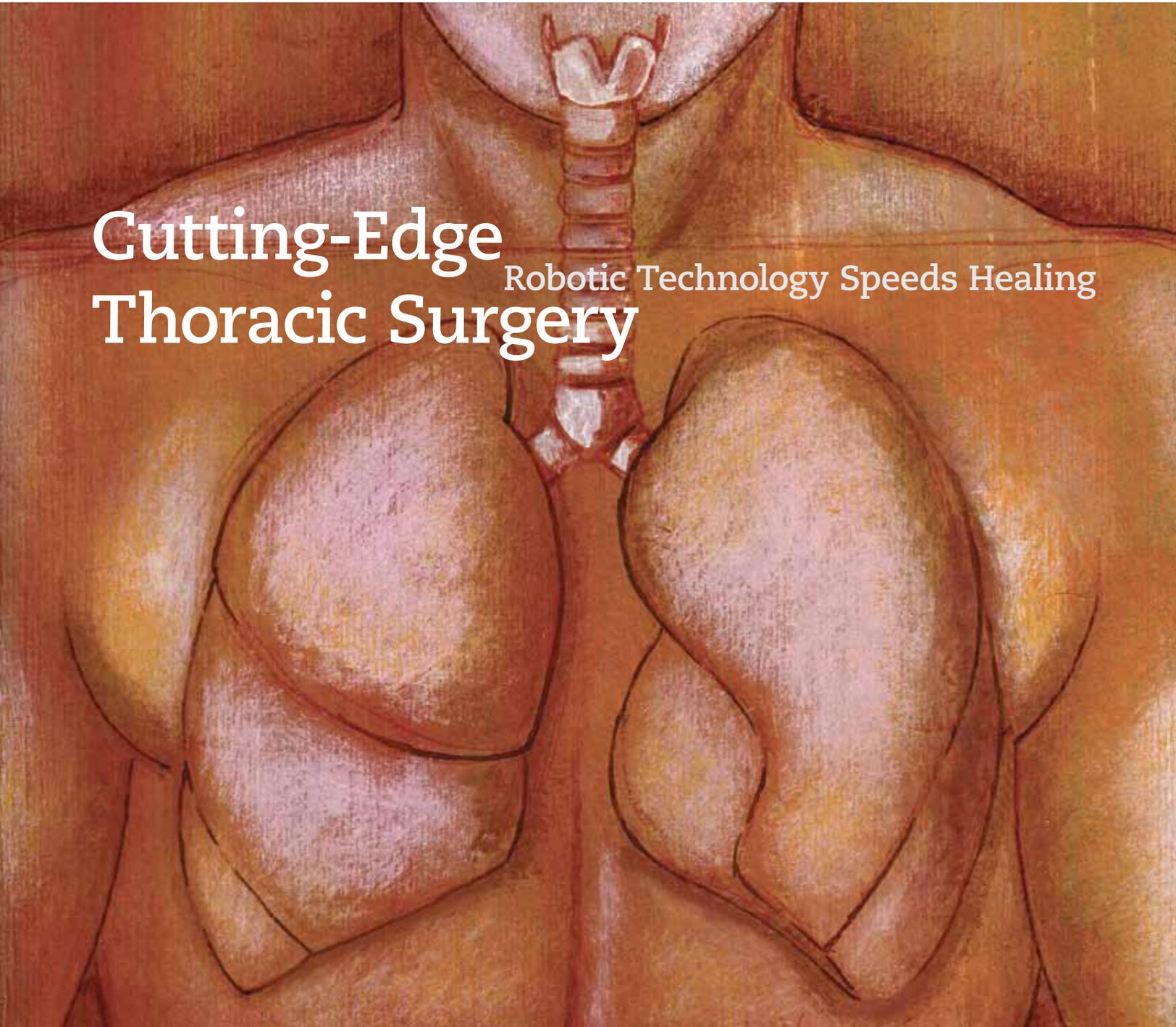


ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Winter 2012



Cutting-Edge Thoracic Surgery

Robotic Technology Speeds Healing

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.



Advancing Medicine Stories of Hope and Healing

Hartford Hospital's continuing series, *Advancing Medicine*, airs on Hartford's CBS affiliate, WFSB Channel 3. Each half-hour show showcases the inspiring stories of real people who are living with cancer, digestive disorders, heart disease or a life-threatening stroke. Episodes have highlighted Hartford Hospital's stunning advances in robotic surgery or the way life changes dramatically after weight-loss surgery. Stay tuned after each show to chat online, or by phone, with our doctors. Watch for upcoming shows by visiting www.harthosp.org/AdvancingMedicine.

Hartford Hospital's LIFE STAR Wins Award

The Association of Air Medical Services (AAMS) recently recognized Hartford Hospital's LIFE STAR medical helicopter and its team as "Program of the Year" for 2011. Since 1985, LIFE STAR has been saving lives in Connecticut and beyond, making sure patients in critical or emergency care situations receive the highest level of patient care. LIFE STAR, which has bases in Norwich and Hartford, operates 24 hours a day, seven days a week, transporting more than 1,200 patients each year.



Hartford Medical Group and MidState Medical Group Receive Highest Recognition

Both Hartford Medical Group (HMG) and MidState Medical Group (MMG) are pleased to announce their recent recognition as a Patient-Centered Medical Home (PCMH), the highest recognition by the National Committee for Quality Assurance (NCQA). PCMH is a team-based model of care led by a personal physician who provides continuous and coordinated care throughout a patient's life.

The PCMH practice is responsible for providing for all of a patient's health care needs or appropriately arranging care with other qualified professionals. This includes the provision of preventive services, treatment of acute and chronic illness, and assistance with end-of-life issues.

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One call does it all if you're looking for a doctor in Connecticut. Hartford HealthCare has licensed the phone number 1-800-DOCTORS to make it easier than ever for patients to find the perfect doctor. When you call the toll-free 1-800-DOCTORS number, a knowledgeable call center counselor will ask a series of questions to help you choose a doctor from more than 2,000 of the region's finest physicians.

More than half of American adults drink coffee every day. The energy-boosting ingredient in coffee is one of nature's earliest known stimulants: *caffeine*.

When we're tired, our bodies release a chemical called *adenosine* that makes us feel drowsy. Caffeine fools the brain by binding to adenosine receptors, jump-starting the nerve cells and triggering a surge of revitalizing adrenaline.

A typical cup of coffee contains roughly 200 mg of caffeine. Stressed-out and sleep-deprived Americans drink about 2.6 cups of coffee a day, which adds up to 45 million pounds of coffee each year.

Caffeine's power to reduce physical fatigue and increase alertness accounts for its role as the world's most widely used psychostimulant drug.

In some individuals, however, coffee's energizing advantages may be outweighed by its drawbacks. Caffeine-sensitive individuals often experience anxiety, restlessness or wakefulness after only a cup or two. People who have trouble sleeping should avoid caffeine in the second half of the day because the potent alkaloid stays in the brain for up to eight hours.

"Patients sometimes complain about extra heart beats after drinking coffee," says cardiologist Donna M. Polk, M.D., director of Preventive Cardiology at Hartford Hospital. "Ask your doctor about caffeine if you have cardiac arrhythmia or high blood pressure."

Headache Help

Does caffeine cause or cure a headache? Before being stricken with a migraine, headache sufferers often experience visual disturbances, dizziness, nausea or vomiting. Some migraine sufferers report that they can stave off a looming headache with a strong cup of coffee.

"Caffeine can prevent a headache," says neurologist Tanya R. Bilchik,



A Jolt of Java Invigorates the Brain

M.D., of the Hartford Headache Center, "but it's a double-edged sword. Caffeine withdrawal gives you a worse headache, so then you drink more coffee."

In one small controlled study, researchers found that caffeine alone was as effective as acetaminophen at relieving tension headaches. "Caffeine is often combined with other drugs to treat cluster and migraine headaches," says Dr. Bilchik. "Both over-the-counter and prescription headache remedies contain the stimulant, which has been shown to increase the effectiveness of both aspirin and acetaminophen (Tylenol)."

Caffeine's effects on the brain vary enormously depending on how often it's consumed. Studies of dependency

show that daily coffee drinkers are motivated more by avoidance of the punishing withdrawal symptoms than by craving for caffeine's stimulating effects.

