

W I N T E R
2 0 1 1

ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

The Inside Story

Minimally invasive endoscopic
repair for ailing arteries



HARTFORD
HOSPITAL

ROUNDS

Hartford Hospital's Wellness Magazine

Rounds Advisory Board:

Adrienne Bentman, M.D.

James Blazar

Joseph Klimek, M.D.

Andrew Salner, M.D.

Linda Taylor, M.D.

Editor

Lee Monroe

Director of Marketing

Designer

Clare Philips

Writer

Jane Bradley

Photography

Lanny Nagler

Joy Miller

Calendar Coordinator

Luisa Machado

Hartford Hospital

80 Seymour Street

Hartford, CT 06102-5037

860-545-5000

Health Referral Service

860-545-1888 or

(800) 545-7664

www.harthosp.org

Satellite Offices

Avon Wellness Center

100 Simsbury Road

Enfield Health Care Center

100 Hazard Avenue

Glastonbury Health Care Center

704 Hebron Avenue

Wethersfield Health Care Center

1260 Silas Deane Highway

Windsor Health Care Center

1060 Day Hill Road

West Hartford Surgery Center

Blue Back Square

65 Memorial Drive

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.

Are You Feeling Sluggish? Ask for a Thyroid Test.

Hypothyroidism (underactive thyroid) is a fairly frequent diagnosis, especially in women over age 50. The thyroid gland, located in front of the windpipe in the neck, secretes hormones, or chemical messengers, into the bloodstream.

If your thyroid produces insufficient hormones, you may suffer bewildering symptoms. Are you tired? Depressed? Do you have difficulty concentrating? Have you gained weight? Do you suffer from dry skin and hair, constipation, muscle cramps or heavy periods? Over time, untreated hypothyroidism can lead to obesity, joint pain, infertility and heart disease.

Sometimes an autoimmune over-reaction disrupts the thyroid gland. Certain drugs or iodine-containing kelp supplements can also trigger thyroid deficiency. "The most reliable and sensitive thyroid-function test measures the blood level of thyroid-stimulating hormone (TSH)," says endocrinologist Joel Miller, M.D. "If the thyroid hormone (T4) level is borderline low, we use the TSH test to detect early hypothyroidism."

Fortunately, diagnosis and treatment are relatively easy. Ask your primary care physician to include thyroid testing in the routine bloodwork with your physical exam. "Symptomatic patients with even mildly elevated TSH levels can take a thyroid supplement to see if it is beneficial," says Dr. Miller. "Thyroxine is not a drug, but a natural supplement that is identical to what the body manufactures. Because of its safety, it's worth a try."



Dr. Joel Miller

H E A L T H T I P S

Stay Safe on the Slopes



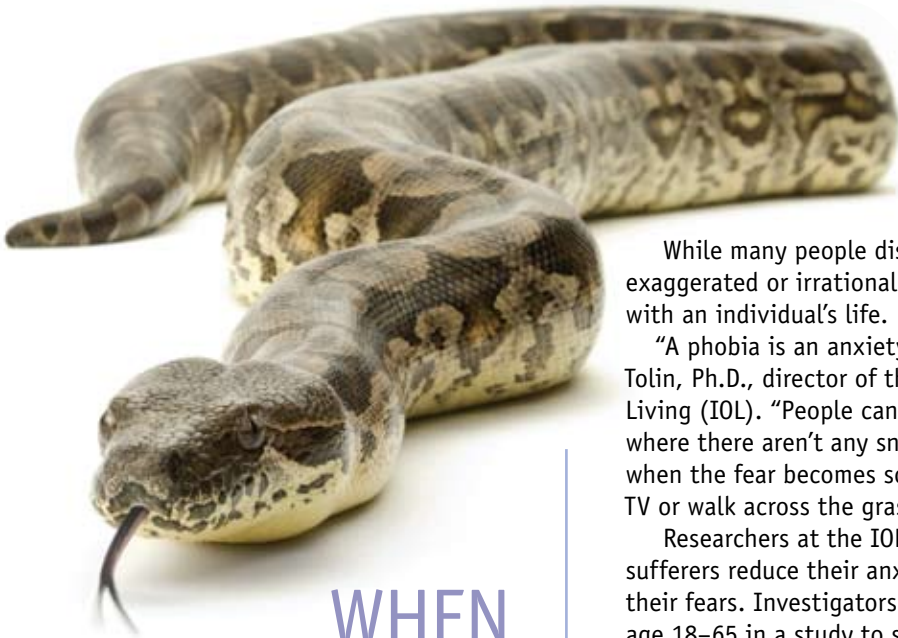
Downhill skiing is fun, but inherently risky. Many skiers don't wear protective headgear, despite well-publicized celebrity crashes. "The best way to prevent a serious head injury while skiing is to wear a helmet," says Jeffrey Brown, M.D., Director of Sports Medicine at Hartford Medical Group. "Snowboarders can easily lose their balance and fall backward, while skiers tend to fall forward."

Common injuries include wrist sprain or fracture, and hyper-extension of ligaments of the hand (skier's thumb). Knees are also prone to injury. Make sure you're in shape before hitting the slopes.

- Exercise using "core strength" training for lower back and abdominal muscles.
- Maximize flexibility of the hamstrings (back of the thigh) muscles.
- Increase quadriceps (front of the thigh) strength for supporting the legs.
- Make sure your boots fit properly (plenty of room in the toe, not too loose).
- Strengthen hip muscles (flexors, abductors, adductors and extensors).
- Tune up and wax skis for a smooth glide.
- Apply ice or snow (over clothes) for 15 minutes per hour for acute musculoskeletal injury (don't hesitate to flag down the ski patrol or seek emergency care at the first-aid station).

A pre-ski fitness plan that emphasizes flexibility and strength, including abdominal crunches, yoga or pilates, can help prevent lower back strain or injury. If you have any concerns about your health or physical condition, see your primary care physician.

Snakes In the Grass



WHEN FEAR BECOMES PHOBIA

While many people dislike snakes, aversion isn't a *phobia* until an exaggerated or irrational fear causes so much distress that it interferes with an individual's life.

"A phobia is an anxiety disorder," explains clinical psychologist David Tolin, Ph.D., director of the Anxiety Disorders Center at the Institute of Living (IOL). "People can have snake phobia even when they live in a place where there aren't any snakes. It's characterized as a psychiatric disorder when the fear becomes so overwhelming that someone is afraid to watch TV or walk across the grass because of the possibility of seeing a snake."

