gathering inspiration from various sources you will create a 3-dimensional plaster face mold (or use a pre-formed mold). Participants will share their experience through the process and discuss how that translated into the face that was created. **Schedule:** From 1:00 to 4:00 p.m. on Tuesdays from 9/13 to 9/27, at the Avon Cancer Center. (Free for cancer survivors.)

Singing Bowl & Guided Imagery Experience for Everyone

(Diana Boehnert, MFA) Come experience the soulful sounds and vibrational healing tones of the tibetan singing bowls. A guided imagery journey leads to a deeply relaxed state. **Schedule:** From 7:00 to 8:30 p.m. on 8/16 in Windsor. FEE: \$20. (Free for cancer survivors.)

SoulCollage® for Everyone: The Creative Self

(Diana Boehnert, MFA) Explore our personal soul's journey through image, intuition, and imagination by creating a personal deck of collaged cards and defining the various aspects of ourselves for healing and wellbeing. Please bring a magazine or two. **Schedule:** From 6:00 to 9:00 p.m. on 7/20 in Wethersfield. FEE: \$30. (Free for cancer survivors.)

SoulCollage® for Everyone: The Fool or Trickster

(Diana Boehnert, MFA) Continuing our exploration of a deck of collaged cards, we will explore life's little surprises and what fool/trickster can teach us when life's twists and turns become a growth experience. Bring a magazine or two. **Schedule:** From 6:00 to 9:00 p.m. on 8/17 in Wethersfield. FEE: \$30. (Free for cancer survivors.)

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 8/6 in Avon. FEE: \$70.



Creating Forgiveness in Our Lives

(Dory Dzinski, MAPC, LPC, NCC) Inviting forgiveness into your life allows for more peace and happiness and the release of stress and tension. Learn tools for achieving peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 9/20 in Avon. Registration required. FEE: \$30.

Creative Wellness from Within

(P.J. Harder, Life Coach) This 5-week program helps you to redesign lifestyle habits and transform the stress in your life. Each class includes inspirational teachings and empowering coaching, including interactive group "innercizes." **Schedule:** From 6:00 to 7:30 p.m. on Wednesdays at Avon Cancer Center. FEE: \$150/series or \$35/session.

7/27 *The Transformational Power of Inner Fitness*

8/3 *Caring for Myself and Restoring Life Balance*

8/17 *Healing Habits—Making Healthy Changes for Good*

8/31 *Stress Less—Bring More Peace, Joy and Energy into Your Life*

9/14 *Perseverance—How to Keep Going When You Want to Quit*

Growing—A Natural Approach to Making Lifestyle Changes

(P.J. Harder, Wellness Coach) Over 6 weeks we will explore a new approach for changing unhealthy behaviors and creating a meaningful life. **Schedule:** From 6:00 to 7:30 p.m. in Windsor. 7/11—*Growing*; 7/25—*Connecting*; 8/1—*Refocusing*; 8/8—*Moving Forward*; 8/15—*Rebalancing*; 8/29—*Keep Going*. FEE: \$225/6 sessions or \$40 per session.

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 experience including guided imagery, breathing techniques and self hypnosis. **Schedule:** Mondays from 6:00 to 9:00 p.m., 7/11 to 8/8 or 9/19 to 10/24 (no class on 10/10) in Wethersfield. Registration is required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis: Meeting Your 'Inner Physician'

(Lisa Zaccheo BCH, BCI) Hippocrates, the father of medicine, said: "Everyone has a doctor in him or her; we just have to help it in its work" and "The natural healing force within each one of us is the greatest force in getting well." Using self-hypnosis and guided visualization you will be amazed with what your 'inner physician' can tell you about your disease and healing. **Schedule:** From 6:30 to 8:30 p.m. on 7/20 in Avon. FEE: \$35.

Hypnosis for Relieving Pain

(Lisa Zaccheo, BCH, BCI) If hypnosis is strong enough to be used for surgery in Europe, imagine what it could do for you in terms of managing your pain. Come learn how hypnosis works within the brain, as well as 3 powerful techniques to help put you in charge of your comfort. **Schedule:** From 6:30 to 8:30 p.m. on 9/13 in Avon. FEE: \$35.



Meditation as a Life Skill

(Dory Dzinski, MAPC, LPC, NCC) Learn how meditation can help relieve anxiety and distractions. We will discuss and experience silent, guided, breath-focused, body-focused and prayerful meditation, learning how to stay focused, ways to structure your time, and how to create your sacred space. **Schedule:** From 7:00 to 9:00 p.m. on 9/19 and 9/26 in Avon. FEE: \$45.