More than 85 percent of Americans consume caffeine every day. Genetic factors leave some individuals especially vulnerable to developing caffeine dependency. As tolerance builds up, the brain begins to crave the anticipated rush of energy. Skipping the daily coffee ritual swells blood flow in the brain, triggering a ferocious headache.

Mood and Mind

Coffee may provide more than a fleeting rush of energy. "Our results support a possible protective effect of caffeine, mainly from coffee consumption, on risk of depression," wrote Harvard University researchers who followed more than 50,000 women for 10 years as part of the Nurses Health Study. Women who routinely consumed two to three cups of coffee daily had a 15 percent lower risk of depression in comparison with non-coffee drinkers, while those who drank more than four cups a day had a 20 percent lower risk.

A 2008 French study in the journal *Neurology* found that women who drank three or more cups of coffee a day were 30 percent less likely to have memory problems at age 65 than those who consumed one cup or less. Researchers theorize that caffeine acts as a cognitive stimulant. Memory decline was 70 percent less likely in women over 80 who drank three or more cups daily.

Coffee consumption may also protect against Parkinson's disease. Although further research is necessary to confirm the connection, several large studies have linked high caffeine intake with reduced risk of developing the progressive neurological disorder. About a quarter of the population has a specific gene that makes them likely to benefit from experimental drugs that mimic the effects of caffeine on the brain.

The da Vinci Robot's Newest Frontier: Thoracic Surgery



Dr. Robert Gallagher and the da Vinci robotic surgical system.



It's been an eventful year for Bob Fusco, who first learned about robotic surgery after a sudden heart attack last March. The emergency cardiac team at Hartford Hospital's Chest Pain Center quickly opened his blocked coronary artery and placed a stent, which saved his life. But another major vessel on the front of his heart could not be treated with angioplasty.

Bob was scheduled for a robotic-assisted coronary artery bypass through the left side of his chest. During the work-up in preparation for the procedure, physicians discovered a mass in the upper lobe of his right lung. After undergoing his first successful robotic procedure in May, he left the hospital and immediately began cardiac rehab in preparation for his next robotic procedure—removal of the lobe of the lung that contained the tumor.

Thanks to his quick recovery from bypass surgery, the Glastonbury resident was convinced of the advantages of robotic surgery. "It's amazing how swiftly I recovered," he recalls. "I was in the hospital for four days with only minimal pain."

As Bob was strengthening his heart with 36 sessions of stationary biking and treadmill running, Hartford Hospital surgeons were preparing to extend the robot's reach to the other side of his chest. Although minimally invasive techniques have revolutionized nearly every surgical specialty, the chest has remained a challenge.

In October, Bob underwent a non-cardiac thoracic (chest) procedure called a lobectomy to remove the tumor. After the right upper lobe was successfully removed with robotic-assisted surgery, he again made a rapid recovery and was out of the hospital in only four days.

Hartford Hospital surgeons have pioneered many innovative robotic procedures since 2003, when Hartford Hospital became the first medical center in Connecticut to acquire the revolutionary da Vinci robot. Smaller scars, less pain, minimal blood loss and a speedy recovery have spurred the rapid growth of minimally invasive surgery in recent years.

Minimally invasive techniques allow physicians to perform life-saving surgery with far less risk of blood loss or infection than conventional "open" methods. Robotic-assisted techniques have revolutionized surgical control and precision, allowing complex procedures to be performed through very small incisions.

Surgeons avoid cutting deeply into underlying muscles, instead making small slits, or ports, in the skin and inserting instruments and a fiberoptic camera through the tiny ports. Slipping a flexible scope tipped with a camera through a "keyhole" in the ribs disrupts sensitive tissues far less than a lengthy incision with a surgeon's scalpel.

Until recently, thoracic surgeons had to make large incisions in the chest and then spread the ribs that form a bony protective barrier around the vulnerable lungs and heart. Not until instruments became so miniaturized that they could slip through tiny spaces between the ribs was it possible to remove Bob's lung tumor through an incision only about 1½" in size.

Daniel S. Fusco, M.D.

Daniel S. Fusco, M.D., a cardiothoracic surgeon with Hartford Specialists, is board-certified in both General Surgery and Cardiothoracic Surgery. His areas of interest include robotic cardiac surgery, heart transplantation and robotic thoracic surgery.

Dr. Fusco earned his undergraduate degree at the University of Connecticut in 1986 and a master's of science degree from Worcester Polytechnic Institute in 1993. He received his medical degree from the University of Connecticut in 1995. He completed his general surgical residency at Baystate Medical Center in 2000 and a thoracic surgery residency at the Medical College of Virginia (2000–2002), followed by fellowship training in Heart Transplantation and Aortic Surgery at Yale-New Haven Hospital (2002–2005).

He is a clinical instructor in surgery at the University of Connecticut School of Medicine. His hobbies include mountain climbing, stair racing (as in running up all 38 floors of the CityPlace tower) and running up Mt. Washington. Dr. Fusco, who has nearly completed his pilot training, also enjoys sailing, ham radio and playing the piano.



Flexible and Versatile

Robotic surgery's high-tech tools offer advanced techniques for performing a biopsy, removing a lobe of the lung, or treating esophageal cancer. Tumors in the center part of the chest (mediastinum), including those of the thymus gland or lymphomas, are particularly well suited to robotic techniques.

"Video-assisted thoracoscopic surgery (VATS) allowed us to look inside the chest cavity after making very small incisions," says cardiothoracic surgeon Robert Gallagher, M.D., of Hartford Specialists. "Now we've taken it one step further with robotic-assisted techniques."

While standard endoscopic (VATS) tools are just straight instruments, robotic tools have seven degrees of freedom, just like the human wrist. "The robot allows us to change direction while operating," says Daniel S. Fusco, M.D., of Hartford Specialists (no relation to Bob Fusco, the patient). "The robot allows surgeons to work quickly and steadily, with less trauma and faster recovery for the patient."

"The robot is an evolutionary leap for lung cancer surgery," says pulmonologist J. Samuel Pope, M.D., of Connecticut Multispecialty Group, noting that new World Health Organization (WHO) guidelines urge regular screening for lung cancer with low-dose CT (cat) scans. "We hope that regular screening will help us find lung cancer early, when it's more likely to be cured."

The da Vinci robot's versatility gives the surgeons the ability to insert and manipulate instruments even more freely than the human hand. "Surgery is the best therapy for early lung cancer," says Dr. Gallagher, the first cardiothoracic surgeon at Hartford Hospital to utilize the da Vinci robot's unique capabilities to remove the entire lobe of the lung. The robot's flexibility allows surgeons to navigate deep within the chest.

Seated at the console across from the operating table, Dr. Gallagher scrutinizes the 3D images relayed by the fiberoptic scope inserted into the patient's chest as four robotic arms operate in concert with the movements of his hands. Eyes glued to the viewfinder, his feet glide across bright yellow and blue foot pedals.

"Ten years ago, we had to make large incisions and spread the ribs," says Dr. Gallagher. "The robot's dexterity, along with the camera's 10-power magnification system and high-definition screen, allows us to maneuver safely even in delicate regions near the heart."

Thoracic Cancers

The thoracic oncology team at the Helen and Harry Gray Cancer Center is a multidisciplinary group of experienced specialists skilled in the diagnosis and treatment of thoracic malignancies. Medical oncologists, pulmonologists, thoracic surgeons, radiologists, radiation therapists, pathologists, nurses and other specialists all participate in the decision-making process. This collaborative process ensures that the patient receives the best care possible.

More than 220,000 Americans are diagnosed with lung cancer and an estimated 160,000 die of the disease each year. Lung cancer accounts for more deaths among men and women than any other form of cancer in the United States. Each lung is divided into lobes—two on the left and three on the right. When lung cancer is caught early, surgeons can often successfully treat the disease by removing the whole lobe of the lung.

"While radiation therapy and chemotherapy are often used in patients with lung cancer, surgery offers a clear survival advantage if the cancer hasn't yet spread to distant organs," says Dr. Gallagher.



Patient Bob Fusco (no relation to the physician) is continuing to exercise for his health.