Researchers at the IOL are now offering a proven treatment that helps sufferers reduce their anxiety levels by systematically and gradually facing their fears. Investigators are currently enrolling right-handed individuals age 18–65 in a study to see whether exposure-based forms of behavior therapy can help people overcome their snake phobia.

In addition to exposure therapy, some study participants will also be given an experimental medication called *D-cycloserine* to see how the drug affects brain activation in phobic patients. Previous studies have suggested that the FDA-approved antibiotic may increase the ability to remember and use strategies learned in exposure therapy.

The study participants will also undergo non-invasive "functional MRI" (fMRI) brain scans before and after exposure therapy to see how the amygdala (the brain's fear center) responds when pictures of animals, including snakes, are projected before their eyes. They will also have a free therapy session to help them gradually approach a harmless orange-and-white-striped snake.

"The live snake we're using for 'desensitization' is a non-venomous corn snake that's about two feet long," explains principal investigator Andrea Nave, a research assistant at the Olin Neuropsychiatry Research Center. "By the end of treatment, we hope that people will be able to move closer and even hold the snake."

"Exposure-based therapies have been shown to be effective," says Dr. Tolin. "We want to see whether the D-cycloserine can accelerate the learning process. We're hoping to understand how phobias function—not just at the behavioral level, but also at the neural level—by using fMRI to see whether the amygdala is less reactive to fear-provoking stimuli after exposure therapy."

The IOL is recruiting adults afraid of snakes who will be randomly assigned to receive either the medication or a placebo (sugar pill) in addition to exposure therapy. Participants receive \$50 for participating, as well as free treatment for their snake phobia. Call 860-545-7670 for more information.



Dr. Immad Sadiq (right), director of Vascular and Endovascular Medicine, is assisted by Dr. Hany Guirgis, one of Hartford Hospital's interventional fellows.

Insights and Interventions

Endovascular Fixes for Faulty Vessels

Today at Hartford Hospital, blocked arteries or bulging aneurysms are routinely repaired from within the blood vessels rather than with scalpels and large incisions. Patients suffering from disorders of the arteries or veins are treated with the most advanced endovascular (inside the vessel) techniques available anywhere.

“Over the past 10 years, there has been an evolving trend toward minimally invasive techniques rather than ‘open’ surgery for vascular disorders,” says Thomas Divinagracia, M.D., MPH, of Connecticut Surgical Group. “Endovascular techniques have expanded the procedures we are able to perform less invasively for older, sicker patients who aren’t candidates for conventional surgery.”

During past decade, stroke center physicians and interventionists at Hartford Hospital have pioneered the use of catheter-delivered devices to directly dissolve or retrieve blood clots in brain arteries. Other common vascular disorders include aneurysms (weakened vessel walls that can fatally rupture), clogged carotid arteries, diabetes-related vascular complications, arteriovenous malformations (tangles of blood vessels), deep vein thrombosis (DVT), coronary artery disease and peripheral artery disease (PAD).

Guided by fluoroscopy and high-tech imaging, physicians help stave off a heart attack or stroke by repairing damaged or diseased vessels with a catheter-based approach. Specialists called *endovascular interventionists* treat vascular disorders by navigating through the veins and arteries to insert balloons, tube-like metal stents, coils or “stent grafts” (Gore-Tex or polyester graft materials sewn to a metal stent) to strengthen and reinforce weakened vessels.

Armed with new tools and technology, endovascular interventionists thread a slender catheter through a small slit in the patient’s groin. Lengthy incisions have been replaced with a small nick in the skin over the femoral artery. Once inside the artery (or vein), specialists slide catheters and miniature instruments through the blood vessels to the heart, brain, legs and beyond.

Interventional Cardiology

Today at Hartford Hospital and across the nation, coronary artery bypass surgery to relieve

chest pain, or *angina*, is on the decline in patients with blockages in one or two coronary arteries. Since 1977, interventional cardiologists have used “balloon angioplasty” to open blocked coronary arteries.

The coronary arteries supply oxygen-rich blood to the entire heart muscle. Endovascular techniques have revolutionized the treatment of narrowed vessels. Coronary artery disease can be treated with stents, tiny wire-mesh tubes that prop open arteries clogged with a buildup of fatty plaque along the artery walls (atherosclerosis).

When bypass grafts are necessary, minimally invasive techniques and surgical robotics allow cardiac surgeons to go deep within the chest without spreading the ribs, or “cracking the chest.” In selected patients, bypass surgery can even be performed on a beating heart without a heart-lung machine.

“The trend in cardiology is toward increasing use of endovascular interventions to improve blockages and to perform diagnostic studies,” says Immad Sadiq, M.D., who recently joined Hartford Hospital as director of Vascular and Endovascular Medicine. “Interventions include angioplasty for coronary arteries, stenting of the carotid arteries in the neck and endovascular repair of thoracic and abdominal aortic aneurysms, as well as stenting of renal (kidney) arteries and treatment of cardiovascular complications related to diabetes.”

Each year 1.2 million Americans experience a heart attack, or myocardial infarction, and about a third of them die. When a heart attack victim is rushed to the cardiac catheterization lab (“cath lab”) from the hospital’s chest pain center, interventional cardiologists routinely use a combination of clot-busting drugs and balloon angioplasty to open blocked or narrowed arteries.

More than a million Americans nationwide undergo angioplasty and stenting each year. A balloon-tipped catheter is threaded up to the site of the arterial blockage, and once in place, is inflated to compress fatty deposits in the artery wall and stretch the artery open to increase blood flow to the heart. Angioplasty has been shown to be as effective as bypass surgery to treat blockages in the crucial coronary artery that feeds the left ventricle of the heart.

Thomas Divinagracia, M.D., MPH

Thomas Divinagracia, M.D., MPH, a Board-certified vascular surgeon with Connecticut Surgical Group's Connecticut Vascular Institute, performs minimally invasive endovascular and vascular surgery to treat diseases of the arteries and veins, diabetes-related complications and other vascular disorders.

He specializes in endovascular interventions for carotid artery disease, including carotid stenting, as well as open carotid surgery, vascular surgery for arterial disease and laser varicose vein surgery. He also performs surgery for limb salvage (open surgery and endovascular) and stent graft repair of thoracic and abdominal aortic aneurysms or other vascular complications.

