

S P R I N G
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

BODY HEAT

***INFLAMMATION**—How
it affects your brain, heart,
joints and everything else.*

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

Stents Sequel

New warnings urge patients to stay on a combination of aspirin and blood thinners after placement of a drug-eluting (coated) stent to avert life-threatening clots that can block blood flow to the heart. More than a million Americans annually receive the stents.

"Anti-clotting medications help prevent a clot from forming in the coronary artery," says Paul Thompson, M.D., director of Hartford Hospital's Division of Cardiology. "Patients may need life-long drug therapy with a combination of aspirin and clopidogrel (Plavix)."

Drug-eluting stents are mesh tubes that prop open narrowed arteries in the heart while slowly releasing medication to prevent the build-up of scar tissue inside the stent. While the drug coating has been shown to be successful in preventing the artery from re-narrowing, blood clots are slightly less likely in bare metal stents, prompting calls for more research. (See <http://www.fda.gov/cdrh/news/010407.html>.)

In the meantime, the Society for Cardiovascular Angiography and Interventions stresses careful patient selection, meticulous stent implantation, and consistent use of medications to avoid the rare, but serious, complication that can lead to a heart attack.

HEALTH TIPS

Sound Advice



Baby Boomers sometimes went deaf temporarily at rock concerts, but the iPod generation blasts earsplitting music directly into their ears for hours at a time. Continuous listening, even at normal volume, damages hair cells in the inner ear that relay sound impulses to the brain.

Technology has brought significant advances in battery life, allowing iPods to play for hours without recharging. Eventually, the ear becomes desensitized to higher volume settings or hazardous noise levels. Exposure to 85 decibels over a sustained period of time causes hearing loss, says the National Institutes of Health. MP3 players have maximum sound output levels ranging from 115 to 130 decibels—comparable to the sound level of a jet engine.

To minimize the risk of hearing loss:

- Turn down the volume.
- Don't listen continuously. Stop listening if you develop tinnitus (ringing in the ears).
- Visit the Apple website for free volume-limiting iPod software at: www.apple.com/ipod/download/.
- Although not as trendy as earbuds that go inside the ear, consider noise-canceling headphones that block background sounds, allowing the volume to be lower.

Hoping for a Heart



Robin Sutherland, 39, of Bloomfield suffered a massive heart attack last July and received her new heart in October. After surgeons implanted a mechanical pump called a ventricular assist device (VAD) in her chest, she was able to begin cardiac rehab to strengthen her body before undergoing the transplant operation. She still maintains her training regimen three times a week at the HealthTrax in Avon. "The doctors wanted a perfect match," she says of her donor organ. "It's a blessing to have received this heart."

People with irreparably diseased or damaged hearts don't need to travel out of town and wait months in another city until a donor heart becomes available.

Hartford Hospital patients can take advantage of a life-saving portable apparatus called a Thoratec *ventricular assist device* (VAD) that serves as a "bridge to transplant" for patients with life-threatening cardiac problems. "Heart transplant candidates can be bridged with a mechanical pump that can assume the function of the left, right or both sides of the heart," explains Jonathan A. Hammond, M.D., director of the VAD program at the hospital.

When a sudden heart attack strikes, coronary artery blockage may be so extensive that only a new heart can permanently fix the problem. The VAD does the work of the heart's pumping chambers to limit organ deterioration until a donor heart can be found. Last summer, Robin Sutherland arrived at Hartford Hospital after suffering a massive heart attack while working out at a local gym. At 39, she had no obvious cardiac risk factors.

"When I heard the words 'massive heart attack' I thought I was done," she says. "Then they told me I needed a transplant. They gave me a VAD, started cardiac rehab and things went so well that I was able to go home while awaiting my new heart. I had never heard of that miracle device."

"Donor organs are a precious commodity," says James E. Dougherty, M.D., medical director of the Cardiac Transplant Program. "Waiting out of state means potentially uprooting the family for months. The VAD can allow people on transplant lists to grow stronger while waiting for a new heart."

More than 93,000 Americans are on lung, heart, kidney, liver, pancreas and intestine waiting lists, 200 people in the Hartford area alone. Hartford Hospital's partnership with LifeChoice Donor Services, the local organ procurement organization, has resulted in a rapid rise in availability of transplanted organs in recent years.

"We would like to raise community awareness about excellent outcomes in heart transplantation," says Dr. Dougherty. "Over the last three years we've had a 94 percent survival rate, which is amazing when you consider that without a heart transplant none of these patients would have survived."



Inflammation— The body under siege

Dr. Albert Kozar, D.O., a specialist in sports medicine, with members of the University of Hartford Hawks women's basketball team. Left to right: Diana Delva, Forward/Center and Jenna Peterson, Guard/Forward.

Inflammation is a vital tool for survival. When it goes wrong, the inflammatory response turns on itself.

Inflammation is the body's instinctive response to invasion. Any assault on the immune system triggers a flood of white blood cells and chemicals to repel the foreign "intruder"—bacteria, virus, allergen or irritant. A pulled muscle, strained joint or torn ligament releases a protective inflammatory cascade to speed healing. When under attack, the body immediately mobilizes to fight infection or injury.

Sometimes the normally protective process goes awry. An "autoimmune" disease results when the body battles a non-existent threat and the over-reactive defense system damages its own tissues. Autoimmune disorders like lupus, multiple sclerosis and rheumatoid arthritis overwhelmingly afflict women, especially during the childbearing years. In pregnant women, an inflammatory response caused by a chronic infection can lead to pre-term labor. Scientists are studying how inflammation—marked by redness, heat, swelling and pain—sets the stage for chronic diseases like asthma, psoriasis, diabetes, cancer, atherosclerosis, multiple sclerosis and Alzheimer's disease. Researchers want to discover how infection, aging, hormones, obesity and metabolic syndrome spur inflammation.