“The major advantage of robotic surgery is that it is much less invasive,” adds Dr. Fusco. “In the early days of thoracic surgery, surgeons would have to cut through the back muscles and take out a rib to remove a tumor.”

Surgeons now make only a few small incisions in the side of the chest, zoom in with the camera, and manipulate robotic arms with the hand and foot pedals. “When filled with air the lung is a relatively large structure,” says Dr. Fusco. “Using the robot, we collapse it to about a third of its size, encase it in a plastic bag and remove it through a very small incision.”

Today, Hartford Hospital is the Northeast’s largest robotic surgery center, with seven Intuitive Surgical da Vinci robots. “Surgeons from all over the country observe procedures and undergo advanced robotics training at the hospital’s Center for Education, Simulation and Innovation (CESI),” says Dr. Fusco. Thanks to Hartford Hospital’s leadership in minimally invasive procedures, patients can now take advantage of the speed and safety of robotic thoracic surgery.

For more information, see www.harthosp.org/robotic/thoracic.

Beating Diabetes

Controlling Blood Sugar is vital to managing your diabetes

Nestled just behind the stomach is the pancreas, the body's insulin-producing powerhouse. People suffering from diabetes either don't make enough insulin or can't use the hormone effectively. When insulin levels drop, the body can't utilize the glucose (sugar) in food for energy, and blood sugar levels soar.

"The goal of diabetes management is the best possible control of blood sugar without producing a low blood sugar reaction," says endocrinologist Robert M. Oberstein, M.D., director of Hartford Hospital's Diabetes LifeCare program. "When blood sugar drops too low, adrenaline surges, causing dizziness or shakiness. Such an adrenaline rush isn't good for the heart. Yet if the sugar levels are too high, multiple complications result. Most patients achieve good control with a combination of two or three medications."

Diabetes afflicts an estimated 26 million people in the United States, with seven million unaware that they have the disease because they have no symptoms. Warning signs include excessive thirst, frequent urination, weight loss, blurred vision and fatigue. Nearly two million Americans over age 20 and 215,000 children and adolescents were diagnosed with diabetes in 2010 alone.

Who Gets Diabetes?

Type 1 diabetes is an endocrine disorder that usually strikes in childhood, when the body stops producing enough insulin to regulate blood sugar levels. Experts theorize that some triggering event—possibly a virus—destroys the insulin-producing cells in genetically susceptible individuals.

Type 1 diabetes, formerly called "juvenile" diabetes, requires lifelong treatment with insulin and constant monitoring of blood sugar levels. "Early and aggressive treatment of newly diagnosed type 1 diabetes significantly reduces the risk of later complications," says Dr. Oberstein. "Type 1 diabetes is no longer a death sentence."





Kelly Johnson-Arbor, M.D. (right), is medical director of Hartford Hospital's Center for Wound Healing and Hyperbaric Medicine, where 10 patients at a time breathe 100 percent oxygen under pressure.

Links to Obesity

In Type 2 diabetes, which can develop at any age, the pancreas produces insulin, but the body becomes resistant to its effects, often because of obesity or excess weight. Diabetes and high blood pressure, linked to obesity, are among the leading causes of chronic kidney disease. Studies show that type 2 diabetes more than doubles the risk of a heart attack or stroke.

Today, one in 10 Americans suffers from type 2 diabetes, a number that is expected to grow along with expanding American waistlines. Obesity afflicts nearly a third of all adults and has doubled in prevalence since 1980. Another 34 percent of all adults are considered to be overweight, but not obese. If current trends continue, one in three adults in the United States will suffer from diabetes by the year 2050, according to the Centers for Disease Control and Prevention (CDC).

Tools for a Healthy Life

Diabetes LifeCare is Hartford Hospital's multidisciplinary approach to teaching patients how to control their blood sugar, a practice that has been shown to reduce long-term complications. Diabetes LifeCare offers day and evening classes, individualized nutritional counseling, and group sessions in English or Spanish.

Dietitians meet one on one with patients to help them develop low-carbohydrate meal plans. "We don't tell people what they can or can't eat, but how to make healthy choices," says Dr. Oberstein. "We also urge patients to exercise."

Diabetes is the leading cause of kidney failure and new cases of blindness among adults in the United States. Diabetic "retinopathy" causes the blood vessels of the retina to swell and leak fluid. "Patients need to see an eye doctor every year for an exam," says Dr. Oberstein. "With good preventive care, we can usually prevent blindness."

As diabetics age, the disease often leaves them vulnerable to a painful and

often irreversible type of nerve damage called diabetic neuropathy. Patients learn how to examine the bottoms of their feet for early signs of ulcers or injuries. Prompt foot care is crucial to preventing small abrasions from turning into debilitating wounds that can lead to loss of a limb. “With tight control of blood sugar, we can usually prevent complications,” says Dr. Oberstein. “Diabetic neuropathy directly correlates with sugar control.”

Wound Healing

Hartford Hospital’s Center for Wound Healing and Hyperbaric Medicine, which opened in 2004, helps patients with diabetic foot wounds avoid limb amputation. Seated comfortably in the 10-person hyperbaric chamber—the only one of its kind in New England—patients wear transparent hoods that deliver 100 percent oxygen that has been compressed by the pressure inside the chamber. “The pressure increases oxygen in the bloodstream, which speeds the healing process,”

explains Kelly Johnson-Arbor, M.D., medical director of the Center.

Patients suffering from chronic wounds or severe bone infections undergo a daily two-hour treatment for two to three months, but the payoff is increased blood flow and new blood vessel formation within the wound. “We bring together multidisciplinary resources to provide comprehensive evaluation and treatment,” says Dr. Johnson-Arbor. “Healing chronic wounds is a complicated and time-consuming process.”

Most patients who manage their chronic disease by sticking to a low carbohydrate diet and rigorously controlling their blood sugar won’t ever need to face the frightening prospect of blindness or amputation. New understanding of the importance of maintaining blood sugar levels as near normal as possible, combined with advances in insulin delivery systems and high-tech wound care, are keeping patients alive longer than they ever expected.

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

A Disease, a Friendship, a Gift, a Legacy

When Hal Moffie learned he had diabetes 14 years ago, his reaction wasn’t surprising.

“I was scared,” recalled Hal. “I conjured up so many negative things, like the loss of a limb, even death.”

Then he met Neil Grey, M.D., then-Medical Director of Hartford Hospital’s Diabetes LifeCare program, and himself a diabetic. Suddenly, it wasn’t the end of the world.

With Dr. Grey’s encouragement and guidance, Hal learned to manage his diabetes and live a normal life over the years. They formed a warm friendship that went beyond the doctor-patient relationship.

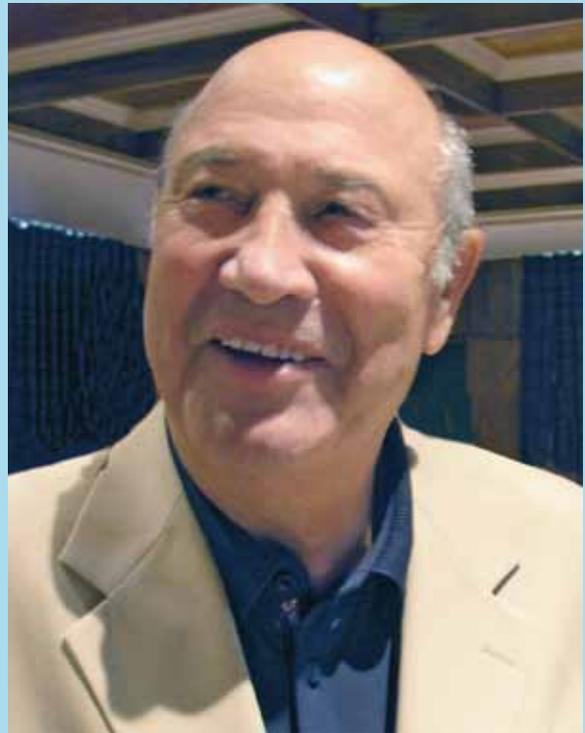
When Dr. Grey passed away suddenly in May 2007, Hal was “as shocked as anyone.” Knowing that Dr. Grey’s dedicated work had to be continued, he chaired a fund-raising committee to create an endowment—the Neil J. Grey, M.D., Fund for Diabetes—as a fitting and lasting tribute to Dr. Grey’s legacy.