A graduate of Hobart College, he earned his medical degree at St. George's University, Grenada, West Indies, and did his internship and residency in general surgery at Boston University School of Medicine.

He joined Hartford Hospital after completing a fellowship in vascular surgery at the University of Connecticut in 2009.

Formerly an internationally ranked tennis player, he enjoys all forms of exercise and plays tennis and squash in his free time.

Vascular Disease

Atherosclerosis has been linked to peripheral arterial disease, a common circulatory problem that reduces blood flow to the legs. PAD causes painful calf and buttock cramping and numbness of the feet that can progress to advanced gangrene and limb loss at advanced stages. "Endovascular procedures are less risky for older individuals," says Mohiuddin Cheema, M.D., of the Connecticut Surgical Group's Connecticut Vascular Institute. "The American population is aging, which means that more people are living longer with vascular disease. Endovascular techniques offer a minimally invasive approach to treating painful cramping caused by a buildup of plaque in the leg arteries."

Over time, untreated PAD can progress to ulcers, gangrene and loss of a limb. "If patients stop smoking, start exercising and have their other risk factors addressed aggressively, they can stop PAD from progressing," says Dr. Cheema. "PAD is likely to be a sign of a widespread accumulation of fatty deposits (plaques) in the arteries."

Multi-vessel atherosclerotic disease puts individuals at high risk for serious cardiovascular events. Patients with PAD often also have a buildup of plaque in their carotid arteries and coronary arteries. According to the American Heart Association, more than 10 million people in the United States are living with angina, and up to 12 million—an estimated one in every 20 Americans over the age of 50—has PAD.

"If you have PAD, you're at high risk for heart attack, stroke and death," says Dr. Sadiq, who heads the hospital's vascular lab. "Patients can be treated with blood-thinning aspirin and Plavix to prevent blood clots, beta blockers to lower blood pres-

sure, smoking cessation and weight loss, but the individual's quality of life may still be limited by angina or leg pain from PAD. Endovascular interventions can help patients walk better. Treatment can also improve blood flow to prevent gangrene, speed wound healing and salvage the limbs of diabetic patients."

High blood pressure, crippling pain in the legs or buttocks, heart attack or stroke are all warning signs of a blockage within the body's complex vascular network. Patients who smoke or who are at risk for cardiovascular disease because of diabetes or kidney dialysis should be screened with non-invasive ankle-brachial index (ABI), a simple, reliable ultrasound test to diagnose PAD.

Endovascular interventionists unblock the arteries of the leg with minimally invasive techniques, including balloons, stents and laser catheters, all of which remove the blockage and eliminate the need for invasive bypass surgery. Instead of an incision from the groin to the calf, patients can be treated with just a puncture in the groin, with significantly reduced risk of infection, bleeding, heart attack and stroke.

Blockages in the carotid arteries of the neck are the leading preventable cause of a stroke. When the carotid arteries become clogged with a buildup of plaque—causing a "swishing" sound in the ears—minimally invasive techniques can restore blood flow to the brain. "Before performing an endovascular procedure to unblock carotid arteries, we insert an umbrella-shaped filtering device to catch any clots," says Dr. Sadiq. "Clinical trials have shown that carotid angioplasty and stenting work as well as surgery to remove plaque in the carotid arteries leading to the brain."

Blockages in the carotid arteries of the neck are the leading preventable cause of a stroke.

Abdominal Aortic Aneurysm (AAA)

Each year in the United States, nearly 15,000 people die of a ruptured abdominal aortic aneurysm (AAA). The abdominal aorta, the body's main artery, carries oxygen-rich blood from the heart to the lower half of the body.

In people over age 65, the aortic wall frequently weakens, bulges and enlarges, creating a dangerous outpouching called an *aneurysm*. Endovascular repair of AAA offers survival rates superior to "open" surgery, and Dr. Sadiq says the technique is now increasingly being used for aneurysms in the thoracic aorta, above the diaphragm. Left untreated, the aneurysm can burst, spilling blood into the abdominal cavity and causing an abrupt drop in blood pressure that is almost always fatal.

Many of these deaths can now be prevented by endovascular repair. Recent studies have confirmed that minimally invasive endovascular techniques are as good as conventional surgery to repair life-threatening aneurysms. "While not as durable as open repair, it's a reasonable compromise for someone who doesn't have a long life expectancy or who would not survive open surgery," says Dr. Divinagracia.

"Traditional open AAA surgery is one of the most physically stressful operations a patient has to undergo," he adds. "Now we can prop open the aorta and restore blood flow with a 'stent graft,' a metal scaffolding covered with Gore-Tex polymer. The collapsible stent graft opens up and sticks to the arterial wall, preventing the aneurysm from rupturing."

Imaging for Interventions

In the "cath lab," interventional cardiologists thread a catheter

through a blood vessel into the heart, and then inject contrast dye into the coronary arteries to assess heart muscle and valve function. Imaging equipment is now so sophisticated that it can capture the beating heart to give interventional cardiologists a vivid contour map of the cardiac vessels.

Revolutionary advances in the speed and sophistication of digital imaging have enhanced the clarity of medical scans. Doppler and Duplex ultrasound techniques visualize the arteries in the abdomen, pelvis and legs and also measure arterial blood flow to reveal misshapen veins, blocked arteries or bulging aneurysms. Computed tomographic angiography (CT) scans can reveal blood clots or hidden tumors, and magnetic resonance angiography (MRA) maps the vessels without X-rays.

Although imaging devices such as X-ray fluoroscopy, ultrasound and endoscopy have long been used in operating rooms, new trends in surgery and complex catheter-based techniques demand integrated systems. Hartford Hospital's hybrid operating room combines the best of both worlds, pairing high-end angiography and catheter-delivery systems with readily available heart-lung machines and perfusionists, anesthesia and surgical intensive care.

"The hybrid operating room allows us to utilize minimally invasive techniques for better outcomes in high-risk vascular patients, and we can convert to an open procedure if endovascular techniques

are not feasible," says Dr. Cheema. "The Siemens Artis Zeego gives us the imaging detail we need in one system, without having to transfer patients from radiology or the interventional suite to the operating room. This helps streamline the treatment process so we can now deal with more complex cases using less-invasive techniques." For more information about interventional cardiology, go to www.cardiaclab.com.



Dr. Mohiuddin Cheema holds stent grafts used to strengthen arteries.

