



# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Issue 1 2013



## Matchmaking: Stories of organ transplant

*Giving the Gift of Life, see page 5*

# ROUNDS

Hartford Hospital's Wellness Magazine

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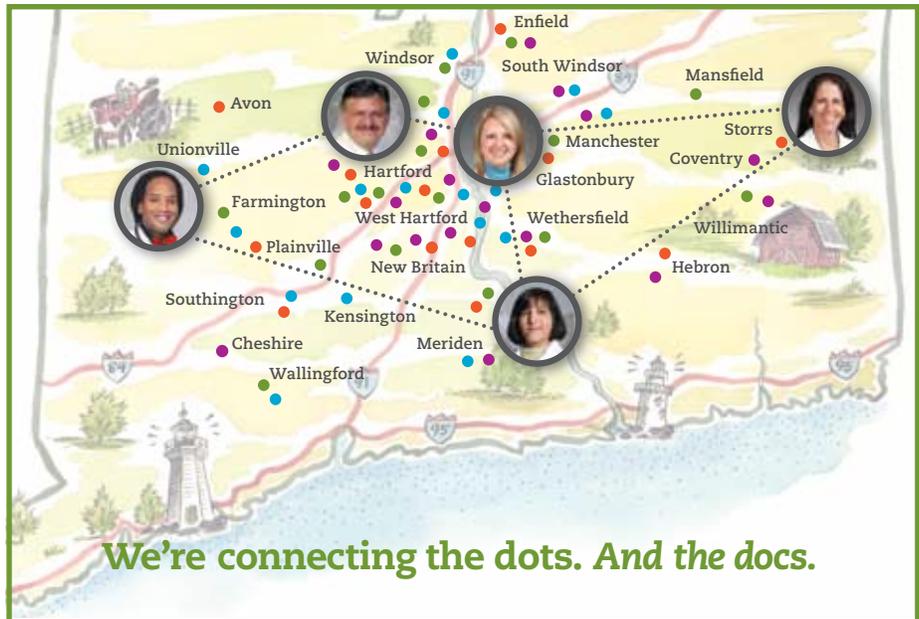
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Hartford Hospital. It is not intended to  
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## Working Together to Make Care Better

Hartford HealthCare's multiple medical and surgical group practices have a long history of providing extraordinary care. The groups have now been brought together to form a single multispecialty practice with a new name: **Hartford HealthCare Medical Group**. The group combines all the clinicians and locations formerly known as Hartford Medical Group, Hartford Specialists, Doctors of Central Connecticut, MidState Medical Group and Windham Family Medical Services.

Connecting our practices enables us to enhance our service excellence by better coordinating care and allowing physicians and other caregivers to share information, technology, resources and best practices. Our goal is to help our patients stay healthy or return to health. The group includes more than 225 physicians and advanced practitioners with more than 30 specialties in 60 locations. Call us at 877-707-4442 for additional information or to make an appointment.



## IOL Psychiatrists Named to Sandy Hook Advisory Commission

Gov. Dannel P. Malloy has asked two psychiatrists from Hartford Hospital's Institute of Living (IOL) to serve on the Sandy Hook Advisory Commission. Named to the expert panel were Harold I. Schwartz, M.D., psychiatrist-in-chief at the IOL and vice president, behavioral health at Hartford Hospital; and Adrienne Bentman, M.D., director of the Adult Psychiatry Residency Program at the IOL.

Gov. Malloy asked the Commission to make specific public safety recommendations about school safety, mental health and gun violence prevention. He asked the group to "begin the task of taking a broad, systemic approach in crafting the recommendations that will lead to comprehensive legislative and policy changes that must occur following the tragedy at Sandy Hook Elementary School."

## Advancing Medicine: Stories of Hope and Healing

Hartford Hospital's continuing series, *Advancing Medicine*, airs on Hartford's CBS affiliate, WFSB Channel 3. Join us on June 27 at 7:30 pm for the next episode, which will focus on cardiac surgery. After the show, Hartford Hospital physicians will be live in the WFSB studios to take your calls and questions. Watch for upcoming shows by visiting [www.harthosp.org/AdvancingMedicine](http://www.harthosp.org/AdvancingMedicine).

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## A hysterectomy through a single belly button incision

The most common major gynecological surgical procedure in the United States, removal of the uterus, puts an end to pelvic pain or troublesome menstrual bleeding.

Hysterectomy once required a long incision and left a scar across the entire abdomen. Laparoscopy brought advantages over traditional approaches to “open” abdominal surgery. Minimally invasive techniques transformed the surgical landscape with smaller scars, reduced pain and less blood loss. But even minimally invasive surgery usually involves several incisions for the camera-tipped scope and instruments.

Now a new surgical method allows the physician to make only a single incision, or port, just inside the belly button. Research shows that single-port laparoscopic surgery offers cosmetic advantages, shorter recovery times and fewer complications.

“We make an incision, a little more than an inch long, just below the navel,” said obstetrician-gynecologist Kristin Shaneyfelt, D.O. “We insert the camera and instruments through a port that’s shaped sort of like a Tupperware lid. We switch instruments through the same port, cutting and cauterizing (stanching the bleeding) with little blood loss and good visualization of the abdomen. Then we simply remove the uterus and cervix through the vagina.”

“My scar isn’t even a half-inch long and it’s hidden in the folds around my belly button,” said Kim (last name



Dr. Kristin Shaneyfelt

withheld), who recently had the procedure. “Before my hysterectomy, my pain and heavy bleeding were worsening. I had been seeing a doctor in my rural town for two years who refused to do a hysterectomy because of my age. By the time I finally saw Dr. Shaneyfelt, I was severely anemic.”

Benign uterine fibroid tumors can cause pelvic discomfort, pain or pressure on the bladder or other organs. According to the American Congress of Obstetricians and Gynecologists, one in ten women of reproductive age in the United States suffer from endometriosis, a disabling condition that causes pain and cramping when cells from the uterine lining spread to the ovaries, Fallopian tubes, bladder and bowel.

Although she was only 34, Kim had tried medications, but her fibroids kept growing. “I was astonished when Dr. Shaneyfelt showed me a picture of the multiple tumors that dwarfed my uterus,” said Kim. “She was open to new technology and I was happy to have my uterus removed with the least amount of scarring possible.”

“Laparoscopic hysterectomy with transvaginal removal of the uterus is a safe approach for benign fibroids or endometriosis,” said Dr. Shaneyfelt. “We close the incision with dissolvable stitches that can’t even be seen six weeks later. One of my patients was concerned about keeping her navel ring, so we made an incision to minimize the scar so she could still wear her jewelry.”



I was surprised that I recovered so quickly,” said Kim. “I had very little pain after my hysterectomy. I went home after an overnight stay in the hospital and was back at work six weeks later.



# Our new Transplant Center opens its doors

From its cozy waiting area to sun-filled exam rooms, the Transplant Center at Hartford Hospital provides a warm and welcoming environment. The bright and airy suite glows with the look of burnished wood all the way down to infection-resistant floors. The Transplant Center recently opened in a renovated space on the third floor of the 85 Seymour Street Medical Office Building.

“Our new center provides the infrastructure we need to deliver full Medicare-certified care. At the Transplant Center, all the physicians are under one roof. Patients don’t need to go from doctor to doctor,” said liver transplant surgeon Patricia A. Sheiner, M.D., director of transplantation at Hartford Hospital.

“Patients, referring physicians and the transplant team can communicate easily via advanced technology in our conference room. The complex nature of transplant surgery demands a collaborative approach,” added Dr. Sheiner.



## A lasting legacy

Hartford Hospital performed its first kidney transplant in 1971 and has been at the forefront of transplant surgery ever since. Cardiologist James E. Dougherty, M.D., recalled one major milestone when he recounted the surgery performed by Dr. Henry Low. “In the fall of 1984 Andy Buczek was the first heart transplant patient at Hartford Hospital and the first successful heart transplant in the state of Connecticut.” Two hip operations, a colon resection and two children later, he remains alive and well. Another groundbreaking surgery occurred in 1996 when the late David Hull, M.D., performed the first laparoscopic living kidney donor surgery in New England.

The statistics from the United Network for Organ Sharing (UNOS) about Hartford Hospital’s impact on transplant surgery are compelling: Hartford Hospital has been the third-busiest kidney transplant center in all of New England over the past 25 years; on a cumulative basis, Hartford Hospital has performed more liver transplants over the past 25 years than any other hospital in the state; Hartford Hospital performs the most heart transplants in the state; and in 2012, Hartford Hospital performed the second-highest number of adult heart transplants in New England after Tufts Medical Center in Massachusetts.

## The need for liver, kidney and heart donors

Liver disease can permanently scar the liver and overwhelm its ability to heal. The normally resilient organ progressively loses its ability to make proteins, fight infection, digest food and store energy.