Infection with disease-causing microbes often results in a powerful inflammatory response. The protective cellular reaction turns toxic when thrown into overdrive by a persistent assault by bacteria. Under siege, the immune system strikes back by releasing a torrent of T-cells and other specialized blood cells to stop the infection, and these circulating compounds travel far and wide through every organ of the body. The inflammatory cells speed to injured areas where they destroy invaders and clean up dead and dying cells. Inflammation is a vital tool for survival.

When it goes wrong, the inflammatory response turns on itself. For poorly understood reasons, the body's initial defensive healing response can spark a body-wide inflammatory over-reaction. Designed to fight infection, heal damage and store energy, the body's metabolic and immune pathways are interdependent. Obesity creates a chronic low-level inflammation that predisposes individuals to airway inflammation, heart disease and other inflammatory disorders. Scientists are continuing to gather evidence that inflammation precedes and predicts diabetes.

Tendonitis

Americans are facing an "-itis" epidemic. Researchers are investigating how rampaging inflammation leads to persistent autoimmune conditions like sinusitis, tendonitis, gastritis, rheumatoid arthritis or inflammatory bowel disease. "The painful and acute inflammatory response of tendonitis stimulates normal healing," says Albert Kozar, D.O. "Tendonosis, by contrast, is a chronic degenerative process that can develop within six to 12 weeks after an injury. Although there is less swelling and pain, the damaged tendon remains weak and vulnerable to repeat injury. Once inflammation becomes chronic, we may need to re-injure the tendon, muscle or ligament in a controlled way so that the body's own inflammatory process can promote healing."

As an osteopathic physician, Dr. Kozar embraces a holistic philosophy that focuses on the musculoskeletal system—the nerves, muscles, and bones. "We prescribe physical therapy—lots of repetitions at low resistance—to break up scar tissue and stimulate production of healing cells called *fibroblasts*," says Dr. Kozar. "Injecting an injured elbow or shoulder with cortisone, a powerful anti-inflammatory steroid, helps with pain but may weaken the tendon. *Prolotherapy* involves injecting a dextrose (sugar water) solution into the ligament or tendon where it attaches to the bone. Localized inflammation increases the blood supply and flow of nutrients and stimulates the tissue to repair itself."

Periodontal Disease

An estimated 80 percent of all American adults have some degree of chronic infection and inflammation in the gums and underlying tissues. As the infection progresses, periodontal disease inflames the gums and plays a role in bone loss. Deep pockets form between the teeth and gums, loosening the teeth. Under attack, the body mobilizes its response, flooding the body with disease-fighting inflammatory compounds. Increased levels of "cytokines" involved in defending the body against infection have been linked to coronary heart disease, major depression, aging and cancer.

Amid research showing that bacterial infection and resulting inflammation raise the risk of cardiovascular disease, scientists are studying new evidence linking periodontal disease with pancreatic cancer, which kills 33,000 people a year in the United States.

Once regarded as a localized infection, chronic inflammation of the gums may have far-reaching

PHYSICIAN PROFILE

Karen Blank, M.D., M.A.

Karen Blank, M.D., M.A., is medical director of the Memory Disorders Center at the Institute of Living (IOL). Areas of research interest include dementia and memory disorders, late life depression and geriatric psychiatry. She earned her Board certification from the American Board of Psychiatry and Neurology in psychiatry in 1984 and in geriatric psychiatry in 1992.

Before graduating from George Washington University School of Medicine in Washington, D.C., Dr. Blank earned her bachelor's (*summa cum laude*) and master's degrees from Washington University in St. Louis, Missouri. She did her internship and psychiatric residency at Payne Whitney Psychiatric Clinic at the New York Hospital-Cornell Medical Center.

She is an associate professor of Clinical Psychiatry at the University of Connecticut and a fellow of the American Psychiatric Association. In her life outside of the hospital, Dr. Blank spends her time caring for her two teenage sons, reading and cooking. She is in her third year of learning cello and participates in a Suzuki orchestra.



effects throughout the body. Researchers are studying links between periodontal disease and autoimmune disorders, cardiovascular problems, metabolic syndrome and Alzheimer's disease.

Alzheimer's Disease

An estimated 4.5 million people suffer from Alzheimer's disease in the United States, a number that is rising with the aging population. By 2050, nearly 19 million Americans will be 85 years or older. While the interplay of age, genetics, environmental influences and inflammation in Alzheimer's disease is poorly understood, it is known that chronic infection, environmental triggers, diabetes, stress or a history of depression affect the immune system and contribute to the onset of Alzheimer's disease.

"We know that certain individuals have genetic vulnerabilities," says Karen Blank, M.D., medical director of the Memory Disorders Center at the Institute of Living. "Researchers are studying how periodontal disease, metabolic syndrome and insulin-resistance raise the risk for cognitive decline and dementia."

When genes go awry, toxic fragments of beta-amyloid protein trigger neurological damage in the brain. "Regulation of amyloid is influenced by insulin," adds Dr. Blank. "In the aging American population, insulin-resistance is rising along with obesity and type 2 diabetes. The 'silver tsunami' of Baby Boomers is bringing higher numbers of individuals with the very problems associated with Alzheimer's disease."

Dementia may be related to a chronic inflammatory reaction in areas of the brain affected by Alzheimer's disease. "Individuals with high levels of inflammatory markers in the blood have considerably increased risk of cognitive impairment," says Dr. Blank. "Elevated plasma levels of inflammatory proteins have been linked to Alzheimer's disease and dementia. It's not known whether the inflammatory markers signal a process that contributes to cognitive impairment, or whether the inflammatory response itself causes and perpetuates brain damage."

Heart Disease

"Over the last 10 years we have learned that inflammation plays a role in coronary artery disease," says Paul Thompson, M.D., director of Hartford Hospital's Division of Cardiology. "We don't know yet whether the inflammation lets cholesterol invade the artery wall or whether artery-clogging fatty deposits elicit an inflammatory response. Inflammation triggers an outpouring of white blood cells that eat away at the plaque, causing it to bleed and clot."