Head and neck cancers account for an estimated 48,000 new cases in the United States each year. Be alert for white spots on your tongue, sores in the mouth that don't heal, difficulty swallowing or changes in your voice. Early detection is vital.

"Small oral cancers often have no symptoms," says Vernon Y. Kwok, D.M.D., director of Hartford Hospital's Department of Dentistry. "Consult your dentist about any red or white lesion in the oral cavity, including the lip or tongue, that doesn't heal within two weeks. Pain is *not* an initial symptom of oral cancer. Any suspicious lesion should be biopsied and surgically removed before it can invade deeper tissues."

"Surgery is the treatment of choice for early cancers of the *oral cavity* (lip, tongue, and floor of the mouth)," says surgeon Robert J. Piorkowski, M.D., of Hartford Surgical Oncology Specialists. Radiation is often used after surgery for advanced cases that may have spread to lymph nodes in the neck. Some head and neck cancers are treated with radiation alone (vocal cord cancer) or in combination with chemotherapy.

Cancers of the *oropharynx* (base of the tongue and tonsils) have frequently spread to the lymph nodes by the time symptoms appear. "We often use a combination of chemotherapy and radiation to treat these advanced tumors," says Dr. Piorkowski.

"We bring together a multi-disciplinary team of head and neck surgeons, radiation oncologists, medical oncologists and dentists," says Andrew Salner, M.D., director of Hartford Hospital's



Head and Neck Cancer

Helen & Harry Gray Cancer Center, "along with dietitians, nurses and GI specialists who will insert a feeding tube if patients can't eat adequately during treatment." The Cancer Center combines advanced intensity-modulated radiation therapy (IMRT) techniques to shield sensitive structures and highly accurate PET scans to optimize the target," says Dr. Salner.

"While such treatment frequently has a successful long-term outcome, it requires a highly coordinated team approach."

The American Cancer Society warns that several cancers are associated with cigarette and cigar smoking, as well as using chewing tobacco. Smokers who also drink alcohol are at greater risk for developing head and neck cancer than the general population. "Men who smoke and drink heavily have a 30-fold increase in risk," says Dr. Salner.

Some head and neck cancers have also been linked to infection with human papilloma virus (HPV). "New research shows that patients who test positive for HPV respond better to treatment than those who do not have the virus, for reasons that are not well understood," adds Dr. Piorkowski.

"See your physician promptly if you have a persistent sore mouth or throat, a lump in your neck, hoarseness or difficulty chewing and swallowing," adds Dr. Salner. "When caught early, these cancers are highly curable."

For more information, call the Surgical Oncology Specialists at the Helen & Harry Gray Cancer Center at 860-696-2040.

WHAT'S GOING AROUND...News & Breakthroughs

Smoke Gets In Your Brain

A new study of more than 20,000 people worldwide shows that smoking in middle age more than doubles the risk of Alzheimer's disease and dementia later in life. Those who smoke two packs a day are at highest risk, warns a report in the *Archives of Internal Medicine*. More than five million Americans suffer from the degenerative brain disease.

Surging Stats

Diabetes is on track to strike a third of all American adults by 2050, according to the Centers for Disease Control and Prevention. An estimated 24 million Americans currently suffer from diabetes. If current trends continue, officials say as many as 100 million people may be living with the chronic disease by mid-century. Linked to obesity, Type 2 diabetes is on the rise among minorities and the elderly.

Biggest Losers

Researchers at the University of Pittsburgh School of Medicine report that severely obese adults who adhered to a one-year lifestyle intervention using behavior-based diet and physical activity not only lost weight, but experienced significant improvement in cardiometabolic risk factors. Exercise helped participants lose body fat, shrink their waists, improve blood pressure and stave off diabetes.

Not Too Sweet

A medium sweet potato (about the size of a fist) fulfills the daily requirement for vitamin A and adds four grams of fiber. Sweet potatoes have thin, light yellow skin and pale yellow flesh with a dry, flaky texture more like a white baking potato than a bright-orange yam. A sweet potato has only half the calories of a white potato: about 150 calories compared to 300 for a white potato of similar size.

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.



Breast Surgery

Helen M. Corbett, M.D.

Dr. Corbett graduated from the Royal College of Surgeons of England, where she specialized in Mastery of Oncoplastic Surgery of the Breast (2010). She attended medical school at Tufts University School of Medicine (1984–1989) and did her surgical residency at the University of California, Davis-East Bay (1989–1994).



Minimally Invasive Surgery

Chike V. Chukwumah, M.D.

After graduating from medical school at the University of Ibadan, Nigeria, in 2000, Dr. Chukwumah did his residency in General Surgery at the University of Connecticut School of Medicine (2004–2009). He did a fellowship in Laparoendoscopic Surgery at Case Western Reserve University (2009–2010).

Heart Transplant

Jason A. Gluck, D.O.

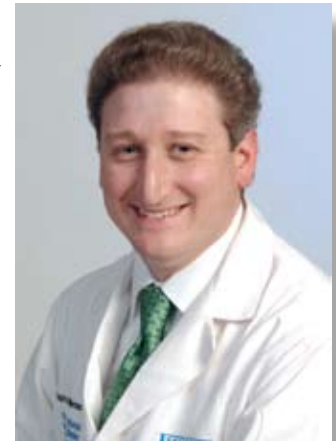
Dr. Gluck graduated from New York College of Osteopathic Medicine in 2003 and completed his residency in Internal Medicine at New York Hospital Medical Center, Queens, in 2006. He did his fellowship training in Cardiology (2006–2009) at New York Hospital Medical Center, Queens, and a fellowship in Advanced Heart Failure/Heart Transplantation (2009–2010) at Columbia University Medical Center.



Interventional Neuroradiology

Martin D. Ollenschleger, M.D.

Dr. Ollenschleger, who graduated from New Jersey Medical School in 2002, did his internship (2002–2003) at New York University Medical School, followed by Neurology residency (2003–2005) and Radiology residency (2005–2007) at New York University Medical Center. He completed his training at New York University Medical Center with fellowships in Neuroradiology (2007–2009) and Interventional Neuroradiology (2007–2009).



Trauma Surgery

Mark W. Sebastian, M.D.