When liver damage becomes irreversible, a transplant offers the only chance at life. Livers for transplantation may come from living or non-living donors. The American Liver Foundation stated there are over 16,000 Americans currently waiting for a liver transplant with approximately 6,000 transplants performed in the U.S. each year.

According to the National Kidney Foundation, approximately 26 million Americans have chronic kidney disease. The number of aging individuals with end-stage kidney disease has risen sharply over the past few decades. Right now, more than a thousand Connecticut residents are waiting for a kidney transplant. Like livers, kidneys can also be transplanted from living or deceased donors and at Hartford Hospital about half of all transplanted kidneys come from living donors. Thanks to advances in surgery and anti-rejection drugs, someone with a transplanted kidney has a better survival rate than a patient on dialysis.

Many end-stage heart failure patients suffer irreversible heart

Dr. Patricia A. Sheiner



Dr. Robert C. Hagberg

injury from coronary artery disease or a heart attack. By the time they reach Hartford Hospital, they are fighting for their lives. Hartford Hospital was the first Joint Commission-certified program in Connecticut to offer a full spectrum of ventricular assist device (VAD) capabilities for critically ill patients, often as a bridge to transplantation. Another innovative technique that will soon be available at Hartford Hospital, called extracorporeal membrane oxygenation (ECMO), can keep a patient alive after sudden cardiac collapse. "ECMO provides oxygen therapy until the patient's own heart recovers or the decision is made to add the patient to the transplant waiting list," said Robert C. Hagberg, M.D., chief of Cardiac Surgery at Hartford Hospital.

In addition to the three major organs discussed here, donors can also donate other organs, tissue and eyes. All transplant candidates and donors go through an evaluation process that looks at a host of factors including body size and blood type. Dr. Sheiner and Dr. Hagberg agree that the limiting factor for transplantation is a shortage of donors.

Dr. Sheiner added, "After a transplant, we follow patients for the rest of their lives. But people die waiting for a new liver, kidney or heart."

**Hartford Hospital, as part of a highly focused campaign, registered over 1,200 new donors in January and February. It's easy to register as an organ donor. Just go to [BecomeADonor.org](http://BecomeADonor.org). It's the most valuable gift you'll ever give.**



### On the Cover

#### Giving the gift of life

Left: Maureen Foley-Roy from Manchester with photo of her daughter Caitlin; Center: Donor Charlie Gonzalez's photo being held by the Martinez family from Broad Brook—Mary Martinez, Charlie's mother, Helen, Nelson, Aracely and Mason; Right: Pictured with donor Doug Zimmerman's photo is Doug's father Larry, wife Elizabeth (Bet) and mother Joan. Larry and Joan live in Amston and Bet lives in South Woodstock.

## An organ donor saved my life!



Colby Salerno was born with a genetic disease that thickens the walls of the heart and eventually leads to heart failure. Diagnosed at age 12, he had a defibrillator implanted at age 14. He learned in 2010 that only a heart transplant would save him. His frail organ was failing when he arrived at Hartford Hospital on December 16, 2011.

As the months passed, his physicians began to worry. The

24-year-old was confined to his hospital room and the adjacent halls. While he waited, he touched hearts with his blog, "Tales from the 10th Floor." Because of the generosity of an organ donor, he got a new heart—and a whole new life.

*"I really hope you will have the ability to stare down from some sort of heaven and see what good you have done and those you have saved by being an organ donor."* —Colby Salerno's letter to his future donor

On May 28, 2012, nearly six months after he had entered the hospital, Colby learned that a donor heart was available. "I was sad, I was happy, I was scared, I was elated," he said of the evening when the call finally came. Eight days later, he left the hospital with his new heart pounding in his chest.

Colby, who plans to become a cardiologist, recently blogged, "So I don't even know if anyone looks to see if I write anymore or if anyone would care, but decided to send out a tale, not from the 10th floor, but from my apartment in Pittsburgh where I am attending grad school at Duquesne. The last time I ran the mile without needing to stop I was roughly 10 years old, until today that is when I ran straight through for 13 minutes and completed the mile!"



*This new, pounding, healthy heart...I don't think there's a single thing I can't do now.*

— Colby Salerno, heart transplant recipient



*I'm doing great! I'm working on the units where I was once a patient. It's very interesting to experience being on both sides. I have been volunteering at various Donate Life booth events, volunteering in the Helen & Harry Gray Cancer Center as a Cancer Resource Volunteer through the American Cancer Society, and taking social work courses at the University of Connecticut.*

— Lauren Maston, heart transplant recipient



Grueling treatment for bone cancer saved Lauren Maston's life as a teenager, but chemotherapy and radiation damaged her heart. At age 29, she began almost daily visits to Hartford Hospital's outpatient heart failure infusion center.

Lauren spent nearly a year on the transplant list and two months at Hartford Hospital waiting for a donor organ, tethered to her hospital bed by monitoring equipment and lines pumping medications into her veins. Because Lauren was so petite, she knew her new heart would likely come from a pediatric donor. Early on a November morning, she finally got the long-awaited call that a heart had become available.

*"Every day I think of my donor and the donor's family. I hope the family is doing well. I want them to know that I'm taking great care of their family member's heart and am forever grateful. Not a day goes by that I don't think about my donor and donor family and their selfless act to give me the gift of life during their tragic time. If we were to meet, I hope they would feel that I am living for the both of us and would be proud."*

— Lauren Maston



## Physician accepts award



Judith L. Pepe, M.D.

The Health Resources Services Administration (HRSA), a division of the Department of Health and Human Services, recently awarded Hartford Hospital a silver Medal of Honor for Organ Donation. The only Connecticut hospital to win a medal this year, Hartford Hospital earned the award for its success in achieving and sustaining national goals for organ donation.

Dr. Judith Pepe, a Hartford Hospital surgeon, accepted the medal on behalf of the hospital. She chairs the board of directors of LifeChoice Donor

Services, the federally designated non-profit organ procurement organization for six counties in Connecticut and three counties in Western Massachusetts.

Most donor organs come from trauma victims who are declared brain dead despite the ICU team's aggressive efforts to treat their injuries. "We do everything in our power to save them," said Dr. Pepe, senior associate director of Surgical Critical Care. "The option for organ donation only comes at the end of life after heroic efforts have failed."

When a severe brain injury leads to a fatal outcome despite the best efforts of the hospital's critical care team, the LifeChoice coordinator is called in to evaluate the patient's suitability as an organ donor. "We let the family know in the most kind and caring way we can," said Dr. Pepe.

As the hospital's donation physician champion, her role is to support organ and tissue donors and their families. "We offer a flag-raising ceremony to all donor families if they're on site when we receive an organ, eye or tissue donation from a deceased patient," she said.

"At the scheduled time, the notice goes out all over the hospital and we convene at the flagpole. The safety officers have been vital to the success of this initiative to honor donors and their families and facilitate each flag-raising ceremony. We read a poem, *My Final Gift*, pastoral services recites a prayer, and we present the donor family with a framed photo commemorating the event."

## Black & Red Gala raises awareness of organ donation



Top photo: On hand for Hartford Hospital's 2013 Black & Red Gala at The Bushnell on January 5th were (from left): Jeffrey Flaks, president and CEO of Hartford Hospital; Lori Flaks; Charlie Ortiz; Pedro Segarra, mayor of Hartford; and Elliot Joseph, president and CEO of Hartford HealthCare.

Hartford Hospital celebrated its most successful Black & Red Gala ever on January 5, 2013. Many of the nearly 1,400 guests at the Bushnell Memorial were dancing in the aisles during an electrifying performance by the Grammy-award-winning band Earth, Wind & Fire.

The 22nd annual gala, hosted by news anchor Al Terzi and Hartford Hospital's Rebecca Stewart, was broadcast live on Channel 61 FoxCT. Organ transplant recipients and donor families, including heart transplant recipient and blogger Colby Salerno, shared their poignant stories.

Proceeds totaling approximately \$950,000 will be used to help refurbish and redesign an outpatient center for transplant patients.

# Interventional cardiologists at Hartford Hospital make history

*Hartford Hospital's cardiac surgeons were the first in the region to perform open-heart surgery on a beating heart and pioneered the use of robotics for coronary bypass surgery. Hartford Hospital performs more TAVRs (transcatheter aortic valve replacements) than any other hospital in Connecticut. Now the hospital's interventional cardiologists have achieved another milestone—percutaneous placement of a right ventricular assist device (RVAD).*

Electrical impulses ripple across the heart, rhythmically squeezing the upper chambers (atria), triggering the filling of the lower chambers (ventricles) and circulating blood in a continuous cycle. Your heart beats an estimated 100,000 times and pumps about 2,000 gallons of blood through your body every day.