Qigong and Tai Chi Easy™/Summer Session

(P.J. Harder, Life Coach) This class combines the calming practice of inviting silence with gentle, rhythmic movements of Tai Chi Easy and Qigong relaxation practices. Wear comfortable clothing and bring water. **Schedule:** Meets 6:00 to 7:00 p.m. from 8/16 to 9/20 (skip 9/6) at Avon Cancer Center. Registration required. FEE: \$50 for 5 sessions.

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) 7/28, 8/25, or 9/29 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Therapeutic Touch (Basic)

(Karen Kramer, RN, HNC, MA) Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being for yourself and your loved ones. **Schedule:** From 12:00 to 8:30 p.m. on Friday, 7/8 or 9/16 at the Avon Cancer Center. FEE: \$160.

Tai Chi for Health

(Ken Zaborowski) An ideal 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 (call for dates) available in:

- Glastonbury – Tuesday and Friday from 12:00 to 1:00 p.m.
- Wethersfield – Tuesday & Thursday from 3:30 to 4:30 p.m.
- Windsor – Thursdays from 7:30 to 8:30 p.m.

FEE: \$80/month for twice/week or \$40/month for once/week.

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 6:00 to 9:00 p.m., 9/12 to 10/3 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 three Tibetan bowls plus tingshaws. **Schedule:** Mondays from 6:00 to 9:00 p.m., 7/11 to 8/1 in Newington. Registration required. FEE: \$150.

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 6 Thursdays (choose one or both), 7/7 to 8/11 or 8/18 to 9/22 in Glastonbury; Registration is required. FEE: \$80/6 sessions.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn five 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.



Surgical Weight Loss Programs

Surgical Weight Loss Education Session

Are you obese? Have diets failed you in the past? The Surgical Weight Loss Center will help you find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Pappas from the Surgical Weight Loss Center. Learn about obesity, types of surgery, and whether you might be a candidate. **Schedule:** From 3:00 to 5:30 p.m. on 7/12, 7/26, 8/9, 8/23, 9/6, 9/20. 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 Sally Strange, RN, Bariatric Nurse Coordinator. **Schedule:** From 6:00 to 8:00 p.m. on 7/26, 8/23, 9/20 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 healthy eating. Classes are offered periodically. Call 860-545-2604 for more information.

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. Might 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 your time, 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 older than 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 who 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. An interview is required prior to training and attendance at two nights of training is mandatory. 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, please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eepellet@harthosp.org.

Domestic Violence

My Avenging Angel Workshop

These 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.

Women's Health Issues

El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where you get your health care. Learn how to remain healthy and 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.



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, 7/7 to 7/21 at Hartford Hospital. FEE: \$125.

• Babycare

Understand the 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: 7/28, 8/25

Glastonbury: 8/3, 9/7

West Hartford: 7/18, 8/8

Wethersfield: 7/13

• 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 7/12. 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.

Glastonbury: 7/27

West Hartford: 7/11, 8/1, 9/12

Wethersfield: 8/10

• 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 8/22. 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 7/30 in West Hartford. FEE: \$50.

• Cesarean Birth

This class prepares you for the experience from pre-admission through recovery at home. Learn 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 8/13 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 8/24 in Glastonbury. FREE.

• Pups and Babies

(Joyce O'Connell, certified animal behaviorist) Are you concerned about your dog and your new baby? Get 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 8/31. 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 8/16 at Mandell JCC. 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 6/23 in Wethersfield. FEE: \$35.

• 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 www.harthosp.org/ParentEd. 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. FEE: \$100.

• Preparation for Childbirth

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 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. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.

• The Happiest Baby

Learn approaches 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 8/16 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, 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 8/4 at Hartford Hospital. FREE.

• 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 7/16 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:** From 9:30 to 10:30 a.m. on 7/9, 8/13, 9/10 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

Nurturing Connections

(Provided by the Nurturing Families Network)

• **Telephone Support for New Parents**

Volunteers 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**

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 younger than 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 9/14 to 10/19 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:** From 10:00 to 11:00 a.m. Wednesdays from 9/14 to 10/19 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. on 6/18, 7/16 in Glastonbury. 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 7/6 to 7/27 and 9/7 to 9/28 in West Hartford. FEE: \$50/4-week session.