Dr. Sebastian graduated from medical school at Rush University Medical College in 1987. He did his residency in surgery (1987–1994) and a fellowship in Surgical Critical Care at Duke University (1994–1995). He also completed a fellowship in Vascular Surgery (1997–1998) at Brigham and Women's Hospital, a teaching affiliate of Harvard Medical School.



Transplant Hepatology

Colin T. Swales, M.D.

Dr. Swales, Hartford Hospital's Assistant Medical Director for Transplant, graduated from medical school at the University of Massachusetts in 2003 and completed his residency there in Internal Medicine in 2006. He did a fellowship in Gastroenterology (2009) at the University of Massachusetts and in Transplant Hepatology at the Lahey Clinic (2010).



Drs. Andrew E. Wakefield (left) and Inam Kureshi are among the Hartford Hospital physicians using the revolutionary 0-arm technology for spinal surgery.

SPINAL IMAGING COMES FULL CIRCLE

O-arm technology enhances visualization and navigation during spine surgery.

Innovations in imaging spur novel ways to look deep inside the human body. Sophisticated imaging technologies, developed by NASA to beam satellite images back to earth, give physicians the ability to view the delicate structures of the spine in exquisite detail.

In today's high-tech operating room, patients increasingly opt for minimally invasive surgery and digital imaging techniques that limit radiation exposure. Now a revolutionary surgical imaging system for visualizing skeletal anatomy rapidly generates a 360-degree map of the spine without repeated X-rays.

The state-of-the-art system produces dynamic high-resolution images, reducing the need for fluoroscopy during spinal surgery. Hartford Hospital performs more than 1,700 adult spinal procedures each year. Thanks to groundbreaking technology from Medtronic, surgeons can view a fully three-dimensional image of the spine before ever picking up a surgical instrument.

The Revolutionary "O-arm"

Hartford Hospital physicians are the first in the region to employ the O-arm™ computer-assisted system to create a real-time, multi-plane, two- or three-dimensional image of the spine. Rather than a cumbersome "C-arm" that requires frequent repositioning for multiple X-rays, the individual is wheeled into the open side of the O-arm and the circular gantry closes seamlessly around the patient. Once the images are acquired, the portable device can be rolled to the side, freeing up space in the operating room.

The donut-shaped O-arm takes about two minutes to acquire between 391 and 795 pictures that are assembled into an image that can be rotated to reveal all aspects of the spine. "The noninvasive device is fast, safe and precise," says Inam Kureshi, M.D., of Neurosurgeons of Central Connecticut, chairman of Hartford Hospital's Department of Neurosurgery. "We depend on our ability to know exactly where we are when performing complex spinal procedures, including surgery for traumatic spine injuries."

Speed and Precision

Imaging technology helps spine surgeons peer into hidden regions of the body. "We watch the monitor as the pointer navigates like a GPS on a three-dimensional view of the spine," explains Dr. Kureshi. "The O-arm adds the ability to confirm precise placement of spinal implants."

Advances in the speed and sophistication of digital imaging have enhanced the resolution and clarity of medical scans. Real-time scans provide on-demand data about a patient's changing anatomy during surgery. "The O-arm provides a better view of the spine than standard C-arm fluoroscopy," says Andrew E. Wakefield, M.D., associate director of Neurosurgery at Hartford Hospital. "Although the O-arm cannot replace surgical decision making, high-quality imaging helps when planning minimally invasive surgery."

The O-arm's robotic controls, matched with the Stealth Navigation system, allow spine surgeons to navigate the spine with millimeter accuracy. "The flexibility and adaptability of the navigation system enhances visualization for complex spine surgery, challenging tumor removal or when scarring from previous surgery distorts the anatomy," adds Dr. Wakefield.

Minimally Invasive Techniques

Smaller scars, minimal blood loss, reduced post-surgical pain and shorter hospital stays are among the advantages of minimally invasive surgery over conventional "open" methods. Hartford Hospital has two state-of-the-art neurointerventional suites, a dedicated neurosurgical intensive care unit and three operating rooms. The neurosurgical ICU and step-down (transitional) units provide multi-disciplinary care for patients recovering from spine surgery.

The Spine Center's team of experienced neurosurgeons, orthopedic surgeons, radiologists, neurologists, nurses, therapists and technicians work collaboratively to lessen post-operative pain and speed recovery after surgery. So far, the O-arm is FDA-approved only for spine surgery. "The O-arm is only one of many pioneering technologies for neurosurgery at Hartford Hospital," says Dr. Kureshi. "The hospital provides every tool to assure the highest level of innovative care."



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JANUARY 1 THROUGH MARCH 15, 2011

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, go to our website or call 860-545-0693.

Diabetes & Nutrition

(Meal Planning and Counseling)

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



Jane Querido

Dealing With Your Diabetes: A Personal Approach

Learn from the experience of others and acquire the skills to deal with the day-to-day personal challenges of living with diabetes. Facilitated by Jane Querido, MBA, registered dietician and certified diabetes educator. This is an interactive program and there will be plenty of time to address your questions and concerns. **Schedule:** From 1:30 to 3:00 p.m. on Tuesday, February 22. Hartford Hospital's Wellness Center at Blue Back Square, Suite #425 (Education Room), 65 Memorial Road, West Hartford. Parking for a fee in the garage or on the street.

Now you can register online

www.harthosp.org/classes

An alphabetic listing of classes displays. Simply select the class, event or support group you want and click on the "Register Online" button. Follow the directions to complete your registration. If you have any questions or need help, our staff is still available by phone 24 hours-a-day, 7 days-a-week at 860-545-1888 or toll-free at 800-545-7664.

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.

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 1/6, 2/3, 3/3 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 that meets at the Helen & Harry Gray Cancer Center from 5:30 to 7:00 p.m. as indicated:

• The Lebed Method: Focus on Healing

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

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 10:00 p.m. on 1/4, 2/1, 3/1. Registration is not required. Call 860-545-4594 with any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. 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. on 1/3, 2/7, 3/7. 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. Registration is required. FREE.

Hartford—Helen & Harry Gray Cancer Center

- 1/11 Hypnosis for Healing—Lisa Zaccheo, CHT
- 2/8 Restorative Yoga—Cheryl Guertin, LMT, RYT
- 3/8 Tibetan Singing Bowls—Marie Menut, RN

Avon—Helen & Harry Gray Cancer Center

- 1/12 Creating Healing Mandalas—Diana Boehnert, MFA
- 2/9 Restorative Yoga—Cheryl Guertin, LMT, RYT
- 3/9 Acupuncture—Heather Finn, Lac

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 8:30 p.m. on 2/16 at Blue Back Square, West Hartford. FREE.