When the heart is damaged or diseased, the heart muscle can't pump enough blood to the rest of the body. The heart tries to compensate, beating faster and becoming stiff or flabby. Fluid fills the lungs, causing shortness of breath. Symptoms of "heart failure" typically include fatigue, feelings of fullness or bloating in the stomach, heart palpitations and swelling of the feet, legs and ankles.

When medications fail, physicians sometimes place a percutaneous (through the skin) ventricular assist device (VAD), a mechanical pump that pulls blood from the ventricles and forces it through the aorta to the arteries of the body. The catheter-delivered device can be upgraded to a surgical VAD if the patient's heart does not recover. Left ventricular assist devices (LVADs) are often placed as a temporary "bridge" to a heart transplant.

"VADs have traditionally been used on the left side to boost cardiac output and increase blood supply," said Ronan Margey, M.D., director of structural heart and adult congenital heart intervention at Hartford Hospital. "We were the first in the United States to use a new percutaneous device to support the right ventricle."

During Hurricane Sandy, a 64-year-old man suffered right ventricular failure after a damaging heart attack. "We received an emergency exemption from the FDA to place the right ventricular percutaneous VAD temporarily," said Dr. Margey. "Six days later, the patient had recovered fully and we removed the device."

Last year, Hartford Hospital became the first hospital in the region to offer "transcatheter aortic heart valve replacement" (TAVR) for extreme-risk patients who aren't candidates for open-heart surgery. Now the nonsurgical alternative for aortic valve replacement has been extended to high-risk cardiac patients. Recently, the FDA approved "transapical" delivery of the replacement aortic valve through a two-inch incision in the ribs, as well as through the femoral artery in the groin.

A multispecialty team of surgeons, specialists from the cardiac catheterization lab and support staff performed the transapical procedure on the first three patients in December. The new method extends the minimally invasive procedure to many women whose femoral artery is too narrow to allow the device to be threaded up to the heart from the groin. "Over time, TAVR will become the standard of care for patients at intermediate and high risk," said Dr. Margey.

"In some individuals, the structural 'plumbing' of the heart may not be perfect," he added. "In the past, children born with heart defects didn't survive. Now, thanks to interventional cardiology and cardiac surgery, many are living into adulthood. New techniques are continually being developed. We have many new ways to repair a heart."



Dr. Ronan Margey

**We were the first in the United States to use a new percutaneous device to support the right ventricle.**  
— Dr. Ronan Margey

# Treatment teams tackle the head and neck cancer threat

**H**ead and neck cancers—traditionally linked to cigarette smoking, alcohol consumption and use of chewing tobacco—are increasingly caused by a common viral infection. The human papilloma virus (HPV) is now believed to cause between 70 and 80 percent of oro-pharynx (tonsil and base of tongue) cancers. Many individuals contracted the infection decades ago. Vaccines are currently recommended for teens to prevent this infection, which has also been associated with cervical cancer in women.

More than 54,000 Americans will be diagnosed with head and neck cancer this year. The good news is that new treatment options are saving lives. Although the incidence of head and neck cancers has grown, the death rate has steadily dropped. For reasons that aren't well understood, HPV-linked cancers tend to have better outcomes.

"We create a multidisciplinary treatment plan for head and neck cancer patients," said Clinton (Casey) Kuwada, M.D., a Hartford Hospital board-certified otolaryngologist/head and neck surgeon. "Physicians and specialists on the head and neck cancer team from the Helen & Harry Gray Cancer Center collaborate on each individual case."

"Surgery is the treatment of choice for early cancers of the oral cavity (lip, tongue and floor of the mouth)," said surgeon Robert J. Piorkowski, M.D., chief of the Division of Surgical Oncology at Hartford Healthcare Medical Group. Radiation is often used after surgery for advanced cases that may have spread to lymph nodes in the neck.

"The collaborative approach depends on where the tumor occurs," said Dr. Kuwada, who is fellowship-trained in both head and neck surgical oncology and microvascular reconstructive surgery. "In some cases, chemotherapy and/or radiation may be the best choice."

Early detection is vital. Cancer clues include a lump in the neck, a mouth sore that does not heal, a sore throat that does not go away, difficult or painful swallowing or a persistently hoarse voice. Nasal or sinus tumors can cause a constant stuffy nose or pain or swelling in the face, eyes or ears.

Head and neck cancers can be both cosmetically disfiguring and functionally debilitating. "Patients may be left with significant functional deficits, such as impaired ability to speak and swallow, following surgical treatment," said Dr. Kuwada.

"We can take skin, muscle or bone from several donor sites with an accompanying artery and vein to create a vascularized tissue graft," he said. "We then reconstruct defects in the throat, oral cavity (including tongue) and/or mandible (jaw) with these vascularized 'free flaps' to help maintain function and appearance."



Dr. Casey Kuwada (left) and Dr. Robert Piorkowski

While tumors on the tongue are especially common, cancer can strike anywhere from the paranasal sinuses to the salivary glands to the vocal cords. Cancers of the oropharynx have frequently spread to the lymph nodes by the time symptoms appear.

"We bring together a multidisciplinary team of head and neck surgeons, radiation oncologists, medical oncologists, radiologists, pathologists, and dentists," said Andrew Salner, M.D., director of Hartford Hospital's Helen & Harry Gray Cancer Center, "along with dietitians, speech pathologists, nurses and gastrointestinal specialists who will insert a feeding tube if patients can't eat adequately during treatment."

Some head and neck cancers are treated with radiation alone (vocal cord cancer) or in combination with chemotherapy. "We combine advanced intensity-modulated radiation therapy (IMRT) techniques to shield sensitive structures with highly accurate PET (positron emission tomography) scans to optimize the target," said Dr. Salner.

"While such treatment frequently has a successful long-term outcome, it requires a highly coordinated team approach to facilitate optimal therapy and all of the supports patients and families need. When caught early, head and neck cancers are highly curable."

For more information, visit [www.harthosp.org/cancer/HeadNeck](http://www.harthosp.org/cancer/HeadNeck).

## CESI—New England’s Premier Destination for Simulation and Robotic Surgery Training

Hartford Hospital’s advanced Center for Education, Simulation and Innovation (CESI) is a hub for training the next generation of medical professionals and emergency personnel.

CESI is a state-of-the-art clinical education and simulation center where physicians, nurses, first responders and visiting clinicians hone their skills by practicing on high-tech replicas of the human body. Medical students try out innovative technology, perform sophisticated surgical procedures and sharpen their skills in a safe, simulated environment.

Patient simulators are fully responsive life-like models that teach clinicians how to handle life-and-death situations. Last year, officers from Groton’s Naval Undersea Medical Institute practiced their emergency skills in a simulated combat zone, including a scenario in which a limb was severed by an improvised explosive device.

Hartford Hospital President and CEO Jeffrey Flaks recently joined Stephen Donahue, director of CESI, and Godfrey Pearlson, M.D., director of neuropsychiatry research at the Institute of Living, for a panel discussion at the second annual Connecticut-Israeli Technology Summit.

“It was exciting to see the tremendous opportunity for Connecticut to expand business growth with Israeli companies,” said Mr. Donahue. “The commitment the Hartford Hospital leadership team has made to CESI has positioned us to be a key player for this potential partnership.”

CESI is currently collaborating with skilled nursing facilities to build a curriculum to help nurses recognize and treat early complications—and avoid hospital care. CESI will soon host ZOLL Medical Corporation, a leader in medical products and software solutions used for emergency resuscitation.

The popularity of robotic surgery has spurred a growing need for physicians with technical mastery of sophisticated equipment. CESI provides



*Nurses practice on high-tech replicas of the human body at Hartford Hospital’s Center for Education, Simulation and Innovation (CESI). Pictured from left to right: Lauren Baltrucki, R.N.; Stephanie Wills, R.N.; Martin McDonald, R.N.; and Agnes Reynolds, R.N.*

comprehensive education and training in its 20,000-square-foot center. Here’s a sampling of recent offerings:

- A flight nurse and a flight respiratory therapist from LIFE STAR practice low-volume, high-risk scenarios and skill building.
- Medical interns receive central line education and training in advanced cardiovascular life support case scenarios as part of their role as a “Rapid Response Team” member.
- Nurses participate in an eight-hour program, offered monthly, called Competency Testing Day; each nurse performs one 30-minute case to test skills in a cardiac arrest scenario, including patient assessment, CPR, medication administration and charting.
- The Urology Fellow works one-on-one with a resident on laparoscopic and robotic skills.
- The Toxicology team practices simulation scenarios involving medication overdoses or accidental ingestion.
- Obstetrical nurses review neonatal resuscitation, including basic airway management and resuscitation for the newborn.
- Obstetric/gynecologic residents practice laparoscopic and robotic skills.
- Twice a month: Emergency Department residents practice skills related to managing a heart attack, intubation or central line placement.
- Nursing orientation programs for new nurses; new ICU nurses learn skills related to care of the critically ill patient; simulation training for new patient care associates.