Becoming A Family: A Workshop for Expecting Couples

It's true: a baby changes everything. Dr. Sharon Thomason of The MomSource, LLC and her husband, Dr. Andrew Magin, will help you transition together as you move from a couple to a family. In this two-session workshop, Drs. Thomason and Magin will help you connect your core values to the practical considerations of parenting: time management; balancing family, individual and career demands; and choosing and managing child care providers. You will learn and practice communication skills and explore what you hope and expect from your partner. You'll learn why it's important to protect your relationship as you move into the new role of Mom and Dad. **Schedule:** From 7:00 to 8:30 p.m. on Thursdays, July 14 & 21 in West Hartford. FEE: \$35.00 per couple.

Safety Education

Car Seat Safety

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 6/28 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.

Screenings/Support Groups

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol Screening

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets third 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. From 5:30 to 8:30 p.m. in Hartford Hospital's Special Dining Room. Light dinner provided. For schedule and 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. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860-545-4219 for schedule and 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 7/28, 8/25 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:** Third 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. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. Call Sherry Marconi for more information 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:** From 1:00 to 2:15 p.m. on the second and fourth Monday at 85 Jefferson Street #116. For information, call 860-545-2290. FREE.

Bipolar Disorder—An Introduction

(Lawrence Haber, Ph.D., Director of the Family Resource Center) 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. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month on 7/19, 8/16. Call Mary Cameron at 860-545-7665 for information. Registration **not** required. FREE.

Depression: An Introduction to the Disorder

(David Vaughan, LCSW, Treatment Manager) This program is for family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. **Schedule:** From 5:15 to 6:30 p.m. on 7/26. Call Mary Cameron at 860-545-7665 for information. 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

(Lawrence Haber, Ph.D., Director of the Family Resource Center) Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. Content repeats and family members may attend any session. **Schedule:** from 5:15 to 6:30 p.m. on the first Tuesday of each month on 8/2, 9/6. FREE.

• Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on everyday 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 7/12. Call 860-545-7665 for more information. FREE.

• Crisis Management for Individuals with Schizophrenia

Learn how to handle difficulties that arise when a crisis develops. **Schedule:** From 5:15 to 6:30 p.m. on 8/9. FREE.

• Support Group for Families Dealing with Major Mental Illness

Share your successes and struggles in loving and living with someone who has schizophrenia. **Schedule:** From 5:15 to 6:30 p.m. on the first and third Thursday of each month, 7/7, 7/21, 8/4, 8/18, 9/1, 9/15. 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 Thursday from 5:30 to 6:30 p.m. in the Center Building. 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 9/13. 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:** Second and fourth 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.

Oh, My Aching Head!

Millions of Americans suffer from headaches which can be caused by many different factors, including sinusitis, migraines or sleep apnea. Learn how physicians diagnose different types of headaches and about treatment options including medications and alternative therapies. Join Headache Medicine specialist, Dr. Tania Bilchik; Sleep Medicine specialist, Dr. Jeffrey Nascimento; and ENT specialist, Dr. Timothy O'Brien, to learn how to stop the pain. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, July 28 at the Enfield Senior Center.



Tania Bilchik, MD



Timothy O'Brien, MD



Jeffrey Nascimento, DO

Vertigo: What Sets Your World Spinning?

Dr. Mark Eisen is Director of the Hartford Hospital Center for Hearing and Balance at Blue Back Square and Danielle Messier is a physical therapist with Eastern Rehabilitation Network, specializing in vestibular rehab management. Together they will discuss the common causes and treatment options of vestibular disorders, recent developments in treatment and how physical therapy can help. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, September 15 at the Helen & Harry Gray Cancer Center in Avon.



Dr. Mark Eisen



Danielle Messier

Rejuvenating Your Mobility: Staying Active with Hip and Knee Pain

Learn from a panel of experts about arthritis, conservative treatments for hip and knee pain and surgical options when the time comes. Learn about the latest techniques, advances in anesthesia choices, the benefits of rehabilitation after surgery and home care services. Speakers include Dr. Mark Shekhman, Co-Director of the Joint Center, Dr. Richard Sheppard, Chief of Orthopedic Anesthesia, Dr. Jeffrey Brown, Sports Medicine specialist and Mr. David Fichandler, Director of Rehabilitative Services for Eastern Rehabilitation Network. **Schedule:** From 10:00 a.m. to 12:00 noon on Sunday, September 18 at the Jewish Community Center, Zach Campus in West Hartford.

Obesity, Joint Pain, and Exercise: What's the Connection?