A Diagnosis of Ductal Carcinoma In-Situ

This non-invasive form of breast cancer is found with increasing frequency since the advent of new, more sensitive, mammographic screening techniques. Dr. Robert Siegel, medical oncologist and hematologist, and Medical Director of the Hartford Hospital Cancer Clinical Research Office. **Schedule:** From 6:30 to 8:00 p.m. on 3/1 in Avon at the Cancer Center, 80 Fisher Drive. To register call 860-454-1888.

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, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to assist with quitting smoking. Learn about behavioral strategies, medication options and receive counseling support. Individual sessions are offered at Hartford Hospital and West Hartford Wellness Center at Blue Back Square.

Smoke Free for Life Group Support

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 4:00 to 5:00 p.m. on 1/10, 1/17, 1/24, 1/31, 2/7, 2/14. 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.



Dr. Immad Sadiq

Dr. Russell Stein

What You Need to Know About Peripheral Arterial Disease (PAD)

Join Dr. Immad Sadiq, who specializes in interventional cardiology and vascular medicine and clinical cardiologist, Dr. Russell Stein, to learn how to identify symptoms of PAD, when and how to talk to your doctor about your symptoms and available treatment options to reduce the risk of heart attack and stroke. **Schedule:** Thursday, 1/27 at the Enfield Senior Center from 7:00 to 8:00 pm. FREE.

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

You may register online at www.harthosp.org. Click on News/Events/Classes or call 860-545-1888.

Awakening the Chakras through Mindful Yoga

With Dory Dzinski, MAPC, LPC, NCC. Learn about the body's major energy centers (called chakras) and how to enhance their balance and flow of energy as well as the health of mind, body and spirit. Bring yoga mat, water and blanket (optional but recommended). **Schedule:** Saturday, 1/15 from 9:00 a.m. to 3:00 p.m. at the Avon Wellness Center. Registration is required. FEE: \$70.

Beating the Post Holiday "Pudge" and Sugar Blues

With Sheila Cartelli, MS, CHHC. Feeling low energy at 4:00 p.m.? Are Ben & Jerry your best friends and are you losing the battle with sweet cravings after the holidays? 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 1/11 in Wethersfield. Registration is required. FEE: \$25.

Brain Fitness—Keeping Your Mind Fit

With Kathleen Kiley. Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** From 10:30 a.m. to 12:00 p.m. on 2/28 at the Avon Wellness Center. Registration required. FEE: \$15.

The Breast Cancer Voyage

Join Sherri Bernier, EdD, CH, a 13 year breast cancer survivor, to learn skills for a voyage to inner strength and growth. Learn the benefits of self hypnosis and imagery. Emphasize the mind, body, and spirit while on the path to new-found courage. **Schedule:** From 6:00 to 7:30 p.m. on 1/5 at the Helen and Harry Gray Cancer Center, Taylor Conference Room. FEE: \$15.

Creating Forgiveness in Our Lives

With Dory Dzinski, MAPC, LPC, NCC. Inviting forgiveness into our lives allows a place for more peace and happiness to enter and expand as well as the release of stress and tension. Learn tools to help you achieve peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 2/10 at the Avon Wellness Center. Registration required. FEE: \$30.

Dreams—Tapping into Your Inner Wisdom

Presented by Kathleen Kiley. Learn how to understand thoughts, feelings and sensations in your dreams, and get to know yourself better. **Schedule:** Three part series from 10:30 a.m. to 12:00 noon on 3/14, 3/21 and 3/28 at the Avon Wellness Center. Registration required. FEE: \$45/series.

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.



Hula Hooping for Health

With Karla Kress-Boyle. Using safety weighted Hula Hoops integrating basic body mechanics from yoga and dance creates a low impact high cardio total body workout! Wear comfortable clothing and sneakers (or go barefoot) and bring water. Hula Hoops provided. **Schedule:** From 5:45 to 6:30 p.m. on Wednesdays, 1/12 to 2/9 or 2/23 to 3/30 at the Newington Campus gym. Registration required. FEE: \$65/5 sessions.

Hypnobirthing® Class

With 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., 1/3 to 2/7 or 2/28 to 3/28 in Wethersfield. Registration is required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Lunch Time Yoga

With Cheryl Guertin, LMT, RYT. Suitable for all levels of fitness and yoga experience. Class will include meditation, breath work, core strengthening, and posture flows. Bring yoga mat, water and blanket. **Schedule:** Wednesdays, 11:45 a.m. to 12:15 p.m. from 1/19 to 2/16 OR 2/23 to 3/23 at the Hartford Hospital ERC, Room 216. FEE: \$60 for 5 sessions.

Monthly Soul Collage

With Diana Boehnert, MFA. No previous art experience necessary. May attend 1 or all sessions.

For Cancer Survivors

Please see descriptions below. **Schedule:** From 6:00 to 9:00 p.m. in Wethersfield on 1/19, 2/16 and/or 3/16. FREE.

For Everyone

Schedule: From 7:00 to 9:00 p.m. in Windsor on 1/18, 2/15 and/or 3/15. FEE: \$35/session.

The Inner Mysteries: An exploration of your personal journey through image, intuition and imagination. Create a deck of collage cards and define the four suits of committee, community, companions, and council. Bring 1 or 2 favorite magazines to class.

The Energetic Realm: Continue the exploration with the collage cards with guided imagery, the companion suit and chakras. Bring animal pictures from magazines to class.

The Communal Dimension: Explore the soul's journey by creating a deck of collage cards that includes one or more of the community of family, friends, teachers, pets—those who influence our lives. Bring a copy of a photo of someone important to you.

Mindful Eating: The Way to Permanent Weight Loss

This 4-week nutrition series will change your life as you learn techniques to rebalance your body chemistry and eliminate cravings and overeating. **Schedule:** Tuesdays, 6:30 to 8:30 p.m. from 2/1 to 2/22 in Wethersfield. FEE: \$100 for 4 sessions.

Mindfulness Based Stress Reduction

Join Randy Kaplan, Ph.D. for this 8-week course 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 5:15 to 7:15 p.m. starting on 1/24 (required orientation), 1/31 to 3/21, plus all day retreat on 3/12. Registration required. FEE: \$250 (includes course workbook and 5 CDS).