For more information, visit [www.harthosp.org/simcenter](http://www.harthosp.org/simcenter).

## Hudson Street Parking Garage Update



The new 440,000-square-foot, nine-story employee parking garage on Hudson Street has opened. By the time all of the campus parking projects are complete there will be a net increase in visitor and patient parking of 35% and a 16% increase in staff parking.

Our 10-year Strategic Plan calls for a transformation of the Hartford Hospital campus. The new employee garage represents the first step in the hospital's vision for "green" buildings. The new state-of-the-art Employee Fitness Center is housed on the ground level of the garage. Staff can walk safely through a pedestrian walkway from the garage to other buildings without having to cross the busy street. The new building will also help restore green space to the area by creating a pedestrian-scale park.

## Postgraduate Program for Physician's Assistants

Thanks to an innovative partnership between Hartford Hospital and The Hospital of Central Connecticut, students in a rigorous postgraduate Physician's Assistant (PA) program can now receive intensive training in general surgery and critical care patient management.

"Hartford HealthCare provides the 'umbrella' for the program," explained Orlando C. Kirton, M.D., chief of Hartford Hospital's Department of Surgery. "During the intensive 12-month program, students gain both surgical and critical care experience."

"We've developed a one-year program that's unique in the United States," said Postgraduate PA Program Director Randy Edwards, M.D., director of Outpatient Surgical Services at Hartford Hospital. "Our goal is to provide a high-level surgical and critical care postgraduate training experience."

The yearlong postgraduate program provides rapid professional growth in surgical critical care, the operating room, daily rounds and inpatient care. During the first eight months, students complete a surgical rotation at Hartford Hospital and a critical care rotation in the inten-



sive care unit (ICU) at The Hospital of Central Connecticut. The final four months are devoted to elective surgical interests and specialty training chosen by the individual resident.

"We are entering a time of increasingly technology-driven care," said Dr. Edwards. "At Hartford Hospital, we're ahead of the wave that's washing over health care and bringing a growing need for PAs in the workforce to keep up with demand."

The postgraduate program stresses practical education and clinical surgical experience. In addition to simulation training at the Center for Education, Simulation and Innovation (CESI), PA students assist in the operating room and at the patient's bedside in the ICU. Upon program completion, participants receive a certificate from The Hospital of Central Connecticut and Hartford Hospital's Department of Surgery.

# Have you been diagnosed with major depression?

## Clinical Trials at the Institute of Living

### Major Depression

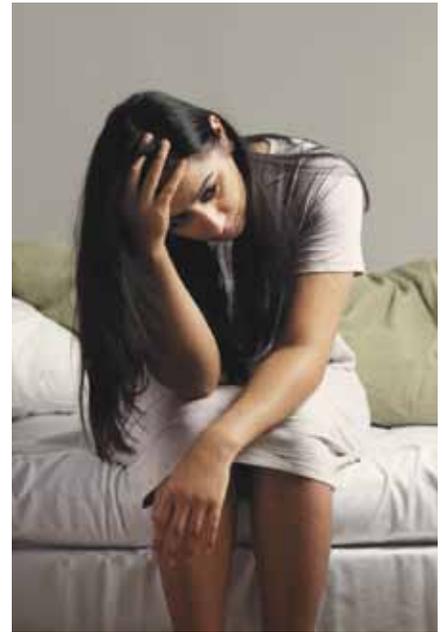
- Dr. John Goethe is conducting a new trial using a new, non-invasive medical device, “transcranial magnetic stimulation,” to treat depression. Inclusion criteria for the trial includes a diagnosis of Major Depressive Disorder and age between 22 and 65 years old. The trial consists of five treatments per week for six weeks.
- Dr. John Goethe is also offering screenings for participation in a clinical research study to assess whether an investigational drug may be useful, safe and well tolerated for the treatment of major depression. Participants will receive a study-related psychiatric evaluation and the study drug at no cost.

For more information, please contact: Sherri L. Post; 860-545-7476; or email [spost@harthosp.org](mailto:spost@harthosp.org).

- Dr. Andrew Winokur’s Phase II clinical research study is investigating whether a twice-weekly dose regimen of ketamine will be as effective in sustaining the reduction of depressive symptoms in therapy-resistant depression as a three-times-weekly dose regimen.

Inclusion criteria for the study includes men and women 18 to 64 years of age, with a diagnosis of recurrent Major Depressive Disorder without psychotic features, and an inadequate response to at least one antidepressant in the current episode of depression and at least one other inadequate treatment response to an antidepressant either in the current episode or in a previous episode.

For more information, please contact: Andrew Winokur, M.D., Ph.D.; 860-545-7502; or email [awinokur@uchc.edu](mailto:awinokur@uchc.edu).



### Neuroimaging Studies

- The Olin Neuropsychiatry Research Center is at the forefront of research in applying quantitative measures of brain structure and function to neuropsychiatric themes, especially to severe mental illnesses, such as schizophrenia. Techniques include structural and functional magnetic resonance imaging and electrophysiologic measures.

For more information, please contact: Rosalynn Walker; 860-545-7800; or email [Rrwalke@harthosp.org](mailto:Rrwalke@harthosp.org).

## What's Going Around...News & Breakthroughs

### Plant Plus

Vegetarians are 32% less likely to die or need hospital treatment for heart disease than those who eat meat and fish, reports the *American Journal of Clinical Nutrition*. University of Oxford researchers analyzed data over 11 years from 15,100 vegetarians and 29,400 non-vegetarians. Researchers credit better cholesterol levels, blood pressure and body weight.

### Marriage Advantage

Unmarried men and women are at higher risk of having a heart attack and dying from it than married people, according to a large study of people over the age of 35 in Finland. Single men and women were more likely than their peers to die within 28 days of suffering a cardiac event, warns the *European Journal of Preventive Cardiology*.

### Deep-Fry Danger

Research published in the journal *The Prostate* found an association between eating deep-fried foods like French fries, fried chicken and doughnuts and the risk of prostate cancer. Researchers at Seattle’s Fred Hutchinson Cancer Research Center say consumption of deep-fried foods more than once a week raises prostate cancer risk by a third.

### Pertussis Vaccine in Pregnancy Safe

An advisory committee of the Centers for Disease Control and Prevention (CDC) has issued its vaccination recommendations for 2013 in the *Annals of Internal Medicine*. The CDC said the vaccine that protects against pertussis, commonly known as whooping cough, can be given safely during pregnancy.

# Hoarding is now recognized as a Disorder

Researchers estimate that two million Americans are hoarders, but the actual number may be much higher. Hoarding is more than a secret shame—it's a psychiatric disorder.



Clutter results from an overwhelming desire to acquire things, coupled with an inability to throw things away. Hoarders often feel a sense of emotional attachment toward their possessions and become upset about making decisions to discard things. Often they hoard things they don't want or need.

"Family members and friends often don't understand," said David F. Tolin, Ph.D., director of the Anxiety Disorders Center and the Center for Cognitive Behavioral Therapy at The Institute of Living. "They ask, 'Why don't you just clean up?'"

Hoarding disorder now has its own category in the upcoming edition of the American Psychiatric Association's "bible" of diagnostic criteria, the *Diagnostic and Statistical Manual of Mental Disorders (DSM-V)*, scheduled for publication in May. Hoarding was previously considered to be a type of obsessive-compulsive disorder (OCD).

"Hoarding disorder bears very little resemblance to OCD," said Dr. Tolin. "What we see happening in the brain is very different. People with hoarding disorder have cognitive impairments that cause problems with decision-making and attachment to possessions. They say, 'I don't

have a clutter problem. Who are you to tell me I don't need these things?' Many are resistant to treatment because they don't realize the severity of their pathological need to save things."

Thanks to a sophisticated brain imaging technique called functional magnetic resonance imaging (fMRI), Dr. Tolin and a team of researchers at the Institute of Living (IOL) are exploring the neural (brain) mechanisms of the disorder. With noninvasive tools like fMRI, scientists not only visualize the brain, but also measure activity in the cerebral cortex, the site of many cognitive functions.

In people with hoarding disorder, the brain shows abnormal activity in regions called the anterior cingulate cortex and insula. During the fMRI test, participants were asked whether to keep or discard various items. Brain regions in those with hoarding disorder lit up when they were asked to decide about throwing away their possessions.

"Brain scans of hoarders making decisions about discarding things show activity in the part of the brain that activates when someone is making a mistake," said Dr. Tolin. "Their brains are telling them not to throw things away. It's usually not a pleasure response—they're not getting a thrill like a compulsive shopper."