The risk of having a heart attack may be related to inflammation caused by bacterial or viral infection. C-reactive protein (CRP) is an inflammatory marker in the blood that may be predictive of cardiovascular disease, stroke and peripheral arterial disease. People with elevated levels of CRP are at increased risk of diabetes, hypertension and recurrent coronary events. High levels of CRP have been linked with heart disease risk in patients with chest pain or a previous heart attack. Several tests for inflammatory markers in the blood measure specific enzymes and proteins involved in cholesterol metabolism. "New

tests are being developed and marketed heavily," says Dr. Thompson. "I tell my patients not to get blown about by every gust of wind, but to pay attention to the way the trees grow. CRP testing isn't for everybody."

Arthritis

Blood tests to measure levels of CRP and rheumatoid factor may have predictive value in identifying patients at risk for joint-damaging inflammation. Arthritis or other chronic joint pain affects nearly 70 million people in the United States. The most common inflammatory condition in the United States, arthritis afflicts an estimated 46 million adults. The disease strikes women more often than men and is the leading cause of disability among Americans. To prevent potentially crippling joint damage in patients with *rheumatoid* arthritis—the autoimmune disease that affects joints and other parts of the body—specialists often begin early, aggressive treatment with a combination of drugs.

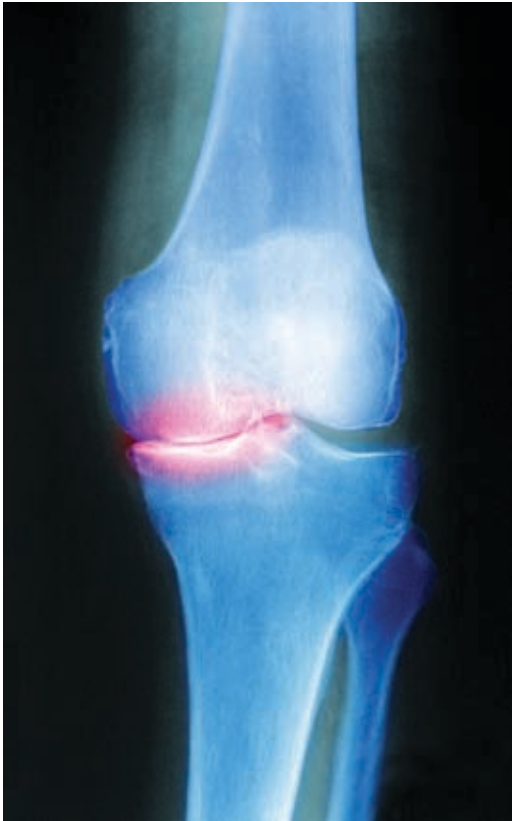
But not all patients with arthritis have the progressive form of the disease. An estimated 25 million Americans have osteoarthritis, the most common type of degenerative joint disease. As the disease progresses, sufferers lose more and more of the cartilage layer that cushions joints. "Osteoarthritis creates a painful inflammatory response in the joint, not necessarily involving the tendons and surrounding tissues or the bursa of the shoulder," says James T. Mazzara, M.D., an orthopedic surgeon who specializes in treating shoulders and knees. "If all else fails, knee and shoulder replacements can be considered for the painful arthritic joint that has not responded to nonsurgical treatment."

Studies suggest that pain and stiffness often resolve on their own in as many as half of newly diagnosed arthritis patients. "Localized inflammation results from 'wear and tear' arthritis," says Dr. Mazzara. When steroid injections don't quiet the inflammation, he may insert a tiny camera and operating instruments into the joint to remove irritating debris, a technique called *arthroscopy*. "Stretching and strengthening can help, but injured tendons need time to heal. We can prescribe therapy and medications for pain and inflammation."

Recent news about risks associated with prescription cox-2 inhibitors has led to concern about overuse of medications called non-steroidal anti-inflammatory drugs (NSAIDs). While Vioxx is no longer on the market, a similar drug called Celebrex is among the top-selling drugs among seniors. Over-the-counter drugs like ibuprofen and naproxen are commonly used for pain and swelling caused by muscle strain, although taking them too soon after an injury may delay healing.

Research shows that NSAIDs appear to significantly reduce the age-related prevalence of Alzheimer's disease—but only when taken long before the onset of symptoms. One of the most powerful NSAIDs is aspirin, which helps prevent heart attacks and strokes when taken regularly. Now a study suggests the analgesic also may prevent the development of asthma in adults, possibly by suppressing airway inflammation.

In a healthy body, circulating antibodies attack and destroy invading pathogens. In an autoimmune disease, the body turns on itself as circulating antibodies seek, attack, and destroy normal cells. Across America, as the increasingly sedentary and obese population ages, the body is under siege—and the enemy is ourselves.



X-ray of an arthritic knee showing narrowing of the joint space.



A New Look *at the Esophagus*

*Kiran Sachdev, M.D., of Connecticut GI, PC,
specializes in disorders of the esophagus.*

Rare until the 1970s, the incidence of esophageal cancer has soared over the past 30 years and is now the fastest-rising cancer in adults.

Bitter and burning, acid roils in your stomach and rises to the back of your throat. Pain and pressure worsen at night, disrupting sleep with heartburn or choking sensations. When the valve at the bottom of the esophagus functions inadequately, undigested food and stomach acid are regurgitated, eroding the esophageal lining and causing morning hoarseness. While the condition can usually be controlled with medication, surgery may be necessary.

Gastroesophageal reflux disease (GERD) is a widespread complaint, afflicting nearly 20 million Americans who take heartburn medications at least twice weekly. Up to 60 million people in the United States suffer from sporadic heartburn. While half the people with GERD experience burning and indigestion, the other half have atypical symptoms, including chest pain, laryngitis, asthma, nocturnal cough or recurrent sinus infections. The Bravo wireless pH monitoring system allows acid reflux monitoring for up to 48 hours to evaluate potential causes of chest pain that may originate in the esophagus. Uncontrolled symptoms occasionally lead to severe bronchospasm or coronary artery disease.