A long-time supporter of the hospital’s Diabetes LifeCare program, Hal also set the pace for the effort with a remarkably generous leadership gift.

“For me, it was a way to give back to this man who helped so many in our community affected by diabetes and afraid of the disease,” explained Hal. “Dr. Grey was a regular guy, so humane, so self-effacing, and so highly respected for knowing all about this disease and helping thousands of people to manage it.”

Gifts to the fund over the past four years have been used for the education of and care for patients with diabetes, with an emphasis on researching and applying best practices in disease and complication management. The fund is also used for travel, supplies and the education of the entire health care team within the clinical setting and beyond.

“We’ve been very pleased with the growth of the fund, and people continue to give,” added Hal. “It



Mr. Hal Moffie

has supported some wonderful lectures that have been well attended and well received. All in all, the fund has allowed Dr. Grey’s passion to live on, and he would be most proud to know that his work continues.”

For more information about The Neil J. Grey, M.D., Fund for Diabetes or to make a gift, contact Sue Dana at (860) 545-2226 or sdana@harthosp.org or visit <http://www.harthosp.org/diabetes>.



Center of Excellence The Hartford Hospital Eye Surgery Center

Seeing Seeing Seeing Clearly

Each month, more than 800 patients spend two to four hours at the Hartford Hospital Eye Surgery Center in Newington, where nearly 40 eye surgeons from across the region perform outpatient procedures in a convenient suburban location.

The Hartford Hospital Eye Surgery Center—one of the largest in New England—is a 13,000-square-foot building with four operating rooms and a laser treatment room. Parking is available in a large lot adjacent to the center. For those who need transportation, round-trip, door-to-door car service is only \$25.

“Eye procedures are performed under local anesthesia at our state-of-the-art facility,” says ophthalmologist David Emmel, M.D., medical director of the outpatient center. Procedures include cataract and glaucoma surgery, corneal surgery (including transplants) and plastic surgery on the eyelids to improve function or appearance. The center’s laser technology is used to treat glaucoma, retinal problems or vision clouding that sometimes develops after cataract surgery.

As people age, vision is often diminished by a cataract that develops in the clear lens of the eye. According to estimates from the National Eye Institute, more than 20 million people over age 40 in the United States have cataracts. By age 80, more than half of all Americans will have them.

“People who regularly take medications for diabetes or asthma are at increased risk for cataracts,” says Jerry Neuwirth, M.D., director of Hartford Hospital’s Department of Ophthalmology. “Your ophthalmologist will recommend cataract surgery if you have blurred vision, colors start to look less vivid or you have trouble seeing in the glare of headlights at night.”

“Cataract surgery is not only the most commonly performed operation, it is also one of the safest operations you can undergo,” says Dr. Emmel. “It’s an operation that brings almost instant gratification because of the dramatic improvement in vision it provides.”

Friendly staff members greet cataract patients and guide them through paperwork and the pre-operative process. “They go to the operating room, and 20 to 30 minutes later they are in the recovery room enjoying a warm muffin and a cup of coffee before heading home. No one stays overnight.”

The tiny cataract incision—barely $\frac{1}{8}$ " long—is delicately designed to seal itself without stitches. “Minimally invasive surgery heals quickly with less discomfort and lower risk of infection or other complications,” says Dr. Emmel. “It’s not unusual for patients to experience improved vision within hours of undergoing surgery.”

Significant advances in cataract surgery include the development of intraocular lens implants that correct for astigmatism or allow the patient to see both far and near. Although not covered by insurance or Medicare, the new implants

are growing in popularity because they often reduce dependence on glasses.

The center holds regular meetings and workshops to help eye surgeons stay up to date with the latest developments in ophthalmic surgery. “Glaucoma is one of the leading causes of preventable blindness in the U.S., but it can be well controlled with treatment,” says glaucoma specialist Kristy Mascarenhas, M.D., who recently taught other eye surgeons how to perform a procedure called *Trabectome* for advanced glaucoma.

Cornea specialists at the center perform traditional corneal transplants, as well as several new corneal transplant modifications. Eye plastic surgery procedures include operations to lift sagging lids or to repair problems that cause eyes to tear excessively.

Hartford Hospital Eye Surgery Center is Connecticut-licensed, Medicare-certified and accredited by the Joint Commission on Accreditation of Health Care Organizations as an outpatient surgery center.

For more information, visit www.harthosp.org/Eyes/AboutUs.





Tea and Comfort

Tea is a soothing natural remedy that warms the body and soul. A steaming cup of tea relieves the congestion of a wintertime cold or flu. In countries across the globe, tea drinking is a daily ritual, whether served by a kimono-clad geisha or an English duchess.

The leaves of the *Camellia sinensis* plant can be harvested at different times during the growing season and processed to create white, green or black tea. Australian researchers found higher bone mineral density in older women tea drinkers, according to a 2007 study in the *American Journal of Clinical Nutrition*.

Darjeeling tea

In the Darjeeling region of eastern India, tea leaves are plucked by hand. Grown at high altitudes under strong sun, Darjeeling oolong tea is given names like “autumnal flush” or “monsoon” (depending on when it’s harvested). “Black tea” is more oxidized than oolong, green and white varieties and contains more caffeine.

Green tea

Packed with antioxidant-rich polyphenols, green tea fights disease by reducing oxidative damage to cells. Researchers who followed 8,500 Japanese men and women for 12 years found that men (but not women) who drank four cups of green tea daily were significantly less likely to die of heart disease than men who drank about a cup a day. Ask your doctor before drinking green

tea if you have cardiovascular problems or if you’re taking blood thinners (warfarin or Coumadin). Green tea contains antioxidant compounds that may affect the body’s absorption of folic acid, a B-complex vitamin that helps prevent birth defects.

Ginger Tea

Ginger tea is a popular home remedy for motion sickness, stomachache and sore throat. A 2004 study in *Obstetrics & Gynecology* showed that ginger relieves nausea and vomiting in early pregnancy. A 2007 study at the University of Michigan showed inhibition of the growth of ovarian cancer cells in the laboratory. Ask your doctor before drinking ginger tea if you have cardiovascular problems or if you’re taking blood thinners.

Jasmine Tea

Jasmine tea is made by blending fresh jasmine flowers with green tea leaves in the traditional Chinese way. A 2005 study at Japan’s Kyoto University showed that a strong odor of jasmine tea calms the mood and significantly decreases the heart rate. Jasmine is prized in Chinese medicine for its anti-inflammatory properties.

Peppermint Tea

Peppermint “tea” is a tisane (infusion) used in Europe as a digestive aid. Studies have demonstrated that the beverage relaxes the muscles of the intestinal tract and eases pain, bloating, gas and diarrhea.

Life with Lupus



Lupus is one of many chronic disorders of the immune system called “autoimmune” diseases. Autoimmune disorders result when the disease-fighting system overreacts and turns against the body it’s supposed to protect.

Formally known as systemic lupus erythematosus (SLE), what’s described here as “lupus” is a chronic, inflammatory autoimmune disease that can affect nearly every organ system in the body, including the skin, joints, kidneys, heart, lungs and central nervous system.

“Lupus can vary widely in its severity,” says rheumatologist John A. Vischio, M.D., of Rheumatology Associates. “Common symptoms include fatigue, low-grade fevers, joint pain, hair loss and rash. In more severe cases, however, lupus can lead to potentially fatal damage to the kidneys, lungs and nervous system.”

In the United States, lupus affects approximately 1 in 1,000 individuals. “Lupus occurs in genetically susceptible individuals, although the genes respon-

sible have not been completely determined,” says Dr. Vischio. “The onset of the disease usually occurs between the ages of 15-45. Exposure to sunlight may trigger a ‘flare’ of the condition.”

Autoimmune disorders, including lupus, overwhelmingly afflict women, especially during the childbearing years. Lupus often strikes during or just after pregnancy. “Increased estrogen activity likely plays a role, as lupus is approximately 10 times more common in women,” adds Dr. Vischio. The disorder disproportionately affects African Americans, Asians and Hispanics.