Hoarding seems to be related to impulse control disorders, depression, social anxiety, bipolar disorder or certain personality traits, although it sometimes follows a stroke or dementia. People with the disorder are chronically disorganized. Their houses are so cluttered that they can't sleep in the bed or cook on the stove. The living space is filled with unwashed dishes and tattered newspapers.

"Hoarders are prisoners in their own homes," explained Dr. Tolin. "Although we don't have a 'cure' for hoarding, we help people manage the disorder with cognitive behavioral therapy (CBT), a form of counseling that goes beyond talking. The therapist and a professional organizer visit the home to help the person regain control and learn how to make decisions about what to throw away."

For more information, visit [www.harthosp.org/InstituteOfLivingAnxietyDisordersCenter/CompulsiveHoarding](http://www.harthosp.org/InstituteOfLivingAnxietyDisordersCenter/CompulsiveHoarding).

# Nurse Navigators lead the way

Your guides to the world of cancer care at the Helen & Harry Gray Cancer Center

Experienced nurses help patients navigate the difficult passages of cancer care. A nurse navigator can offer lifesaving advice to those who are suddenly confronted by a new cancer diagnosis or daunting treatment choices.

"My nurse navigator, Marlene, was very concerned about me and gave me helpful hints for managing the side effects of chemotherapy," said a patient we'll call Collette, who was recently diagnosed with a gastrointestinal stromal tumor (GIST). "She came to see me in the hospital. It's a great idea to have someone as a resource who can offer not only reassurance, but also practical help."

"Karen Cudworth leads a team of five cancer nurse navigators," said Andrew Salner, M.D., director of Hartford Hospital's Helen & Harry Gray Cancer Center. "Hartford Hospital is one of only 21 hospitals nationwide to be named a National Cancer Institute Community Cancer Center, which will help to assist, educate and better treat the needs of patients, including those from underserved populations."

The Cancer Center recently added an American Cancer Society patient navigator who helps newly diagnosed patients with rides, information and other resources, as well as navigation for those with abnormal screening tests who need access to specialists for diagnosis.

"Our nurse navigators are your guides," said Dr. Salner. "They can answer your pressing questions right away, help coordinate your care, refer you to the appropriate cancer



support staff and resources and even book timely appointments with your specialists. After treatment, our Patient Survivorship navigation programs ease the transition from active cancer care to lifelong wellness."

Nurse navigators have transformed cancer care for many patients. In 1990, Harold Freeman, M.D., pioneered the concept of nurse navigation in New York's Harlem Hospital to help local residents navigate the complex world of medicine and health care, according to oncologist Mohanakrishnan Menon, M.D.

"Here at Hartford Hospital, the care of cancer patients involves doctors from multiple specialties," added Dr. Menon. "Nurse navigators play an important role in coordi-

nating this care. They enable communication between the patients and their care providers and facilitate transfer of information between the providers as well."

For more information, call 860.545.6000 or visit [www.harthosp.org/cancer](http://www.harthosp.org/cancer).

Nurse navigators at the Helen & Harry Gray Cancer Center include, from left, Barbara Gaughan, R.N. (Thoracic and Hematology); Paige Woodruff (Breast Care); Karen Cudworth, R.N., M.S.N. (Manager and Cancer Connect nurse); Erin Williams, R.N., B.S.N. (Neurology, Head & Neck, and Melanoma/Skin cancer); Marlene Silvis, R.N., M.P.H., OCN, CHPN (GI cancer); and (not shown) Susanne Brown, R.N. (Gynecologic & Genitourinary); Deb Walker, APRN (Survivorship Program) and Mary Ann Vanderjagt (American Cancer Society Patient Navigator).



# 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](http://www.harthosp.org) or call the Health Referral Service at 860.545.1888.



Thoracic Surgery

## Juan C. Escalon, M.D.

Dr. Escalon, who graduated from the University of Texas Medical Branch at Galveston, completed a residency at the University of Texas Medical Branch Hospital, followed by a fellowship in cardiothoracic surgery at Yale University. He is board-certified in surgery, cardiac surgery and thoracic surgery.



Vascular Surgery

## Parth S. Shah, M.D.

Dr. Shah comes to Hartford Hospital as a vascular and endovascular surgeon. His clinical areas of interest include carotid artery surgery and stenting, limb salvage, acute treatment of pulmonary embolism and deep vein thrombosis, repair of aortic diseases, and repair of complex thoracic and abdominal aortic aneurysms. He is a graduate of Smt. N.H.L. Medical College in

Ahmedabad, India. He completed his internship and residency in general surgery and then served as chief resident in general surgery at Maimonides Medical Center. He completed a fellowship in vascular surgery in the University of Connecticut program at Hartford Hospital. Dr. Shah also holds a master's degree in Public Health from the Johns Hopkins Bloomberg School of Public Health in Baltimore.

Thoracic Surgery

## Mario W. Katigbak, M.D.

Dr. Katigbak is a medical school graduate of the University of the Philippines. He completed an internship at Mount Sinai Hospital in New York and a residency at Maimonides Medical Center in Brooklyn. He completed a fellowship in cardiothoracic surgery at Yale University. He is board-certified in cardiac surgery and thoracic surgery.



Internal Medicine

## Pooja D. Tolaney, M.D.

Dr. Tolaney has joined Hartford Hospital as an internal medicine physician. Her area of interest is infectious diseases and HIV/AIDS. She is a graduate of the N.D.M.V.P. Samaj's Medical College, Pune University, in India. She completed an internship and residency in internal medicine and a fellowship in infectious diseases at SUNY Downstate Medical Center in Brooklyn, NY.

She has served as an associate attending physician in the Department of Infectious Diseases at Hartford Hospital and as an attending internal medicine and infectious diseases physician at the Charter Oak Health Center in Hartford.



Gastroenterology

## Krzysztof L. Kopec, M.D.

A graduate of the College of Medicine and Dentistry of New Jersey, Dr. Kopec completed a residency at Rhode Island Hospital-Brown University. He completed a fellowship in gastroenterology at the Lahey Clinic Medical Center, a teaching hospital for Tufts University School of Medicine. Dr. Kopec is board-certified in internal medicine.

Internal Medicine

## Amy M. Lunding, M.D.

Dr. Lunding is an internal medicine physician who graduated from Columbia University College of Physicians and Surgeons. She has a special interest in kidney disorders and transplant nephrology. She completed a residency at Yale-New Haven Hospital.



Family Medicine

## Anne-Katrin Weischedel, M.D.

Dr. Weischedel is a graduate of University of Connecticut School of Medicine. She completed her residency in the family medicine program at the Williamsport Regional Medical Center in Williamsport, Pa. She is certified by the American Board of Family Medicine.

# Calendar

Hartford Hospital  
Programs & Events  
From May 1 through  
July 31, 2013



Anxiety Disorders Center	21
Cancer Program	16
Clinical Professional Programs	23
• EMS Education	
• Allied Health	
Diabetes LifeCare	17
Healthy Hearts	17
• Stop Smoking for Life Programs	
• Stress Management and Counseling	
Mental Health	21
• Bereavement Support	
• Bipolar Disorder	
• Schizophrenia Program	
Nutrition Counseling	22
Professional Development	21
Rehabilitation/Exercise/Wellness	17
Safety Education	21
Screenings	22
Special Events	23
Support Groups	22
Surgical Weight Loss Programs	17
Volunteers	17
• Blood Drive	
Wellness/Integrative Medicine	18-19
Women's Health Issues	20-21
• Parent Education Classes	
• Parent-Baby Series	
• Exercise for Expectant and New Moms	

## Cancer Program

### Cancer Program Support Groups

See page 22 for descriptions

- Brain Tumor Survivors
- Ovarian Cancer
- Prostate Cancer
- Advanced Prostate Cancer

### 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.

### 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 860-545-6000. **FREE.**

### The Cancer Wellness Support Series

See description under Integrative Medicine on page 18.

## Healthy Hearts

### Stop Smoking for Life Program

For schedule and to register, call 860-545-3127 or email: [stopsmoking@hart Hosp.org](mailto:stopsmoking@hart Hosp.org).

### Breathe Easy Relapse Prevention Support Group

—See page 22 for description

### 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.

### 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 Hartford Hospital Rehabilitation Network at 800-696-2500 for a location near you. FEE: \$150 for 10 mat sessions.

### Parkinson's Exercise Classes

Studies show that patients who participate in regular exercise experience less disability. Learn strategies to improve your mobility, activities of daily living & communication while adapting your environment to work for you. **Schedule:** Sessions run for 6-weeks from 1:00 to 2:00 p.m. every Tuesday and Thursday in Glastonbury. Call 860-291-2789 for additional information and to register. FEE: \$90.00 for 12 meetings.