“We’re seeing a GERD epidemic in Westernized countries,” says Kiran Sachdev, M.D., of Connecticut GI, PC, who specializes in disorders of the esophagus. “Drugs for stomach ulcers totally eradicate *H. pylori* bacteria, which some researchers believe may be protective against GERD. Sedentary lifestyles and rising rates of obesity also contribute to the disease.”

Since pH monitoring began in the 1970s, the role of stomach acid in GERD has become controversial. Researchers have shown that proton pump inhibitors (PPIs) like Nexium, Prevacid and over-the-counter Prilosec work better than Pepcid, Tagemet or Zantac. “The problem is not just over-production of acid but breakdown in barriers to acid,” explains Dr. Sachdev. “Forty percent of patients have non-acid reflux. This is a new concept in reflux disease and reflects a large percentage of patients who have been under-diagnosed in the past.”

Initial diagnosis involves a technique called *endoscopy* to identify potentially dangerous erosion and damage to the lining of the esophagus. Dr. Sachdev snakes an endoscope—a flexible tube with a light and miniature camera—down the throat to

the stomach. If she sees red epithelial cells instead of pale squamous cells, she removes a small piece of suspicious tissue for a biopsy to rule out precancerous changes called “Barrett’s esophagus” that precede a specific kind of esophageal cancer.

Rare until the 1970s, the incidence of esophageal cancer has soared over the past 30 years and is now the fastest-rising cancer in adults. Esophageal cancer strikes men more frequently than women. “Barrett’s esophagus raises the risk of developing adenocarcinoma of the esophagus by 40- to 60-fold,” says Dr. Sachdev. “The asymptomatic condition is increasing rapidly in white men, along with the rise in obesity and GERD.”

At Hartford Hospital, state-of-the-art diagnostic equipment helps physicians detect esophageal cancer in its pre-malignant stages. Dr. Sachdev employs a novel technique called “narrow band imaging” to look for precursor lesions in the esophageal lining. Using red-blue-green filters to enhance the diagnostic capability of the endoscope, she generates high-resolution images of the vessels and mucosa to pinpoint cancerous changes in Barrett’s esophagus lining.

Another innovative diagnostic test is the addition of Multichannel Intraluminal Impedance (MII) to the conventional pH probe that detects and analyzes reflux, characterizing it as acid or nonacid. The new equipment overcomes the limitations of the existing pH probe that has been the “gold standard” in detecting acid reflux for 30 years. A flexible plastic tube passed down the esophagus into the stomach measures the pressures generated by the esophageal muscle at rest and during swallows. Colorful waves sweep across the computer screen, allowing Dr. Sachdev to analyze impedance (resistance to the flow of current), motility (muscular contractions of the esophagus), and transit dynamics, among other tests.

While the risk of developing cancer is low even in someone with Barrett’s esophagus, new surveillance protocols let physicians monitor and biopsy any changes in cellular architecture. Esophageal adenocarcinoma is often incurable because the disease is frequently discovered at a late stage when treatments are ineffective. The five-year survival rate is just 13 percent. With early detection, therapy can begin before the cancer has a chance to grow and spread.

Senior Health Goes Online

Adult children, particularly those who live out of state, often worry about the care of their elderly parents. Doctors, home care, rehab, dementia, assisted living, hospice—the “sandwich generation” really has its hands full.

With that in mind, Hartford Hospital, VNA HealthCare, Eastern Rehabilitation Network, the Institute of Living,

Jefferson House and other affiliated organizations have formed Senior Health Solutions. A one-stop shopping resource for the multiple needs of our aging population, Senior Health Solutions can be accessed on the Internet at www.seniorhealthsolutionsct.org, or by calling a geriatric care coordinator at 1-866-629-1112.

Health Concerns

Physician Services

Mental Health

Home Services

Where to Live

Ask a Nurse

Ask Our Nurse

Have a question about your health or how to access services you may need? E-mail your question to our geriatric nurse care manager.

SAMPLE QUESTION

My father is 87 and still drives. How can I be sure that he's still a safe driver?



Community Programs

The resource for all your health care needs.

Welcome to **Senior Health Solutions**, a network of professional health care organizations specializing in geriatric services and working together to provide a seamless system of care for older adults in Connecticut.

Whether you need a physician, hospital care, rehabilitation, a visiting nurse, home care, assisted living, nursing home care, hospice or just help navigating the health care maze, **Senior Health Solutions** is your one resource for all your health care needs. [Contact us.](#)

CHECK OUT OUR COMMUNITY HEALTH & WELLNESS PROGRAMS...

Alzheimer's Caregivers Education Course
Join us for a free education series on Alzheimer's and the impact this disease has on the family and caregivers.

Alzheimer's Family Support Group
This support group is for families/caregivers to get together and discuss issues dealing with Alzheimer's and to provide mutual support.

Bone Density Screenings
The results of this test can detect early signs of osteoporosis.

Is It More Than a Senior Moment?
Experts on aging and memory from the Institute of Living will discuss the difference between normal signs of aging and something more serious.

Low Vision Support Group
Meet people with low vision and to discuss products and services available to improve quality of life.

Source: Hartford Hospital's Community Calendar

WHAT'S GOING AROUND...News & Breakthroughs

Yolks on You

Why eat egg white-only omelettes? Studies have failed to show that eggs raise blood cholesterol levels. Researchers at Harvard Medical School found no association between daily consumption of an egg and risk of heart disease or stroke in non-diabetic men or women. Egg yolks contain compounds crucial for eye health and are a source of phosphatidylcholine, a brain-boosting nutrient.

Days of Wine and Cheese

Red wine helps obese mice live longer, healthier lives, says the National Institute on Aging. Researchers fed three different diets to middle-aged mice for a year (the mouse equivalent of progressing to old age). Resveratrol—an antioxidant found in red wine, peanuts and blueberries—reduced the risk of death by nearly one-third in obese mice fed a fatty diet.