Although most patients with lupus test positive for anti-nuclear antibodies (ANA), the diagnosis is based upon a thorough history, physical examination and laboratory tests. “The ANA test is not a specific test for lupus,” says Dr. Vischio. “It may be positive in other autoimmune disorders, particularly thyroid disorders. In addition, a small proportion of healthy individuals may test positive for low levels of ANA.”

Treatment varies widely depending upon the severity of the condition. “Milder symptoms, such as rash, fatigue and joint pain can be treated with topical or low-dose oral corticosteroids, non-steroidal anti-inflammatory drugs (NSAIDs) and hydroxychloroquine. More severe cases, including those with involvement of internal organs, usually require high-dose corticosteroids and/or other immunosuppressant medications.”

In 2011, the FDA approved Benlysta® (belimumab), the first new medication for lupus in more than 50 years. Belimumab is approved for patients with mild to moderate disease in combination with existing medications.

“Patients should be followed closely by a rheumatologist,” says Dr. Vischio. “People with lupus should avoid sun exposure and adopt a healthy lifestyle to help reduce the risk of cardiovascular disease.”

WHAT'S GOING AROUND...News & Breakthroughs

Rare Scare

Northern Arizona University researchers are studying how “strain 398” of antibiotic-resistant *Staphylococcus aureus* is transmitted. *Clinical Infectious Diseases* reports that half the chicken, beef and pork samples from U.S. grocery stores—and three-quarters of turkey samples—were contaminated with *Staph*, which causes skin infections, heart inflammation and pneumonia. Always cook meat thoroughly.

Sleepless Nights

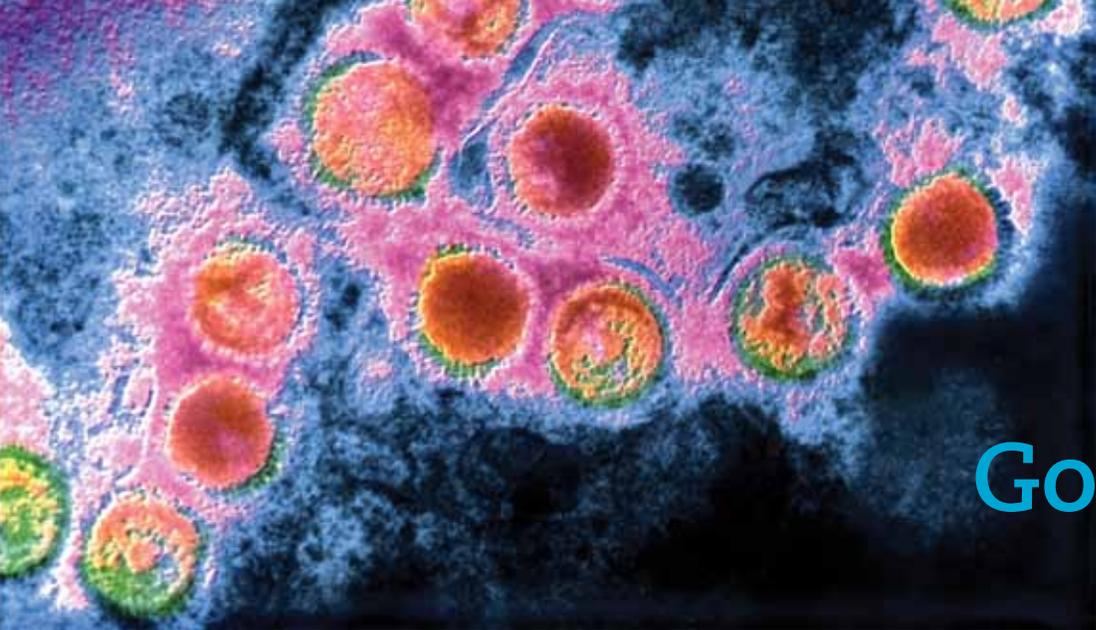
Up to 70 million adults in the United States have chronic sleep or wakefulness disorders, according to the National Institutes of Health. The percentage of adults who average less than seven hours of sleep per night has jumped by about a third since the 1980s. Sleep disorders are associated with an increased risk of heart disease, stroke, diabetes and obesity.

Raw Data

A McGill University study shows that eating plenty of fruit and raw vegetables can lower heart attack risk in people who are genetically susceptible to cardiovascular disease. About one-fifth of those of European ancestry have the high-risk 9p21 gene variant. *Plos Medicine* reports that a diet high in raw vegetables, fruit (or fruit juice) and berries can counteract the effects of the gene.

Skin Deep

In a study published in *Gene Therapy*, Oxford University researchers report that they transformed patients’ skin cells into cancer-fighting weapons against their own disease. Scientists hope to harness the patient’s own immune system to mount a targeted attack on cancerous cells. Advances in stem cell technology may someday lead to clinical trials of immunotherapy-based cancer treatments.



Going Viral

Viruses are inventive and tenacious, colonizing a host, hijacking cells and replicating themselves with frightening speed. Antibiotics can treat bacterial infections, but they don't work against viruses.

Make sure you're up to date on available immunizations. "Everyone should have an annual flu shot," says Director of the Division of Infectious Disease Jack W. Ross, M.D. "Antiviral drugs can often reduce symptoms when the illness is caught early, so see your primary care physician (PCP) promptly."

Listed below is a sampling of common viruses that can cause mild or severe illnesses, in addition to the three to five mild common "colds" we get each year.

PARVOVIRUS B19 • Fifth disease is caused by infection with parvovirus B19. This contagious virus infects children and adults and causes a telltale "slapped cheek" rash on the face and a lacy red rash elsewhere on the body. In adults, it also can cause small-joint arthritis lasting up to six months. Rarely, the usually mild virus causes complications in pregnant women. A blood test can confirm the diagnosis.

STOMACH BUG • Norovirus is a highly contagious illness that causes acute gastroenteritis. Violent and repeated bouts of vomiting, diarrhea and abdominal cramps leave sufferers feeling weak and fatigued. Careful hand washing is the best way to prevent infection with the virus, which spreads rapidly on cruise ships or in nursing homes. Dehydration can be dangerous for elderly or immunocompromised individuals.

HEPATITIS • Hepatitis A virus causes an infection that does not become chronic. International travelers and others at risk for the virus can be vaccinated against the virus, transmitted by contaminated food and water. There is also a vaccine for hepatitis B, spread by blood and body fluids. No vaccine yet exists for hepatitis C, the leading reason for liver transplantation. Hepatitis C is initially a silent infection that can cause cirrhosis (scarring), liver failure and liver cancer. "Hepatitis C can be diagnosed with a simple blood test," says Dr. Ross. "Hartford Hospital's liver disease specialists have exciting new options that can potentially cure people infected with the virus, helping even those with cirrhosis, prior treatment failure or who may need a liver transplant."

RSV • Respiratory syncytial virus is a potentially serious illness that can lead to pneumonia in older individuals. The virus spreads when an infected person coughs or sneezes, releasing respiratory droplets into the air. No vaccine exists for the contagious disease that peaks during the winter and causes a fever, runny nose, cough, wheezing, nose, sore throat and headache.

HERPES ZOSTER • Shingles results from the varicella-zoster (VZV) virus that causes chickenpox. After lying dormant for decades, the virus can erupt, causing blisters and severe pain, tingling or itching (usually only on one side of the body). See your primary care physician right away because early antiviral treatment can lessen the severity of the outbreak and prevent lingering pain. To reduce your risk of shingles, Dr. Ross recommends getting the Zostavax vaccine if you're 50 or older.

HERPES SIMPLEX • Cold sores result from infection with contagious type 1 or type 2 herpes simplex virus. Cold sores usually occur outside the mouth, on the lips and chin, or in the nostrils. Antiviral drugs—acyclovir (Zovirax) and valacyclovir (Valtrex)—are often prescribed to reduce pain and speed healing, although they won't cure a herpes outbreak.

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.



Gastroenterology

Michael Einstein, M.D.