## Pulmonary Rehabilitation

Comprehensive multi-disciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other breathing disorders. Primary goal is to restore the patient to the highest possible level of independent function as well as to help alleviate shortness of breath. Program meets Tuesday and Thursday afternoons for 10-week sessions. Valet parking available. Covered by most insurance plans. Physician referral is required. Call 860-545-3637 for more information.



## 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.

## 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.

## Surgical Weight Loss Programs

### Surgical Weight Loss Support Group

—See page 22 for description

### Surgical Weight Loss: Nutrition Support Group

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 nutrition class! Attend a monthly support group for people who have had weight loss surgery through Hartford Hospital's Surgical Weight Loss Program. To register call the Surgical Weight Loss Center at 860-246-2071, option #2.

**Hartford:** From 5:00 to 6:30 p.m. on 6/12, 8/14  
**Glastonbury:** From 5:00 to 6:30 p.m. on 5/8, 7/10

### Surgical Weight Loss: General Education Session

A comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated—bring your ticket. FREE.

**Enfield:** From 5:00 to 6:30 p.m. on 6/8

**Glastonbury:** From 5:00 to 6:30 p.m. on 7/10

**Hartford:** From 3:00 to 5:30 p.m. on 5/7, 5/22, 6/11, 6/26, 7/9, 7/24, 8/6

## Volunteers

### Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

### Volunteer Opportunities

If you are interested in giving your time, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens older than 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us online at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc).

#### • Pet Therapy Volunteers

Certified Pet Therapy teams are needed as visitors on Hartford Hospital's inpatient units, in the lobbies as greeters and at the behavioral campus—Institute of Living and Grace Webb School.

#### • Surgical Family Lounge

Looking for mature and organized volunteers with excellent communication skills and basic computer skills to serve as Family Liaisons. They update family members on their loved one's surgery, connect families with physicians and provide support for family members, patients and staff. (The lounge is covered Monday-Friday from 7:00 a.m. to 8:00 p.m.)

## Wellness/Integrative Medicine

Most classes require pre-registration. Register online at [www.harthosp.org/intmedclasses](http://www.harthosp.org/intmedclasses).



### Expressive Art classes

No previous art experience necessary.

#### **Soul Collage for Everyone: Respecting the Power of Anger**

(Diana Boehnert, MFA)

Find the constructive side of anger by tracking its path in our body and exploring its metaphors through imagery, colors, shapes, etc. **Schedule:** From 6:00 to 9:00 p.m. on 5/15 at Wethersfield Healthcare Center FEE: \$25 (free for cancer survivors).

#### **Soul Collage for Everyone: Shadow and Light**

(Diana Boehnert, MFA)

The Summer Solstice gives us an opportunity to explore the equity of shadow and light in our lives by creating a card that acknowledges these aspects. **Schedule:** From 6:00 to 9:00 p.m. on 6/19 at Wethersfield Healthcare Center FEE: \$25 (free for cancer survivors).

#### **A Soul's Retreat for Cancer Survivors**

(Diana Boehnert, MFA and PJ Harder, MS)

This **one day** program teaches you how to listen and trust the soul's guidance. Through creativity, inner dialogue, self care practices and rebalancing, you will learn to fully participate in life. **Schedule:** From 9:00 a.m. to 4:00 p.m. on 6/8 in Wethersfield. FEE: Free for cancer survivors (includes materials and art supplies).

#### **Tibetan Singing Bowls & Guided Imagery**

(Diana Boehnert, MFA)

Experience the soulful sounds and vibrational healing tones of the Tibetan Singing Bowls. A Guided Imagery journey will enhance the immersion into a deeply relaxed state. **Schedule:** From 6:30 to 8:00 p.m. on 6/5 at Wethersfield Healthcare Center. FEE: \$20 (free for cancer survivors).

#### **GMO Bootcamp: Knowledge for your Health**

(Melissa Talarico)

This class explores what GMOs (Genetically Modified Organisms) are, how GMOs get into our food supply, their potential health risks, and what we can do to avoid them. **Schedule:** From 6:30 to 8:00 p.m. on Thursday, 5/2 at Windsor Healthcare Center. FREE.

#### **Cancer Wellness Support Series (Hartford Hospital)**

Learn how to visualize healing and promote well-being with strategies to clear your mind and improve your mood. Classes open to all Hartford Hospital Cancer Program patients and their caregivers. Attend any or all sessions. **Schedule:** From 2:00 to 3:00 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. FREE.

May 1 Introduction to Stress Management

June 5 Guided Imagery

July 3 Gentle Yoga

Aug. 7 Introduction to Stress Management



#### **Change Your Eating, Change Your Life after Cancer**

(Kathy Beach, MS, ATC)

It is often difficult to make the transition from a diet lacking in whole foods to a healthy, cancer fighting strategic health plan. During the class, you will receive information to help you develop "skill" power as we explore diet strategies and their influence on enhancing and strengthening the body's innate healing system. We will discuss the best cancer fighting foods and how to easily incorporate them into their life, as well as those that should be avoided, simple, practical steps that clients can use in their own kitchen, at the grocery store and in restaurants to assist them in making healthy, nourishing choices. **Schedule:** From 7:00 to 9:00 p.m. on 5/21 or 6/6 at Avon Family Healthcare Center. FEE: \$40.

#### **Chair Yoga for People with Multiple Sclerosis**

(Stacey Pepper Schwartz)

This chair yoga series is designed specifically for people with MS although all people interested in chair yoga are welcome to attend. Participants learn postures that can help increase flexibility, range of motion, balance, and strength as well as breathing and relaxation techniques to help manage and combat stress and fatigue. No previous yoga experience is needed. If you have a companion assisting you, he or she is welcome to join the class at no additional cost. **Schedule:** From 10:30 to 11:30 a.m. on Fridays from 5/31 to 6/28 at Wethersfield Healthcare Center. FEE: \$50.

#### **Creating a Vision Board for Optimal Health and Wellness**

(Dory Dzinski, MAPC, LPC, NCC)

Learn about the psychology and energetics involved with creating Vision Boards and connecting with your life goals. **Schedule:** From 6:00 to 9:00 p.m. on Tuesday, 6/4 at the Avon Healthcare Center. FEE: \$30.

#### **Creating Forgiveness in our Life**

(Dory Dzinski, LPC, NCC)

Pain, hurt, and negative emotions take up room in our hearts. Inviting forgiveness into our life allows a place for more peace and happiness to enter and expand, as well as the release of stress and tension. **Schedule:** From 6:00 to 9:00 p.m. on 5/7 at Avon Wellness Center. FEE: \$30.

#### **Divorced Women's Empowerment Group**

(Dory Dzinski, MAPC, LPC, NCC)

Come be with other women who are single again due to divorce and learn tips for self esteem, coping mechanisms, discovering your individuality, and have some fun and companionship. **Schedule:** From 6:00 to 8:00 p.m. on 2nd Tuesdays, 5/14, 6/11, 7/16, 8/13, at Avon Family Healthcare Center. FREE (drop-in or attend all).

#### **Emotional Freedom Technique (EFT) Level I**

(Cris Jacobs, Life Coach)

In this two-part series, you'll learn the basic principles of EFT and how to use this technique for yourself and with others. The workshop is highly experiential, covering the use of EFT for physical pain, emotional discomfort, weight loss/addictions, anxiety, difficult memories and much more. **Schedule:** 6:00 to 8:30 p.m. on 2 Thursdays, 6/6 & 6/13, at Avon Wellness Center. FEE: \$99.

#### **Grief Support Group**

(Dory Dzinski, MAPC, LPC, NCC)

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief and be comforted with compassionate listening and understanding. **Schedule:** From 6:00 to 8:00 p.m. on 3rd Mondays, 5/20, 6/17, 7/15, 8/19, at Avon Family Healthcare Center. (Drop-in or attend all). FREE.

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

### Healthy Cooking Classes

(Caelum R. Massicotte, Whole Foods Healthy Eating Specialist)

**Schedule:** at the Whole Foods Market in Glastonbury. Preregistration required at 860.545.1888. FREE.

May 15 Healthy Salads and Salad Dressings  
June 5 Gluten Free Cooking Class

### HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

In this hands-on natural childbirth course for the expectant mother and her chosen birth companion, learn self-hypnosis, deep relaxation, simple breathing and visualization. Release fear and achieve a calm, peaceful, easy birth. *In addition to registration, please call the instructor at 860.875.4957 for more information.* **Schedule:** 5-week series from 6:30 to 9:00 pm on Thursdays, 6/20 – 7/25 at Wethersfield Healthcare Center. FEE: \$250 (plus \$30 for textbook, practice CDs and handouts to be paid to teacher at first class).

### Introduction to Emotional Freedom Technique (EFT)

(Cris Jacobs, Life Coach)

Come to this introductory class to learn the basic principles and benefits of EFT for personal use including stress reduction. **Schedule:** From 6:00 to 7:30 p.m. on 5/30 at South Windsor Healthcare Center. FEE: \$25.