Staying active is key to losing weight, but how do we do that when we suffer from hip and knee pain? The more weight we carry, the harder it is for our joints to work. Developing arthritis is strongly associated with body weight and we need to understand the connection between obesity, joint pain and exercise and how to determine if weight loss surgery is the answer. Our experts in orthopedic surgery, physical therapy and surgical weight loss will provide you with information and answer your questions. Speakers include: Drs. Darren Tishler, Pavlos Papasavas, Mark Shekhman and physical therapist, Allison Wiernasz, PT, DPT. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, September 8 at the Manchester Country Club.



Pavlos Papasavas, MD



Darren Tishler, MD



Mark Shekhman, MD



Jeffrey Brown, MD



David Fichandler

Creative Cook



Healthy grains and fruit create a flavorful alternative to sugar-laden breakfast cereals. Whole grains are food powerhouses packed with antioxidants and phytonutrients that may help reduce the risk of heart disease, cancer and diabetes.

When kernels are heavily processed (into white flour, for example) they lose much of the fiber, bran and germ that constitute the “whole” grain. Always avoid “enriched” products that contain added vitamins and iron, with healthy fiber and healthy nutrients removed.

To create your own muesli, mix wheat, rye, oats, nuts, seeds and raisins and top with sliced fruit and ripe berries. Brightly colored blackberries and cherries are rich in cancer-fighting phytochemicals, while peaches are packed with fiber, vitamins, minerals and antioxidants. Sliced peaches are naturally sweet, yet low in calories. Berries have been shown to reduce inflammation and prevent cell damage.

Choose from the following lists to combine and create your own special Muesli mix. (Amounts are just suggestions, so feel free to add more or less of certain categories.) To prepare, follow the Directions below.

GRAINS (Choose 2-4 items from this list to total 4 cups)

- Medium or thick rolled oats
- Rolled rye flakes
- Rolled wheat flakes
- Rolled barley flakes
- Spelt wheat (Triticale)

FRUITS (Choose several from this list to total 2 cups)

Dried

- Shredded or flaked unsulfured, unsweetened coconut
- Dried papaya
- Dried or fresh pineapple
- Dried or fresh cherries
- Dried cranberries

- Dried apple slices
- Dried or fresh banana
- Dried dates
- Dried figs
- Dried or fresh apricots
- Prunes (dried plums)
- Raisins

Fresh (Add or substitute fresh fruits for dried or serve as a topping)

- Blackberries
- Blueberries
- Apple
- Sliced peaches
- Orange or grapefruit slices
- Melon balls or slices
- Raspberries

NUTS and SEEDS (1 cup total)

- Chopped macadamia nuts
- Slivered almonds
- Chopped walnuts
- Chopped pecans
- Shelled pistachios
- Filberts or hazelnuts
- Brazil nuts
- Pistachios
- Raw pumpkin seeds
- Unsalted soy nuts
- Sunflower seeds
- Flaxseeds or flax meal

Directions

Mix the ingredients together in a large bowl. Transfer to an airtight container. If storing for longer periods, you may choose to keep the cereal in the freezer or refrigerator.

Hot Muesli Instructions: Add ½ cup Muesli to ½ cup water, milk or soy milk and bring to a boil. Simmer for 3-5 minutes. You can also microwave Muesli in a large bowl on high for 3-5 minutes, stirring once halfway through. Makes 1 serving.

Cold Muesli Instructions: Soak ½ cup Muesli in ½ cup yogurt, milk, soy milk or fruit juice for 5-10 minutes, or soak overnight. Makes 1 serving.

Three-Grain Muesli with Fruits & Berries

This Muesli recipe uses three grains as well as dried fruit, nuts and seeds to make a healthy, flavorful cereal.

Ingredients

- 1 ½ cup rolled oats/oat flakes
- 1 ¼ cup rolled rye flakes
- 1 ¼ cup spelt wheat flakes
- ½ cup dried cherries
- ½ cup chopped walnuts, pecans or sliced/slivered almonds
- ¼ cup ground flaxseeds
- ¼ cup sunflower seeds
- ⅓ cup raisins

Follow directions above. Top with fresh blackberries and peach slices (optional).

1 serving: (½ cup of dry mix)

Calories: 210

Carbohydrate: 33.5 g

Protein: 6.5g

Fat: 6.5 g

Fiber : 6.5 g

Recipe analyzed by Brunella Ibarrola, MS, RD, CD-N with the assistance of Nicole Ferguson.