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.

Reiki Healing Touch—Level I

With 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 1/13, 2/10 or 3/24 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Basic Therapeutic Touch

With Karen Kramer, RN, MA. Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being. **Schedule:** From 12:00 to 8:30 p.m. on Sunday, 3/20 in Avon. Registration required. FEE: \$160.

So You Think You Can't Dance

With Bonita Weisman, LMT, and professional dancer. Work on your concept of "dance" and re-define it. Have fun and experience joy. **Schedule:** From 7:00 to 9:00 p.m. at the Newington campus gym on 1/5 (introduction), 1/12 to 1/26. FEE: \$35/1 class or \$95/3 sessions.

Spring Cleansing for Your Kitchen and You

Spring is the time to shake off the cobwebs, clean up our house and lighten our body. Learn the foods to eliminate and the foods to eat more of to help you create a healthier, happier, lighter you. **Schedule:** From 6:30 to 8:00 p.m. on Tuesdays, 3/22 and 3/29 in Wethersfield. FEE: \$50/2 sessions.

Tibetan Bowls Practitioner Level I

With Marie Menut, R.N., M.A. Tibetan Singing Bowls provide sound vibrations that improve energy flow in the body. Learn techniques to help achieve relaxation and decrease pain. **Schedule:** Mondays from 1/3 to 1/24 from 6:00 to 9:00 p.m. at the Newington campus. Registration required. FEE: \$150.

Tibetan Bowls Practitioner Level II

With Marie Menut, R.N., M.A. *Prerequisite:* Level I. Expand on information gained in Level I using 3 Tibetan bowls plus tingshaws. **Schedule:** Mondays from 2/7 to 2/28 from 6:00 to 9:00 p.m. at the Newington campus. Registration required. FEE: \$150.

Tool Kit for "UN-stressing"

Join Bonita Weisman, LMT, and professional dancer, for informative, fun-filled sessions and learn a variety of techniques to facilitate tension release, increase well being, and promote health. Wear loose, comfortable clothing. **Schedule:** From 7:00 to 8:30 p.m. on Wednesdays, 3/2 to 3/16 at the Avon Wellness Center. Registration required. FEE: \$70/3 sessions.

Using Self Hypnosis in your Recovery

With Lisa Zaccheo, CHT. Learn basic and advanced self-hypnosis and powerful ways for healing and remaining healthy. Please wear comfortable clothes and bring a pillow and blanket. **Schedule:** From 7:00 to 9:00 p.m. on Thursday, 3/3 and 3/10 at the Avon Wellness Center. Registration required. FEE: \$65/2 sessions.

Using the Mind to Heal a Wounded Heart

With Lisa Zaccheo, CHT. Whether your heart has been wounded by a break-up, the passing of a loved one or a physical injury, your mind has the ability to heal your heart. Wear loose, comfortable clothing. **Schedule:** From 7:00 to 9:00 p.m. on 2/3 at the Avon Wellness Center. Registration required. FEE: \$35.

Yamuna® Body Rolling

With 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 1/25 or 3/15 in Newington. Registration required. FEE: \$40/session.

Yoga Fusion

Join Cynthia Ambrose, RYT, for this 6-week or 11-series (for all levels) that 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, 1/6 to 2/10 or 2/17 to 3/24 in Glastonbury; From 6:30 to 7:45 p.m. on Mondays, 1/10 to 3/28 in Newington (no class on 2/21). Registration is required. FEE: \$80/6 sessions in Glastonbury; \$150/11 sessions in Newington.

ANXIETY DISORDERS CENTER

Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. FEE: 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. on 1/10, 1/24, 2/14, 2/28, 3/14 at 85 Jefferson Street #116. For more 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 1/31, 2/28 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 1/18, 2/15, 3/15. Call Mary Cameron at 860-545-7665 for information. Registration **not** required. FREE.

Depression—An Introduction

Acquire a basic understanding of major depression, its treatment, and ways in which family members might better cope. Facilitated by David Vaughan, LCSW, Family Resource Center. **Schedule:** From 5:15 to 6:30 p.m. on 3/22. Call Mary Cameron at 860-545-7665 for more information or to register. 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. **Schedule:** From 5:15 to 6:30 p.m. on 2/14. Call Mary Cameron at 860-545-7665 for information. 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. **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 1/4, 2/1, 3/1. 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:** From 5:15 to 6:30 p.m. on 3/8. 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 1/10. To register, call Mary Cameron at 860-545-7665. 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, 1/6, 1/20, 2/3, 2/17, 3/3, 3/17. 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, 5:30 to 6:30 p.m. 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 1/11. To register, call Mary Cameron at 860-545-7665. FREE.

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 1/5 to 1/26; 2/2 to 2/23; 3/9 to 3/30 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, 1/13 to 1/27 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: 1/27

Glastonbury: 1/5, 2/2, 3/9

West Hartford: 1/10, 2/14, 2/28, 3/14

• *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 1/31. 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: 1/13, 2/24

Glastonbury: 1/26

West Hartford: 1/3, 2/7, 3/7

Wethersfield: 2/9

• *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 1/24. 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 1/15 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 2/5 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 2/23 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 3/2. FEE: \$25.

• *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 1/18 at the Mandell JCC in West Hartford. FREE.

• *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 2/10 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. 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 2/15 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 2/3 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

- **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—1/8, 2/12, 3/12
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 beginning while 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, helping families get the community services they need. Contact Leslie Escobales at 860-972-3201.

- **Prenatal Groups**

Prenatal 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 1/5 to 2/9 and 2/16 to 3/23 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 1/5 to 2/9 and 2/16 to 3/23 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 12/18, 1/15, 2/19. 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 1/5 to 1/26, 2/2 to 2/23 and 3/9 to 3/30 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 1/25 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**

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. on 12/17, 1/19, 2/16, 3/16 at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

- **Heart Transplant Support Group**

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** Please call Sue Podolski at 860-545-4339 for registration, schedule and location. *Light dinner provided.* 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 1/27, 3/24, 4/28 in Glastonbury. To register, call Sue Podolski at 860-545-4339. FREE.

- **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Program includes: self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 9:00 p.m. on 1/27, 2/24 at the West Hartford Senior Center. For more information, call 860-760-6862. FREE.

- **Kidney Transplant Orientation Class**

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call 860-545-4368 for schedule or to register. FREE.