### Life Balance Coaching

(PJ Harder, MS)

This is a process of accessing intuitive guidance, deep listening, insight dialogue and a compassionate, non-judgmental presence to support people and return them to a place of balance and peacefulness. **Schedule:** From 6:00 to 7:30 p.m. on 6/25 at Wethersfield Healthcare Center. FEE: \$30.

### More Energy for Life and Healing

(PJ Harder, MS)

Learn how to activate the healer within and learn simple, self-care practices such as Qigong, Tai Chi Easy™ and meditation. Experience renewed energy, a peaceful restfulness and more mental clarity as you reduce stress, enhance the immune system and return your health to a natural state of balance and harmony. **Schedule:** From 10:00 to 11:30 a.m. on 5/4 at Wethersfield Healthcare Center. FEE: \$30.

### Natural Weight Loss Solutions

(Dr. Keith Yimoyines, ND)

Learn about current trends in weight loss including First Line Therapy, the HCG diet, Sensa and others. If you're tired of losing weight only to gain it right back, this one is for you. **Schedule:** From 7:00 to 8:00 p.m. on 5/6 at the Avon Wellness Center. FREE

### Oh My Aching Gut!

(Lisa Zaccheo, MA, BCH, BCI)

Hypnosis has been proven to be effective in treating Irritable Bowel Syndrome and other stomach and gut related issues. **Schedule:** From 7:00 to 9:00 p.m. on 5/7 at the Avon Family Healthcare Center. FEE: \$30.

### Pink Ribbon Program

(Kathy Beach MS, ATC)

This three-phase, 12-week therapeutic exercise program is designed for breast cancer survivors to safely stretch and strengthen the shoulder, chest, back, and abdominal muscles, allowing women to regain full range of motion to areas affected by surgery. Suitable whether a patient's surgery was recent or several years ago. For all fitness levels. **Schedule:** From 1:30 to 2:30 p.m.; Mondays and Thursdays on 5/6, 5/9, 5/13, 5/16, 5/20, 5/23, skip 5/27, then 5/30, 6/3, 6/6, 6/10, 6/13, 6/17 at Avon Cancer Center. FEE: \$200.

### Reconnecting to Your Self-healing Wisdom

(PJ Harder, MS)

Learn how to awaken your natural abilities and reconnect to your inner wisdom of self-healing and self-care. **Schedule:** From 10:00 to 11:30 a.m. on 6/15 at Wethersfield Healthcare Center. FEE: \$30.

### Reiki Healing Touch-Level I

(Alice Moore, RN, MA, RMT)

Learn a gentle hands-on relaxation technique that can reduce stress, pain and accelerate the healing process. This technique can also promote wellness and a greater sense of well-being. **Schedule:** From 9:00 a.m. to 5:30 p.m. on 5/23, at Hartford Hospital's ERC. Nursing CEUs and Medical CMEs available. FEE: \$160.

### Tai Chi

(Ken Zaborowski, Tai Chi Instructor)

Tai Chi is a Chinese martial art style with fluid, gentle and graceful circular movements. It's the perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, and agility and reduce the chance for a fall related injury. **Schedule:** From 12:00 to 1:00 p.m. on ongoing Tuesdays and Fridays in Glastonbury, 5/7 – 5/31; 6/4 – 7/2 (skip 6/21). FEE: \$80/month if 2/week; \$45/month if once a week.

### Therapeutic Touch (Intermediate)

(Karen Kramer, RN, HNC, MA)

TT can decrease the perception of pain, stress, anxiety, accelerate healing, and promote a sense of well-being. Enhance your Therapeutic Touch skills as you become more aware of the chakras, learn the use of colors, and treat simultaneously with another practitioner. *Prerequisite: Basic Therapeutic Touch.* **Schedule:** From 4:00 to 8:00 p.m. on 6/7, and From 12:00 noon to 8:30 p.m. on 6/8 at Avon Wellness Center. FEE: \$160.

### Using Hypnosis to Quit Smoking

(Lisa Zaccheo, MA, BCH, BCI)

In this introductory class you'll learn why hypnosis has been proven to have over a 90% success rate for smoking cessation when all other methods combined hover around 17% success. This is **not** a group session (because groups have ¼ the success rate of individual sessions). You will learn how hypnosis can work for you as a powerful tool to release cravings so quitting becomes easier. **Schedule:** From 7:00 to 9:00 p.m. on 6/4 at Avon Family Healthcare Center. FEE: \$30.



### Yoga Therapy Sessions

(Cheryl Guertin, RYT, LMT)

This one-on-one session incorporates a combination of gentle yoga, hands on body-work, breathing practices, guided imagery, meditation, aromatherapy, and “bolster-assisted” held postures. It's benefits include stress reduction, a boost for the immunity system, and an increase in well being. No prior experience is necessary. **Schedule:** Sessions are by appointment with Cheryl by calling 860-545-4444. FEE: \$45.

### 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.

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

## 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](http://www.harthosp.org/classes). FEE: \$160.

## Parent Education Classes

Registration is required for all classes. Some classes may close registration 48 hours prior to the beginning of class so please register early. Register online at [www.harthosp.org/ParentEd](http://www.harthosp.org/ParentEd).

### Twin Preparation Class

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 7/11, 7/18, 7/25. FEE: \$125/3 sessions (may be pro-rated).

### 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.

**Glastonbury:** 5/1, 6/5, 7/10, 8/7  
**West Hartford:** 5/13, 6/10, 7/15, 8/12

### Breastfeeding with Success

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

**Glastonbury:** 6/26, 7/31  
**West Hartford:** 5/6, 6/3, 7/8, 8/5  
**Wethersfield:** 5/22

### Breastfeeding and Returning to Work

We'll help you by covering such topics as choosing the right breast pump, collecting and storing milk and setting a routine. This class may be taken prenatally or after your baby arrives. Babies are welcome. **Schedule:** From 6:30 to 8:30 p.m. on 6/24. 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 6/8, 8/10 at Hartford Hospital. FEE: \$50.



### Expectant Grandparents Class

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 5/29. FEE: \$10/couple.

### 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 5/22. FEE: \$25.

### 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:** From 6:00 to 7:30 p.m. on 6/13. 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 [www.harthosp.org/ParentEd](http://www.harthosp.org/ParentEd). FREE.

### Neonatal Intensive Care Unit Tours

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

### eLearning Childbirth Education

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. **Schedule:** Call 860-545-1333. 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 Glastonbury, West Hartford and Wethersfield. Go to [www.harthosp.org/ParentEd](http://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 6/17. 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 6/6, 8/1 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 5/25, 7/13. 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 5/11, 6/8, 7/13, 8/10 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

## Nurturing Connections

(Provided by the Nurturing Families Network)

### Telephone Support for New Parents

Volunteers provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

### Home Support for New Parents

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

To register online go to [www.harthosp.org/classes](http://www.harthosp.org/classes).

### • **Lactation & Feeding Consultant**

The goal is to offer mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely. Contact Mary A. Marshall-Crim at 860-545-1313.

### • **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 in Wethersfield. Call for dates. FEE: \$50 for 6-week series.

#### • **Time for Toddlers**

Led by a pediatric nurse practitioner, this 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 in Wethersfield. Call for dates. 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 5/18, 6/15 in Glastonbury. FEE: \$15/class.



### Exercise for Expectant and New Moms

#### • **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. from 5/1 to 5/22; 6/5 to 6/25; 7/10 to 7/31; 8/7 to 8/28 in West Hartford. FEE: \$50/4-week session.

## 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 Sargent Tom Field. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 6/25 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. **Schedule:** From 6:00 to 9:30 p.m. on 5/1, 5/22, 6/5, 6/19, 7/10, 8/7 in Hartford. This is a non-certification informational class intended for home use only. FEE: \$45.

## Professional Development

### 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.

### 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](http://www.harthosp.org) or call 860-545-2612.

## Anxiety Disorders Center

### Anxiety Disorders Group

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

## Mental Health

The following free programs 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 additional information or directions, call Mary Cameron at 860-545-7665.

## 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. 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. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

### 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 may attend any session. **Schedule:** From 5:15 to 6:30 p.m. on the first Tuesday of each month. Call Mary Cameron at 860-545-7665 for information. FREE.

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

Overview of benefit programs available for individuals with mental health disabilities. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### Depression: An Introduction to the Disorder

This program is for family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860-545-7665 for more information and dates. 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. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

### Support Groups—See page 22 for descriptions

- **Support Group for Families Dealing with Major Mental Illness**
- **Peer Support Group—Schizophrenia Anonymous (S.A.)**
- **Social Support Group—L.G.B.T.Q. Issues**
- **Dementia Support/Educational Group Meeting**

## Screenings/Support Groups

### Grief Support Group

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief. Call 860-545-1888 for information. FREE.