Anemia Alert

The U.S. Food and Drug Administration (FDA) says Amgen's anemia drug Aranesp (darbepoetin alfa) is ineffective in reducing red blood cell transfusions and fatigue in cancer patients not on chemotherapy or radiation. A large, multi-center, randomized, placebo-controlled study showed higher mortality in cancer patients who received Aranesp. The FDA has approved the drug for chronic kidney disease and chemotherapy-induced anemia.

Death Rays

The microwave is a powerful way to kill disease-causing germs, says a new study at the University of Florida. Dishwashers clean, but don't sterilize. Zapping sponges and plastic scrubbing pads for two minutes at full power in the microwave kills *E. coli* and other harmful bacteria. Don't microwave items containing metal and make sure the sponge or scrubber is wet, not dry.

WHEN DRINKING BECOMES A DISEASE

Although most college kids outgrow their youthful binges, uncontrolled drinking overpowers the ill-fated few who succumb to devastating alcoholism. Defeated and disgraced, scorned by family and friends who don't understand, alcoholics suffer from a lonely and often fatal disease. Those who can't stop drinking endure a lifelong struggle shaped by a complex interplay of genetic and environmental factors that influence relapse and recovery.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), alcohol abuse or dependence afflicts an estimated 22.2 million American adults, both male and female. Nearly seven million drug users in the United States also meet the criteria for chemical dependency, but only about 20 percent receive treatment. Up to 13 percent of the population experiences at least one bout of uncontrolled or binge drinking at some point in their lives.

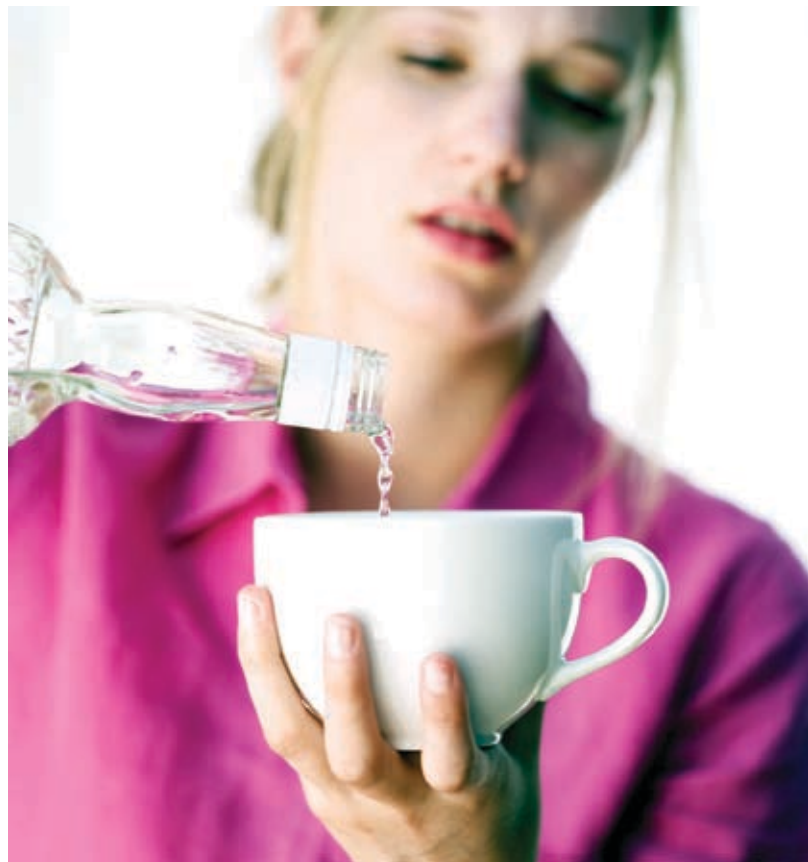
"In keeping with our mission as a psychiatric hospital, we treat alcohol and/or drug abusers who have a dual diagnosis of mental illness," explains Julian Offsay, M.D., an addiction psychiatrist at the Institute of Living (IOL). "Most chemically dependent individuals have significant personality difficulties, such as major depression, attention-deficit hyperactivity disorder (ADHD) or bipolar disorder."

The Addiction Recovery Services Program at the IOL provides intensive outpatient treatment for patients who are referred from the community, court and probation systems, or as a step-down from inpatient treatment. The program offers group counseling, education and support for those with substance abuse problems, and also provides medication management for patients with both substance abuse and psychiatric problems.

The alcoholism drug Campral helps restore normal brain chemistry in alcohol-dependent people who stop drinking. "We can prescribe medications to reduce the severity of post-acute withdrawal symptoms," says Dr. Offsay. "Because of subtle changes in brain chemistry, many people experience anxiety, depression, disturbed sleep, mood swings or trouble concentrating when they suddenly become alcohol-free."

Why do some people become alcoholics or addicts? Scientists believe that chemical dependency is a blend of biological tendencies and environmental influences, coupled with the addictive potential of mood-altering chemicals. Those who begin drinking at an early age are at greater risk of chronic, relapsing alcohol dependence. Studies show that of those who go on to develop alcoholism, nearly half meet the diagnostic criteria for alcoholism by age 21.

"Unfortunately, there has been stigma attached to addiction because of illicit drug use," says program manager Sandy Moehle, L.C.S.W. "People need to understand that substance



abuse is not just about willpower. Addiction is as prevalent in suburban, middle class areas as it is in the inner cities, and it cuts across all socioeconomic levels. Health professionals should not be afraid to ask about alcohol and drug use as part of any routine assessment or evaluation."

According to the *American Journal of Psychiatry*, women who abuse alcohol exhibit brain damage sooner and may experience even more severe long-term effects than men. Women are more likely to die from suicide, alcohol-related accidents, circulatory disorders and cirrhosis of the liver than are male alcoholics.

"Most people are surprised to learn that the ratio of men to women is about 50:50 in our program," Ms. Moehle explains. "People use alcohol or drugs to help them cope with stress in their lives. Brain chemistry sets certain individuals up for addiction, and the disease takes on a life of its own."