- **Farmington Valley Fibromyalgia/Chronic Fatigue and Immune Dysfunction Syndrome Support Group**

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month from 1:00 to 3:00 p.m. Registration is **not** necessary. Call Betty at 860-658-2453 for more information. FREE.

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:** Check-in at 2:30 p.m. and program from 3:00 to 5:30 p.m. on 1/11, 1/25, 2/8, 2/22, 3/8, 3/22 at Hartford Hospital's Conklin Auditorium. 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:** 1/25, 2/22, 3/22 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/obesitysurgery 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: *Boosting Daily Physical Activity*
- Week 3: *Grocery Shopping Aisle by Aisle*
- Week 4: *Dining Away From Home*

Classes are moderated by Hartford Hospital registered dietitians. **Schedule:** From 6:00 to 7:30 p.m. on Wednesday evenings, 1/29 to 2/9, at 330 Western Blvd., Glastonbury. Call 860-545-2604 to register. FEE: \$60 for 4-week series (no single class option is available).

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

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

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

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

Radiation Therapy Program

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. For schedule and an application, visit our website at www.harthosp.org or call 860-545-2612.

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For schedule and an application, see our website at www.harthosp.org or call 860-545-2612.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks, to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at www.harthosp.org or call 860-545-3350.

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

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

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training is mandatory and an interview is required prior to training. For more information or to register call Volunteer Services at 860-545-2448.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply for this program please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eepellet@harthosp.org.

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

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.



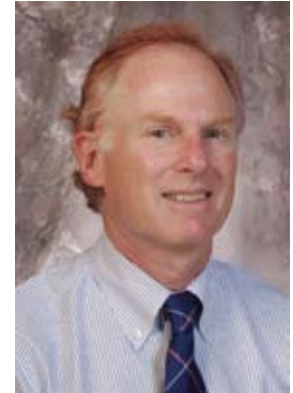
Dr. Frederick Rau and Dr. Emily Rosenbush

That Time of the Month: What Women Need to Know

Presented by Drs. Frederick Rau and Emily Rosenbush, Obstetrics & Gynecology. In this seminar, discussion will focus on the causes, evaluation and treatment options of heavy uterine bleeding and the impact it can have on your life. You'll learn about current choices for contraception, the pros and cons of reversible and permanent birth control as well as minimally invasive permanent birth control methods. **Schedule:** From 7:00 to 8:00 p.m. on Tuesday, January 18, in Glastonbury. FREE.



Dr. Mark Shekhman



Dr. Jonathan A. Dixon

Rejuvenating Your Mobility: Staying Active with Hip and Knee Pain

Join orthopedic surgeon Dr. Mark Shekhman and rheumatologist Dr. Jonathan A. Dixon to learn what arthritis is, how to manage arthritis non-surgically and when to consider surgical solutions. You'll also hear about the latest advances in joint replacement surgery and the benefits of staying active. **Schedule:** From 10:30 a.m. to 12:00 noon on Saturday, January 22, at Avon Old Farms Hotel, 270 Avon Mountain Road (Route 44). FREE.



Dr. Kiran Sachdev



Dr. David Curtis



Dr. David Chaletsky

Barrett's Esophagus: How Acid Reflux Can Cause Cancer

Learn how to identify common symptoms of acid reflux and how to prevent this potential cancer of the esophagus. Presented by Board-certified gastroenterologists Drs. Kiran Sachdev, David Chaletsky, and surgeon David Curtis. **Schedule:** From 7:00 to 8:00 p.m. on Tuesday, January 25, at Helen & Harry Gray Cancer Center, 80 Fisher Drive, Avon. Registration is required. FREE.

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, February 23 at the Wethersfield HealthCare Center, 1260 Silas Deane Highway, Wethersfield. FREE.



Dr. Steven Borer

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

Cook's Circle



Savory Red Lentil Soup with Lemon

Ingredients

3 Tbs. olive oil, plus more for drizzle	Pinch of ground chili powder or cayenne
1 large onion, chopped	1 qt. 99% fat-free/reduced sodium vegetable or chicken broth
2 garlic cloves, minced	2 c. water
1 tsp oregano	1 c. red lentils
1 Tbs. tomato paste	1 large carrot, peeled and diced
1 tsp. ground cumin	1 fresh celery stalk, finely chopped
¼ tsp. kosher salt, or more to taste	Juice of ½ lemon, more to taste
¼ tsp. ground black pepper	3 Tbs. chopped fresh cilantro

Lentils have been consumed for more than nine thousand years in Southwest Asia, the Middle East, North Africa, India and Persia. A long-term study in the *Archives of Internal Medicine* showed that adults who eat the highest-fiber foods have the lowest rates of heart disease. High in protein and fiber, the nutrient-rich legume is one of the world's healthiest foods.

Delicate red lentils are usually peeled before sale. Since lentils contain compounds that interfere with the absorption of nutrients, they should not be eaten raw. They should be washed thoroughly, and are more digestible if soaked before cooking (discard the water). Lentils contain high levels of protein, B vitamins, folic acid, cholesterol-lowering dietary fiber, vitamin C and essential amino acids.

Lentils readily absorb flavors from other foods and seasonings, are low in fat and calories, keep forever on the shelf and are available throughout the year. While brown lentils make a thick and hearty soup, red lentils create a colorful dish that offers a warm accent for the wintertime table.

Heat oil over high heat in a large pot until hot and shimmering. Add onion and garlic; sauté until golden, about 4 minutes. Stir in tomato paste, cumin, salt, black pepper, and chili powder or cayenne, and sauté for 2 minutes longer. Add broth, water, lentils, celery and carrot. Bring to a simmer, partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Add salt to taste.

Purée half the soup, using an immersion or regular blender or food processor, then add it back to pot. Soup should be somewhat chunky. Reheat soup if necessary, and stir in lemon juice and cilantro. Serve soup drizzled with high-quality olive oil and, if desired, dusted lightly with chili powder. *Serves 4.*

Calories: 299

Protein: 16 g

Carbohydrate: 35 g

Fiber: 6.5 g

Total fat: 11.5 g

(68% monounsaturated fat)

Cholesterol: 0 mg

Folate: 107 mcg (27% DV)

Iron: 4.5 mg (25% DV)

*Sodium: 673 mg**

**Note: Sodium for this recipe may be easily reduced by omitting added salt*

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

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