### Epilepsy Support Group

This support group is open to anyone affected by epilepsy to gain mutual support, share experiences and to gain knowledge of epilepsy. Sponsored by The Epilepsy Foundation of Connecticut and the Epilepsy Center. **Schedule:** Last Thursday of each month. Call 800-899-3745 to register. FREE.

## Cancer Program

### Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 5/2, 6/6, 8/1 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Erin Williams, RN at 860-545-5808 to register. FREE.

### Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. Call 860-524-2715 for schedule. 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.

## Cardiology

### 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 7:00 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

## Gastroenterology

### Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions with ostomy nurses, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 8:30 p.m. on 5/30 at the West Hartford Senior Center, 15 Starkel Road. For more information call 860-760-6862. FREE.

## Healthy Hearts

### 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. Call for schedule. FREE.

## Mental Health

### Dementia Support/Educational Group Meeting

Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let's work together, help each other and exchange ideas. **Schedule:** From 11:30 a.m. to 12:30 p.m. on the first Tuesday of each month in the Staughton Williams Building – Clarke Social. Space is limited. Reservations are required at 860-545-7665. FREE.

### Mental Health 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.

### Support Group for Families Dealing with Major Mental Illness

Share your successes and struggles in loving and living with someone who has schizophrenia, bipolar or other related disorders. **Schedule:** From 5:15 to 6:30 p.m. on the first and third Thursday of each month. 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, First floor. FREE.

### Social Support Group – L.G.B.T.Q. Issues (Lesbian/Gay/Bisexual/Transgender/Questioning)

Support group for 16-23 year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges. **Schedule:** From 5:00 to 6:15 p.m. on the second & fourth Wednesday of each month. FREE.

### Un Grupo De Apoyo Para Las Familias Hispans

El segundo martes de cada mes de 5:00 to 6:00 p.m. Este es un grupo de apoyo para las familias que hablan español y que estan preocupados con los asuntos de la salud mental. (Este no es un grupo de tratamiento sino un grupo para los amigos y las familias de una persona que esta sufriendo con una enfermedad mental.) A group geared toward supporting and educating friends and family members of those dealing with mental health issues and is not a treatment group. Second Thursday of the month from 5:00 to 6:00 p.m. in the Center Building, 1st Floor.

## Surgical Weight Loss Program

### 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 Coordinator at Hartford Hospital's Education & Resource Center, 560 Hudson Street, Hartford. Registration is NOT required. **Schedule:** From 6:00 to 8:00 p.m. in Hartford on 5/28; in Enfield, 100 Hazard Ave., Suite 201 on 5/15. FREE.

## Transplant Program

### 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.

### 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.

## 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, visit our website at [www.harthosp.org/ems](http://www.harthosp.org/ems) or call 860-545-2564.

- Pediatric First Aid & CPR (call 860-545-1888)
- Adult First Aid & CPR with Automated External Defibrillation (a minimum number of participants is required)
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT
- EMT—Recertification Course
- Core Instructor Program
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)
- Basic Life Support for Healthcare Providers
- CPR Instructor Course
- HeartCode—BLS and ACLS done on-line through HealthStream

# Special Events at Hartford Hospital

REGISTRATION IS REQUIRED for the following FREE events. To register online go to [www.harthosp.org/communityeducation](http://www.harthosp.org/communityeducation) or call 860-545-1888; toll free 1-800-545-7664.



Patricia DeFusco, MD

## Are You at Risk for Breast Cancer?

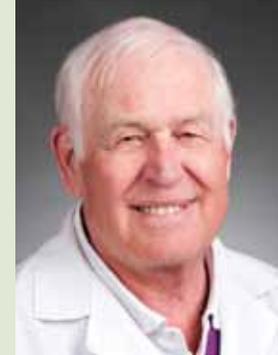
Wednesday, June 5  
6:30 to 8:00 p.m.  
Helen & Harry Gray Cancer Center  
80 Fisher Drive, Avon

This lecture will focus on the major risk factors for breast cancer including: age and reproductive factors, risks resulting from benign conditions such as various atypias, family history and genetics. Presented by Dr. Patricia DeFusco, a board-certified medical oncologist and a member of the Hematology/Oncology Division of Connecticut Multispecialty Group.

She currently serves as Medical Director of Hartford Hospital's Partnership for Breast Care.



Richard Kershen, MD



James Graydon, MD

## Life after Prostate Cancer

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

Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses, 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. Presented by board-certified urologists Dr. James Graydon and Dr. Richard Kershen.



Adam Steinberg, DO



Colleen Mellen, APRN

## Pelvic Organ Prolapse: What it means and what can be done

Wednesday, May 1  
7:00 to 8:00 p.m.  
Avon Wellness Center  
100 Simsbury Road

Learn about the different types of incontinence and pelvic organ prolapse along with various surgical and non-surgical treatment options for both conditions including what you can do to relieve your symptoms. Presented by Adam Steinberg, DO, a nationally recognized fellowship-trained urogynecologist and Colleen Mellen, APRN, a specialist in non-surgical treatment options for women with pelvic floor disorders.

## Vertigo: What Sets Your World Spinning?



Marc Eisen, MD

Thursday, May 23  
5:30 to 6:30 p.m.  
Hartford Hospital Wellness Center  
Blue Back Square  
65 Memorial Road, West Hartford  
Suite 425

In this Seminar, you will learn about:

- The common causes and treatment of vestibular and balance disorders (dizziness)
- Recent developments in treating hearing loss
- Physical therapy evaluation and treatment approaches for common vestibular and balance disorders

Presented by Dr. Marc Eisen, Medical Director of the Hartford Hospital Center for Hearing and Balance. After a residency in otolaryngology at the University of Pennsylvania, Dr. Eisen completed a two-year fellowship in Otolaryngology/Neurotology at the Johns Hopkins Hospital in Baltimore. His clinical interests include medical and surgical treatments of the ear and hearing and balance disorders.



## WFSB Channel 3

Viewers are invited to chat online with Hartford Hospital doctors after Medical Rounds airs on Eyewitness News on Wednesday evenings.

To register online go to [www.harthosp.org/communityeducation](http://www.harthosp.org/communityeducation).

## Creative Cook



# Chocolate and Raspberry Frozen Yogurt Bombes

### Ingredients

- 2 cups chocolate frozen yogurt
- 3 cups raspberry frozen yogurt
- 1 cup whole, raw almonds, toasted and coarsely chopped
- 1 pint fresh raspberries

*Note: Wear disposable plastic gloves on both hands to keep frozen yogurt cold during preparation.*

Amid the glacial peaks of the remote Hunza region of Pakistan, tribal elders regularly live in good health to age 100 and beyond. What explained their longevity? Could it be a lifetime of climbing mountains and a diet rich in yogurt and fresh fruit?

Research from the Harvard School of Public Health suggests that yogurt prevents age-related weight gain. Low-fat yogurt is packed with vital amino acids and bone-building calcium. Try eating it after a tough workout for an energy boost. Yogurt is loaded with protein, potassium and “active cultures” of beneficial bacteria.

The Harvard study showed that eating yogurt and other minimally processed foods staves off hunger. A daily diet rich in yogurt and nuts keeps you feeling full longer and may help reduce snacking that can pile on the pounds. A “bombe” is simply a French name for a ball made from two (or more) flavors of healthy, low-fat yogurt.

Remove chocolate frozen yogurt from freezer and let it rest 4–5 minutes until soft. With a small scoop, form 12 equal-size balls (about 3 Tbs. each). Tightly pack each ball with your hands. Replace in container and freeze for 15–20 minutes.

Remove raspberry frozen yogurt from freezer and let it rest for 4–5 minutes. Scoop frozen yogurt into 12 equal-size balls of about ¼ cup each. Pack loosely. Return to container.

Remove chocolate balls from freezer. Flatten raspberry balls into ½-inch-thick circles. Use your hands to pack a raspberry circle around a chocolate ball until the chocolate ball is no longer visible. Put the completed ball back into the raspberry ball container. Repeat until all balls are covered. Return to freezer, uncovered, for 15-20 minutes.

Pour almonds into a shallow dish. Remove balls from freezer one by one. Press gently and roll in almonds until covered.

Place bombes on a parchment-paper-lined baking sheet. Return to freezer for 20-30 minutes, uncovered, to reset. Remove balls from freezer and serve whole or cut into wedges. Garnish with fresh raspberries. Store leftovers, covered, in a container in freezer. Serves 12.

Calories: 186  
Protein: 6 g  
Fat: 6 g (unsaturated)  
Carbohydrates: 27 g

Fiber: 3 g  
Sodium: 30 mg  
Potassium: 239 mg

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