"Our treatment model is abstinence-based," adds Dr. Offsay. "We encourage patients to utilize community-based 12-Step programs like Alcoholics Anonymous and Narcotics Anonymous for additional help and support. Patients attend small group sessions three to five days a week for a month or so, where they learn about recovery and relapse prevention, while family members attend weekly educational sessions."

The Program for Professionals provides continuing care for those employed in occupations where confidentiality is a concern. "Our group of six met in an intimate setting," says Jennifer (a pseudonym), who attended the outpatient professionals' program four times a week on the advice of a therapist at a local university. "The IOL counselors pushed me to attend AA meetings to meet sober people my age who are in recovery. After taking a semester off, I'm back in college. I didn't realize I could ask for help until I nearly destroyed my future."

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM MARCH 15 THROUGH JUNE 15, 2007

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Call the Health/Physician Referral Service at (860) 545-1888 or (800) 545-7664 for information about any program.

CANCER PROGRAM

Brain Tumor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** 1st Thursday of each month from 5:30 to 7:00 p.m. on 4/5, 5/3, 6/7—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. FREE.

Support Groups for Women with Cancer

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

- **Breast Cancer Support Group**

3rd Thursday of each month on 4/19, 5/17. Call Diane Ward, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

4th Tuesday of each month on 3/27, 4/24, 5/22. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

Women Diagnosed with Ductal Carcinoma In-Situ

Dr. Robert Siegel, medical oncologist and hematologist at Hartford Hospital and medical director of the Clinical Research Office will host this presentation. Ductal carcinoma in-situ (DCIS) is a non-invasive form of breast cancer found with increasing frequency since the advent of new, more sensitive screening mammographic techniques. **Schedule:** 3/21 at 6:30 p.m. in Windsor. To register call the Partnership for Breast Care at (860) 545-1019. FREE.

Are you at Risk for Breast Cancer?

Dr. Patricia A. DeFusco, board certified medical oncologist at Hartford Hospital will host this free presentation. Discussion will include established risk factors for breast cancer and treatment options for postmenopausal women at high risk of developing breast cancer. **Schedule:** 4/4 at 6:30 p.m. in Wethersfield. To register call Hartford Hospital's Partnership for Breast Care at (860) 545-1019. FREE.

New Beginnings

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call (860) 545-1888. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Diane Ward, RN at (860) 545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** 1st Tuesday of each month from 7:00 to 9:30 p.m. on 4/3, 5/1, 6/5. Registration is not required. Call (860) 545-4594 with any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call (860) 524-2715 for schedule. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment.

Schedule: From 11:00 a.m. to 12:30 p.m. on 4/2, 5/7 or 6/4. Registration is required. Call Charmain Ali, LCSW at (860) 545-2954. FREE.

HEALTHY HEARTS

Stop Smoking for Life Programs

Call (860) 545-3127 for registration and information.

- **Smoke Free/Why Weight?**

This is a 6-week program for those who wish to quit smoking while maintaining their weight. Meets at Hartford Hospital, 85 Jefferson Street #704. Registration is required. **Schedule:** Tuesdays from 3/20 to 4/24, 5:00 to 6:00 p.m. FEE: \$150.

- **Breathe Easy Support Group**

A community education and relapse prevention group for smokers and ex-smokers. Facilitated by a smoking cessation specialist. Registration is required. **Schedule:** 1st Wednesday of the month at Hartford Hospital, 85 Jefferson Street #704, on 4/4, 5/2, 6/6 from 5:00 to 6:00 p.m. FREE.

- **Individual Smoking Cessation Counseling**

One-to-one smoking cessation counseling is available to smokers of all ages, including pregnant women and teens. By appointment only. FEE: \$150 for 3 sessions.

- **Work-Site Smoking Cessation Group**

A six-week quit smoking support group brought directly to your employees. Prices vary depending on location and number of participants. Call (860) 545-3127 for more information.

Counseling and Stress Management

One-to-one counseling with a health psychologist for people struggling with psychological issues related to a medical illness. By appointment only. Call (860) 545-3127. FEE: Sliding scale.

Cardiac Maintenance/Wellness Exercise Program

Provides exercise and education programs ranging from medically supervised to a more self-directed program depending on your specific needs. Activities include aerobic training with a variety of fitness equipment as well as flexibility and weight training. FEE: 2 times per week—\$48/month; 3 times per week—\$65/month at Hartford Hospital's Conklin Building. To become a member, call (860) 545-1888.

Pilates Classes

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

The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center, 100 Simsbury Road, Avon. Call (860) 284-1190 for information or to register.

Hot Yoga

A challenging sequence of deeply held postures in an 80+ degree room. This practice increases your strength and flexibility while creating an opportunity for profound purification of the body. FEE: \$15/class.

Tai Chi

Tai Chi is the most famous Chinese martial art style consisting of fluid, gentle and graceful circular movements designed especially for self-defense and meditation. FEE: \$15 per class.

Adult Swim Lessons

Learn to swim or improve your stroke. Swimming is a great cardiovascular exercise. Taught by Red Cross certified instructors.

DIABETES LIFE CARE PROGRAMS

Diabetes Education Classes

Self-care education and support for adults with diabetes. Learn about diabetes and 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. Day and evening classes in English or Spanish. For more information call (860) 545-1888.

Spanish Diabetes Support Group (Amigos en Salud)—FREE

Conducted in Spanish. Carmen Aponte, DCHW (Diabetes Community Health Worker), will discuss physical activity, meal planning strategies, adherence to medications and how to meet the diabetes standards of care. Opportunity to network with other patients. **Schedule:** 1st Wednesday of each month on 4/4, 5/2, 6/6 from 10:00 to 11:30 a.m. in Hartford Hospital Dining Rooms A, B.

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive on-going support from other adults with diabetes. Free monthly support and education is offered at Hartford Hospital's Windsor Health Care Center. These meetings are held quarterly. For schedule and topics, call (860) 545-1888.