Dr. Einstein graduated from medical school at Mount Sinai School of Medicine in 2003, followed by a residency in Internal Medicine at the University of Wisconsin, where he was Chief Resident (2003–2007). He completed his fellowship training at New York-Presbyterian Hospital in Liver Transplantation (2007–2008) and in Gastroenterology at Sinai Samaritan Medical Center (2008–2011). He is board-certified in Internal Medicine.



Endocrinology

Elizabeth A. Fasy, M.D.

Dr. Fasy, who graduated from the University of Massachusetts School of Medicine in 1994, completed her residency in Internal Medicine at the University of North Carolina Hospital (1994–1997), followed by a fellowship in Endocrinology and Metabolism at the University of Virginia (1997–2000). She is board-certified in both Endocrinology and Metabolism and Internal Medicine.



Hand Surgery

Teresa Pianta, M.D.

Dr. Pianta earned her medical degree at the University of Rochester School of Medicine in 2005 and completed her residency in Orthopedics at the University of Connecticut School of Medicine (2006–2010), followed by a fellowship in Hand Surgery at the Philadelphia Hand Center (2010–2011).

Transplantation

Patricia Sheiner, M.D.

Dr. Sheiner has joined Hartford Hospital as Director of the Transplantation Program. After graduating from medical school at McGill University in 1984, she completed her residency in Surgery at the State University of New York (SUNY) Downstate Medical Center (1984–1989), followed by fellowship training in Liver Transplant/Hepatobiliary Diseases at Toronto General Hospital (1989–1990). She spent a year researching Surgical Sepsis at Toronto General Hospital (1991–1992). She is board-certified in Surgery.



Internal Medicine

Ali Torabzadeh, M.D.

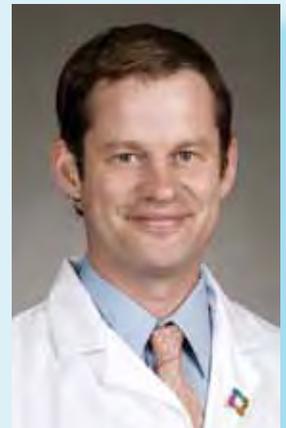
Dr. Torabzadeh earned his medical degree at Ross University School of Medicine in 2002 and completed his residency in Medicine and Family Medicine at Saint John Hospital and Medical Center (2002–2005), followed by a residency in Family Medicine at the University of Connecticut School of Medicine (2005–2007). He is board-certified in Family Medicine.



Pulmonary Disease

Patrick Troy, M.D.

Dr. Troy graduated from the University of Connecticut School of Medicine in 2004, followed by residency training in Internal Medicine at Johns Hopkins University (2004–2007). He completed his fellowship training at Harvard in Pulmonary and Critical Care Medicine at Massachusetts General Hospital, Brigham and Women's Hospital and Beth Israel Deaconess Medical Center (2007–2010), followed by a fellowship in Sleep Medicine at Beth Israel Deaconess Medical Center (2010–2011). He is board-certified in Internal Medicine and Pulmonary Medicine.



Calendar



Hartford Hospital Programs & Events From January 15 Through April 15, 2012

Advancing Medicine: **A Woman's Wellness: Pregnancy and Beyond.**

Thursday, March 8 | 7:30 p.m.
Tune in to WFSB Channel 3.

Don't miss the next episode of *Advancing Medicine* on WFSB. Join us as we follow courageous women at every stage of life. Follow patients facing routine births and also high risk pregnancies who are about to embark on the adventure of motherhood for the first time. And meet other women on the other side of the spectrum who rely on Hartford Hospital's experts to diagnose and treat gynecologic disorders, using the latest technology. After the show, the physicians featured will be live in the WFSB studios to take your calls.

For all program locations and directions, call 860-545-1888, toll free 1-800-545-7664 or go online to www.harthosp.org/classes.

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 Group

Please call Beth Caffrey at 860-545-1941 for dates and 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. 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 2/2, 3/1, 4/5 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. in Hartford. To register, call 860-545-6000. FEE: \$30/6 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

For women who are currently going through breast cancer treatment or have completed their treatment. Provides support through a gentle, conscious and restorative yoga practice taking into consideration the specific needs of patients with breast cancer. All are welcome to attend this heartfelt practice. **Schedule:** From 11:00 a.m. to 12:00 noon on 1/24, 1/31, 2/7, 2/14, (skip 2/21), 2/28, 3/6 in Avon. FEE: \$60/6 week session (\$10 for walk-ins).

Ovarian Cancer Support Group

Schedule: Fourth Tuesday of each month from 7:00 to 8:00 p.m. on 1/24, 2/28, 3/27 in Hartford. To register, 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. in Hartford. To register, 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 on 2/7, 3/6, 4/3 from 7:00 to 10:00 p.m. Registration is not required. Call 860-545-4594 with any questions. FREE.

Refer to page 23 for information on the special program [Life After Prostate Cancer](#).

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 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. on 2/6, 3/5, 4/2. Offered in Spanish on 2/6, 4/2. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.

Myeloma Update: Diagnosis, Treatment and Side Effect Management

(Presented by Mark Dailey, MD)

This program is targeted for patients, family members, caregivers and healthcare professionals to receive the latest information on Myeloma and Myeloma therapy and have their questions answered by a medical expert. Complimentary dinner served from 5:30 to 6:00 p.m. Program from 6:00 to 7:30 p.m. Visit www.harthosp.org to register. Registration is required. FREE.

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. Sessions are offered 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 1/18, 1/25, 2/1, 2/8, 2/15, 2/22 in West Hartford. 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 in Hartford and 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.



Rehabilitation/Exercise/Wellness

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—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.

Wellness/Integrative Medicine

Register online at www.harthosp.org/classes.

Expressive Art Classes (No experience necessary)
(Diana Boehmert, MFA)

Expressive ART Creativity Day— Workshop for Caregivers

It's extremely challenging when someone we love is facing a difficult illness, changing our lives for months or even years. This FREE, 1-day workshop will help to redirect your focus and give you insights into what nurtures you during these times. **Schedule:** From 10:00 a.m. to 3:00 p.m. on 2/11 in Wethersfield. Registration required. FREE.

SoulCollage® for Everyone

(Diana Boehmert, MFA)

Compassion

In the spirit of celebrating love, create a collaged card to help explore compassion as a foundation for love of self, others, and the world. No previous experience or prior class attendance necessary. Bring a magazine or two to share. **Schedule:** From 6:00 to 9:00 p.m. on 2/7 in Wethersfield. Pre-registration required. FEE: \$25 (FREE for Cancer Survivors).

Birthing Our Creative Selves

Creating a collaged card assists us in discovering what is original and unique to the many layers of our creative self. No previous experience or prior class attendance necessary. **Schedule:** From 6:00 to 9:00 p.m. on 3/13 in Wethersfield. Pre-registration required. FEE: \$25 (FREE for Cancer Survivors).

Baby's First Massage Instructor Training

(Kathy LaMountain, LMT)

Learn to teach parents the science, benefits and communication techniques of massaging their newborn babies. Upon registration you will receive a lesson plan that you must complete before attending the review workshop. Bring the completed post-test with you (for certification), a pillow and a small doll for practice. The workshop will include reinforcement of the home study materials, practice sessions, as well as a live demonstration with a newborn baby and family. CEUs/ contact hours available with certification. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 3/9 in Wethersfield. Registration required at 860-545-4444. FEE: \$250 (includes home study kit and video).

Newborn Massage Class for Parents

(Kathy Glucksman, RN, BSN, HBCE)

This class is designed for newborns up to 8 weeks of age. You will learn ways to offer loving touch to your baby to enhance communication and bonding while learning to interpret baby's cues and understand time out signals. Learn techniques to help baby with digestion, elimination, weight gain, and sleep. Bring your baby, a thick quilt or blanket, a receiving blanket, extra diapers/wipes and milk. **Schedule:** From 6:30 to 8:00 p.m. on 1/26, 2/23, OR 3/29 in Wethersfield. Registration required. FEE: \$45/session/couple and baby.

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. at the Helen & Harry Gray Cancer Center in Hartford or from 1:00 to 2:00 p.m. at the Helen & Harry Gray Cancer Center in Avon. Registration is required. FREE.