MENTAL HEALTH

Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health-Care Hospice, this program is open to families and caregivers who have lost a loved one.

Schedule: From 1:00 to 2:15 p.m. on 3/26, 4/9, 4/23, 5/14, 6/11 at 85 Jefferson Street in Room 116. Call (860) 545-2290. FREE.

Bereavement Support Group for Spouses (Age 50+)

For people 50 and older who have lost a spouse.

Schedule: 4th Tuesday of the month on 3/27, 4/24, 5/22 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700. FREE.

Bereavement Support Group for Spouses (Age 35–50)

For people age 35–50 who have lost a spouse.

Schedule: 3rd Tuesday of the month on 3/20, 4/17, 5/15 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700. FREE.

Family/Friend Education on Eating Disorders (F.E.E.D.)

This support group is for family and friends of individuals with eating disorders. F.E.E.D. is designed to provide information about eating disorders and to create a forum where concerns of family and friends can be shared. **Schedule:** First Thursday of the month 6:00 to 7:00 p.m. on 4/5, 5/3, 6/7, at The Institute of Living's Braceland Building Activity Room (1st floor #51). Registration is **not** required. For more information, call (860) 545-7203. FREE.

Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call (860) 545-1888. FREE.



Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support.

Schedule: The last Monday of each month (except May) on 3/26, 4/30, 5/21 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information call (860) 658-3700. FREE.

Postpartum Depression Support

Hartford Hospital Women's Health Services is conducting a 6-week Postpartum Depression Support Group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Please call (860) 545-1888 for more information. FREE.

Schizophrenia Program

The following *free* support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place on the first floor of the Center Building at 200 Retreat Avenue. **Registration is not required.** For more information or for directions, call (860) 545-7731. FREE.

• Understanding Bipolar Disorder

Does someone you know or love have bipolar disorder? Dr. Lawrence Haber, Clinical Psychologist and Director of the Family Resource Center, will discuss this disease, its causes and treatments in both adults and children and how to live with and support someone with this illness. **Schedule:** 3rd Tuesday of each month on 3/20, 4/17, 5/15 in Hartford from 5:15 to 6:30 p.m.

• Schizophrenia Anonymous

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday evening from 5:30 to 6:30 p.m.

• Schizophrenia—Introduction to the Disorder

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month on 4/3, 5/1, 6/5 from 5:15 to 6:30 p.m.

• Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** Tuesday 4/24 from 5:15 to 6:30 p.m.

• Support Group for Families Dealing with Major Mental Illness

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 1st and 3rd Thursday of each month on 3/15, 4/5, 4/19, 5/3, 5/17, 6/7 from 5:15 to 6:30 p.m.

• Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** 5/8 from 5:15 to 6:30 p.m.

• The World of Work for a Person With a Severe Mental Illness

Learn what families need to know about helping a person with schizophrenia obtain and keep a meaningful job. Conducted by Sherry Marconi, Director of Rehab Services. Information on vocational counseling, support counseling, support services and other helpful resources. **Schedule:** 6/12 from 5:15 to 6:30 p.m.

REHABILITATION

Pulmonary Rehabilitation Classes

Comprehensive multidisciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other disorders. Primary goal is to restore patient to the highest possible level of independent function as well as to help alleviate shortness of breath. **Schedule:** Tuesday and Thursday (twice a week for 10 weeks) from 12:00 to 2:00 p.m. or 1:00 to 3:00 p.m. at Hartford Hospital's Conklin Building. Valet parking is available. Covered by most insurance plans. Call Pulmonary Rehabilitation at (860) 545-3637 for more information.



VOLUNTEER SERVICES

Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital's Education & Resource Center on 3/20 from 9:00 a.m. to 12:45 p.m. To schedule your appointment, call (860) 545-1888. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving of your time to help others, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens between the ages of 14 and 18. Training and free parking are provided. For more information, call Volunteer Services at (860) 545-2198 or visit us on-line at www.harthosp.org/volsvc

SAFETY EDUCATION

Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with **CT Safe Kids** and the West Hartford Police Department to offer a free class for expectant parents. This class is free, but space is limited. **Schedule:** 3/26 and 6/4 from 6:30 to 8:00 p.m. in Wethersfield. Registration is required. Call (860) 545-1888 to register.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children. Call (860) 545-1888 for schedule. FEE: \$35.

Visit our web site at www.harthosp.org

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Acupuncture, Reiki and Massage Therapy

Need to increase your energy, reduce stress, control pain and many other health conditions? Acupuncture, Reiki and massage therapy provide these and many other benefits. For a referral to hospital-affiliated practitioners in your area, call Health Referral Services at (860) 545-1888 or toll-free (800) 545-7664. For information on complementary therapies, visit the Integrative Medicine website at www.harthosp.org/IntMed.

Integrative Medicine Educational Intensive 10 Day Program

Workshops and practitioner internships offering step by step instruction for developing an Integrative Medicine program in a healthcare setting. **Schedule:** 4/16 to 4/25 from 8:30 a.m. to 5:30 p.m. in Hartford. For more information, call (860) 545-4444.

Sound Healing using Tibetan Singing Bowls

Discover the healing powers of Tibetan Singing Bowls. Learn to differentiate between the sounds made by the bowls as you use them on yourself and others to help achieve relaxation and decrease pain. **Schedule:** Mondays at the Newington campus from 3/12 to 4/2. Choose sessions from 9:00 a.m. to 12 noon, 1:00 to 4:00 p.m. or 6:00 to 9:00 p.m. FEE: \$120 for 4-class series. Registration is required. Call (860) 545-1888.

Reiki Healing Touch—Level I

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 3/22, 4/12, 5/17 or 5/31 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160 (HH employees \$130; Reiki Volunteers \$75). Nursing CEUs and Medical CMEs available.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn 5 steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25 through the Integrative Medicine Department. Call (860) 545-4444.