Hartford (Taylor Conference Room—snacks provided)

2/7 "Prepare for Surgery, Heal Faster"

Alice Moore, RN, MA, RMT

3/13 Aromatherapy

Deb Gengras, RN

Avon (80 Fisher Drive—beverages provided)

2/15 Tai Chi

Ken Zabrowski, Tai Chi Instructor

3/14 Meditation and Healing

Dory Dzinski, MAPC, LPC, NCC

Creating a Vision Board for Optimal Health and Wellness

(Dory Dzinski, MAPC, LPC, NCC)

Learn about the psychology and energetics involved with creating the popular Vision Boards and connect with your life goals. Learn different ways to build your own Vision Board—with or without categories, color, cut-outs or hand-drawn items, photographs, words, colors, images and symbols, 3-D aspects, etc. For those who love bringing tactile and sensory experiences into life, including scrapbookers, artists, and students of the Laws of Attraction. **Schedule:** Wednesdays from 6:30 to 8:30 p.m. on 2/8 and 2/15 in Avon. Registration is required. FEE: \$45.

Five Love Languages: Revitalize Your Communication

(Dory Dzinski, MAPC, LPC, NCC)

Do you feel as if some of your relationships are one-sided? As if you are giving but getting very little back? It may simply be because you speak different love languages! This class, based on the work of Gary Chapman, will teach you five different love languages including your own primary and secondary languages. This will help you see your relationships through a different perspective. **Schedule:** From 6:00 to 9:00 p.m. on 2/6 in Avon. Registration required. Fee: \$35.

HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

5-week class for expectant parents to learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy, childbirth, pre-birth, parenting and the consciousness of the pre-born baby. **Schedule:** Meets 6:30 to 9:00 p.m. on Mondays from 1/23 to 2/27 (skips 2/20) or Mondays from 3/5 to 4/2 in Wethersfield. Registration required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis Classes

(Lisa Zaccheo, BCH, BCI, MA) Classes are held from 7:00 to 9:00 p.m. in Avon. Registration is required for each class. FEE: \$25/class.

1/19 Relieving Pain with Hypnosis

Did you know that in Europe hypnosis is regularly used as an integral part of the pre-surgery anesthetizing process? If hypnosis is strong enough to be used for surgery, imagine what it could do for you in terms of managing your pain. Learn the science of how hypnosis works within the brain, as well as 3 powerful techniques to help put you in charge of your body's comfort.

2/9 I'm a Non-Smoker, Fresh Air Breather

If you have tried to quit smoking many times and felt it was an impossible struggle, don't despair, there's hope. You will learn why hypnosis has been proven to have a 90% success with smoking cessation. Imagine how good you will feel.

3/7 Learn the Subconscious Language of Healing

Words can harm and words can heal and the placebo effect, the positive outcome based on positive expectations, is tangible proof of the power of words. Likewise, there is the nocebo, negative effects based on negative expectations. This seminar will help you understand the importance of communicating with your subconscious in a way that heals rather than harms.



To register online go to www.harthosp.org/classes.

Meditation as a Life Skill

(Dory Dyziński, MAPC, LPC, NCC)

Learn how meditation can help relieve your anxiety, distraction, internal clutter and give you the ability to listen to your innate wisdom. You will learn how to stay focused, how to open and close your sessions, ways to structure your time, and how to create your sacred space. This class is highly experiential. **Schedule:** From 6:00 to 7:30 p.m. on 2 Wednesdays—1/25 and 2/1 in Avon. Registration required. FEE: \$45.

Mindfulness Based Stress Reduction

(Randy Kaplan, PhD) Stressed by life events, illness, pain, worry? This 8-week course is modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. Learn awareness of breathing, sitting and walking meditation, the “body scan,” basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** From 5:15 to 7:15 p.m. on Tuesdays, (free Orientation on 1/24 required) from 1/31 to 3/27 (skip 2/14), plus an all day retreat from 9:30 a.m. to 3:30 p.m. on 3/17 in Hartford. Registration is required. FEE: \$300 (includes 8 weeks, all day retreat, course workbook and 5 CDs).

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 1/26, 2/23, or 3/29 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Tai Chi

(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:** Sessions start on the first Tuesday or Friday of each month and pro-rated rates are available if starting mid-month.

Glastonbury – Tuesdays and Fridays from 12:00 to 1:00 p.m.

Wethersfield – Tuesdays and Thursdays from 3:30 to 4:30 p.m.

FEE: \$80/month if 2 times per week or \$45/month if once per week.

Tibetan Bowls Practitioner Level I

(Marie Menut, RN, MA) Tibetan Singing Bowls provide sound vibrations that improve energy flow in the body. Learn to use the bowls to assess and treat yourself and others to help achieve relaxation and decrease pain. **Schedule:** From 6:00 to 9:00 p.m. on Mondays, 1/9 to 1/30 in Newington. Registration required. FEE: \$150.

Tibetan Bowls Practitioner Level II

(Marie Menut, RN, MA) Prerequisite: Level I with Marie. Expand on information gained in Level I using three Tibetan bowls plus tingshaws. **Schedule:** Mondays from 6:00 to 9:00 p.m., 2/6 to 2/27 in Newington. Registration required. FEE: \$150.



Yoga Classes

Gentle Yoga for Cancer Patients

(Kathleen Kiley, Yoga Instructor)

This subtle yet powerful practice encourages deep relaxation through gentle yoga postures, breath work, and meditation. Yoga relieves stress and fatigue while allowing your body to access its natural healing abilities. This class is appropriate for those who are at any stage of recovery. For patients, family and friends. Please bring yoga mat, water, and 2 blankets. **Schedule:** From 10:00 to 11:00 a.m. on Mondays, 2/27 to 3/26 in Avon. Registration required. FEE: \$60/5 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

For women who are currently going through breast cancer treatment or have completed their treatment. The class provides support through a gentle, conscious and restorative yoga practice taking into consideration the specific needs of patients with breast cancer. **Schedule:** From 11:00 a.m. to 12:00 noon on 1/24, 1/31, 2/7, 12/14, (skip 2/21), 2/28, 3/6 in Avon. FEE: \$60/6 week session (\$10 for walk-ins).

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.

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. 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, Option #4, 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 1/26, 2/23 in West Hartford. Please call 860-760-6862 for more information. FREE.

Kidney Transplant Orientation Class

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

To register online go to www.harthosp.org/classes.



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/volsuc.

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 eeppet@harthosp.org.

Activity and Comfort Cart

Volunteers bring a cart with activities to patients in need of distraction during the day, or a cart with soothing items in the evening. Please submit volunteer application and indicate role of interest.

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 Avon on 2/11 and 2/18; in Wethersfield on 3/10 and 3/17. Registration is required. FREE.

Women’s Health Issues

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. 12-week sessions meet twice a week for “no-impact” workouts. Classes held in Wethersfield and Glastonbury. Schedule and registration available online at www.harthosp.org/classes. FEE: \$160.

NEW! Chair Yoga

Yoga is for every body, and this series is specially designed for those who have difficulty getting onto the floor because of age, limited mobility or physical restrictions such as knee and hip problems. This class will focus on emotional and mental health as well as learning proper breathing techniques and incorporating guided imagery and guided meditation. All postures are adapted to the chair. **Schedule:** From 9:00 to 10:15 a.m., 2/1 to 2/22, 3/7 to 3/28, 4/4 to 4/25 in Avon. FEE: \$50.

NEW! Yoga for Strong Bones

Yoga releases tension in the muscles and strengthens the supporting framework by strengthening bones and stabilizing joints. This class will focus on building strong bones, releasing tension in the muscles and increasing stability and range of motion in the joints, enabling you to enjoy the activities you love to do! **Schedule:** From 10:30 to 11:45 a.m., 2/1 to 2/22, 3/7 to 3/28, 4/4 to 4/25 in Avon. FEE: \$50.

Parent Education Classes

Registration is required for all classes. Register online at www.harthosp.org/ParentEd.

- **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, 1/12 to 1/26 and 4/19 to 5/3 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: 3/22

Glastonbury: 2/1, 3/7, 4/4

West Hartford: 2/13, 3/12, 4/9

- **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 1/23. 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: 3/15, 4/12

Glastonbury: 1/25, 3/28

West Hartford: 2/6, 3/5, 4/2

Wethersfield: 2/15

- **Breastfeeding and Returning to Work**

Prepares moms to return to work or school while continuing to breastfeed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. on 1/30, 3/19 in West Hartford. FEE: \$25.

- **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 2/11 or 4/14 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 2/22 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 2/29. 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 2/15 at the Jewish Community Center, 335 Bloomfield Avenue. 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 2/9 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.

To register online go to www.harthosp.org/classes.

• 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 2/28 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 2/2 or 4/5 in Hartford. 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 1/28 or 3/31 in West Hartford. FEE: \$35.00.

• 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 2/11, 3/10, 4/14 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, 2/15 to 3/21 or 4/11 to 5/16 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, 2/15 to 3/21 or 4/11 to 5/16 in Wethersfield. FEE: \$50 for 6-week series.

• 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 1/21, 2/18, 3/10 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. Wednesdays from 2/1 to 2/22, 3/7 to 3/28 and 4/4 to 4/25 in West Hartford. FEE: \$50/4-week session.

From We to Three: A Workshop for New Parents

It's true: a baby changes everything. Dr. Sharon Thomason of the Mom Source LLC and her husband, Dr. Andrew Magin, will help new parents, with infants under one year, transition from a couple to a family. Focus will be on connecting core values to the practical considerations of parenting: time management; balancing family, individual and career demands; and choosing and managing child care providers. **Schedule:** Saturday, From 9:00 a.m. to 12:00 noon on 2/4 in West Hartford. FEE: \$35 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 1/24 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. **Schedule:** From 6:00 to 9:30 p.m. on 1/25, 2/8, 2/29, 3/7, 3/28, 4/4 in Hartford. This is a non-certification informational class intended for home use only. FEE: \$45.



Surgical Weight Loss Programs

New Patient Orientation and 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 Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery, and whether you might be a candidate. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated—bring your ticket. FREE.

Hartford: From 3:00 to 5:30 p.m. on 1/10, 1/25, 2/7, 3/6, 3/21, 4/3, 4/18

Enfield: From 5:00 to 6:30 p.m. on 1/16, 3/5

Glastonbury: From 5:00 to 6:30 p.m. on 2/9, 4/26

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 at Hartford Hospital's Education Resource Center, 560 Hudson Street, Hartford. **Schedule:** Monthly from 6:00 to 7:30 p.m. on 2/7, 3/6, 4/3 in Hartford. Registration is NOT required. FREE.

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 860-545-4500. 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 860-545-7202 for more information. 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 on 1/23, 2/13, 2/27, 3/12, 3/26, 4/9. Call 860-545-2290 for information. 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 1/17, 2/21, 3/20, 4/17. 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 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 2/7, 3/6, 4/3. 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 3/13. 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 4/10. 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, 1/19, 2/2, 2/16, 3/1, 3/15, 4/5. 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 1/10. 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.



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/ 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.

To register online go to www.harthosp.org/classes.

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.

Vertigo: What Sets Your World Spinning

Wednesday, January 18 | 7:00 to 8:00 p.m.
Helen and Harry Gray Cancer Center
80 Fisher Drive, Avon

Dr. Mark Eisen, Director of the Hartford Hospital Center for Hearing and Balance at Blue Back Square and Danielle Messier, physical therapist with Eastern Rehabilitation Network, specializing in vestibular rehab management will co-host this program. They will discuss the common causes and treatment

options of vestibular disorders, recent developments in treatment and how physical therapy can help.



Dr. Mark Eisen



Dr. Avrum Blitzer

When Wheat Is the Enemy: Celiac Disease Explained

Thursday, March 21 | 6:30 to 7:30 p.m.
The Helen & Harry Gray Cancer Center
80 Fisher Drive, Avon, CT

Learn about wheat sensitivity and who is at risk, what symptoms to look for and how physicians diagnose and treat this disorder. Presented by board-certified gastroenterologists, Drs. Avrum Blitzer and Paul Shapiro. Gluten-free refreshments provided by MAX Restaurants. This program is free, but you must register by visiting harthosp.org/events.



Dr. Paul Shapiro

Life After Prostate Cancer

Presented by board-certified urologist Dr. James Graydon who specializes in treating erectile dysfunction and bladder control for patients who have undergone treatment for prostate cancer. Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses and significant others and guests are encouraged to attend. Although anyone is welcome, this seminar is geared specifically for patients who are one year or more post treatment.

Thursday, January 19
6:30 to 8:00 p.m.
Helen & Harry Gray
Cancer Center
80 Fisher Drive, Avon

Wednesday, February 15
6:30 to 8:00 p.m.
Enfield Healthcare Center
100 Hazard Avenue
Enfield

Tuesday, March 20
6:30 to 8:00 p.m.
Gateway Medical Park
300 Western Boulevard
Glastonbury

Barrett's Esophagus: How Acid Reflux Can Cause Cancer

Monday, March 28 | 7:00 to 8:00 p.m.
The Gateway Medical Park
300 Western Boulevard, Glastonbury, CT

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 Dr. David Curtis. This event is free, but you must register by visiting harthosp.org/events.



Dr. David Chaletsky



Dr. Kiran Sachdev



Dr. David Curtis



Dr. David Eisenberg



Dr. Michael Karasik



Dr. Michael Golioto

Ask the Experts! Pancreatic Disease: What's the Risk for Cancer?

Learn about the different types of pancreatic cancer, prevention, detection and treatment. Understand the risk factors, who may benefit from screening and current research and treatment options to assist in early diagnosis.

Thursday, April 5 | 7:00 to 8:30 p.m.
Hartford Hospital Wellness Center
65 Memorial Road, West Hartford

Presented by Drs. David Eisenberg, surgical oncologist and Michael Karasik, gastroenterologist.

Tuesday, April 10 | 7:00 to 8:30 p.m.
The Gateway Medical Park
300 Western Boulevard, Glastonbury

Presented by Drs. David Curtis, surgeon and Michael Golioto, gastroenterologist.

Creative Cook

Spicy Noodles

Ingredients

- 8 oz. whole-wheat spaghetti or soba noodles
- 2 tsp. oil
- 2 cloves garlic, crushed
- 1 tsp. minced ginger
- 1 tsp. minced hot peppers
- 5 green onions (scallions), sliced
- 1/3 cup chopped red pepper
- 1 carrot, thinly sliced
- 1 Tbs. smooth peanut butter
- 2 Tbs. soy sauce
- 1 cup vegetable or chicken stock

Add the noodles to a large saucepan of boiling water. Boil, uncovered, just until tender. While the noodles are cooking, heat the oil in a nonstick frying pan. Add the garlic, ginger, peppers, carrot and onions. Stir-fry for one minute and remove from heat. Stir in the peanut butter and soy sauce; gradually add the stock, stirring until smooth. Stir over heat until simmering; simmer for two minutes. Drain the noodles and add them to the spicy sauce. Stir until noodles are coated. Serves 4 as a side dish or add stir-fried chicken (or tofu) for a main course.

Calories: 266

Protein: 10 g

Carbohydrate: 48 g

Total Fat: 5 g

Cholesterol: 0

Fiber: 7 g

Sodium: 555 mg*

*393 mg if reduced-sodium soy sauce and homemade stock are substituted

Recipe analyzed by Mary Noon, MS, RD, CD-N.



Spicy noodles create a popular dish with piquant hints of Thai and Malaysian cuisine. The flavorful whole-grain dish is nutritious and satisfying, yet low in fat and calories.

Soba noodles are traditional thin Japanese noodles made from buckwheat, a gluten-free grain rare in the American diet. The hot-and-spicy peanut sauce is packed with heart-healthy fiber and pungent garlic, with subtle accents of ginger and pepper.

Any whole-grain noodles can be used for the recipe, but be sure to avoid standard pasta noodles made from heavily refined wheat flour. Look for the words “whole grain” on the package and don’t be fooled by “multigrain” or “100% wheat” claims.

A diet rich in whole grains provides a feeling of fullness (satiety) and helps delay hunger. Whole grains are rich in complex carbohydrates, believed to stave off type 2 diabetes and help those who already have the disease improve blood sugar control. Serve the vegetarian noodles as a side dish or add chicken or tofu to create a meal.