Therapeutic Touch—Full Basic Class

If you would like to learn a technique that can help you and others decrease stress, ease pain, accelerate healing and enhance general well being, learn Therapeutic Touch. **Schedule:** 3/24 from 9:30 a.m. to 8:30 p.m. in Newington. FEE: \$150 (\$120 for HH employees); Nursing CEUs available.

Baby Massage Instructor Certification

For anyone interested in becoming certified as a Newborn Baby Massage Instructor. Consists of two parts: an independent home study kit and the certification session which will be held at Hartford Hospital. **Schedule:** From 9:00 a.m. to 5:00 p.m. on 5/10. Call 545-4444 for more information or to register FEE: \$275.

Lunch and Learn Presentations

Bring your lunch and join us. Reservations required. Call (860) 545-1888.

Hartford—LIVE (unless otherwise noted) presentations from 12:00 noon to 1:00 p.m. at Hartford Hospital's Dining Room A, B & C. FREE.

3/15 Overview of Therapeutic Touch

Learn about a technique that can help you decrease stress and anxiety, ease pain, accelerate healing and enhance general well being. Therapeutic Touch is a technique based on ancient healing and is taught in many hospitals and colleges throughout the world. Presented by Karen Kramer, RN, Certified Holistic Nurse.

3/29 Overview of DansKinetics: Shake Your Soul Classes

DansKinetics is creative, spirit-filled and energizing movement. It combines the benefits of aerobic exercise with the inner awareness of yoga. Learn about movements that encourage strength, spontaneity and flexibility while being inspired by music from around the world. DansKinetics is for all ages, body types and fitness levels.

4/12 Cool Down with Acupuncture

Did you know that acupuncture can help relieve hot flashes? Learn how it can help ease your transition through menopause. Acupuncture helps relieve menopausal symptoms such as changes in mood and sleep. Studies have shown that acupuncture stimulates the release of serotonin, which can alleviate these annoying symptoms. Join Susan Bisbee-White, L.Ac and learn how acupuncture can help you and/or your loved ones with this change of life.

4/19 Drawing Our Nature

Join us for an experience that gives us a glimpse of how simple drawing/mark-making and doodles can help us express ourselves and feel connected to others and nature. The spiritual essence of nature provides us with an energetic source of healing when we enlist its resources in the creative process. Hartford Hospital's artist-in-residence, Diana Boehnert, will present this session.

5/10 The Day I Died: The Mind, the Brain, and Near-Death Experiences (Video)

Recent studies of cardiac arrest survivors suggest that near-death experiences may occur at times when the brain has actually stopped functioning. Accounts of NDE's, shared by the people who experienced them, are analyzed by researchers and skeptics alike. Please join us for this informative video originally presented by the BBC.

5/17 Kitchen Cupboard Skin Care

Learn about natural skin care using ingredients from your kitchen. By using common items found in most people's kitchens, you will learn to create masks, exfoliates, and cleansers for your face and body. Learn a simple way to relax your own face by touching certain points that can rejuvenate and renew.

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) 545-1888. May be covered by insurance.



Surgical Weight Loss Informational Session

Join Dr. Darren Tishler, director of Bariatric Surgery, as he discusses Hartford Hospital's Surgical Weight Loss Program. Topics include Laparoscopic Gastric Bypass and the LAP-BAND procedure. Learn who qualifies, what's involved and about lifestyle changes after these procedures. **Schedule:** From 7:00 to 8:00 p.m. on 3/26 in Avon, 4/30 at Hartford Hospital and 5/23 in Glastonbury. Registration is required. Call (860) 545-1888. FREE.

Bariatric Surgery Support Group

Required for people who are considering weight loss surgery. **Schedule:** From 6:00 to 8:00 p.m. in Hartford, 560 Hudson Street. Registration is **not** required.

3/20 Exercise Time—Spring has Sprung

4/10 Reunion—For patients from 2005-06

5/15 The New You and the New Fashions

DOMESTIC VIOLENCE

Domestic Violence—Lifesaver Project

The Domestic Violence Prevention Program sponsors two support groups through the Lifesaver Project. The groups are for women and children who have experienced domestic violence. **Schedule:** Every Thursday from 6:30–8:30 p.m. Children may attend with their mothers. Call (860) 545-2796 to register or for more information.

WOMEN'S HEALTH ISSUES

El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For more information call (860) 545-5398 or (860) 545-1001. FREE.



The Strong Women Stay Young Program

According to Dr. Miriam Nelson, Ph.D., at Tufts University, no group in our society can benefit more from regular exercise than middle aged and older adults. Research shows working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 “no-impact” workouts. Call (860) 545-1888 for the schedule and to register. FEE: \$160.

Menopause Support Group

The Menopause Clinic at Hartford Hospital's Women's Health Services is conducting a 6-week support group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Participants will learn ways to cope with some of the physical and emotional symptoms of menopause. Call (860) 545-1888 for schedule.

Postpartum Depression Support

Women's Health Services is conducting a 6-week Postpartum Depression Support Group, hosted by Roxanne Stepnowski, Psy.D., to provide women with emotional support, education and information. Call (860) 545-1888 for more information.

Parent Education Classes

Registration is required for all classes. Call (860) 545-1888.

• *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$20 (\$15 if taken as package).

Avon: 3/22, 4/26, 5/24

Glastonbury: 4/9, 5/14, 6/11

Hartford: 3/26, 4/3, 4/23, 5/1, 5/22, 6/5

Wethersfield: 5/9

• *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** 6:30–8:30 p.m. FEE: \$20 (\$15 if taken as package).

Avon: 4/12, 5/10, 6/14

Glastonbury: 3/19, 5/21

Hartford: 3/27, 4/2, 4/24, 5/7, 5/15, 6/4

Wethersfield: 4/11, 6/13

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** 4/19 at Hartford Hospital from 6:30 to 8:30 p.m. FEE: \$20 (\$15 if taken as package).

• *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 5/18 in Avon. FEE: \$50.

• *Cesarean Birth*

If you are anticipating a Cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** Hartford Hospital from 9:00 a.m. to 12:00 noon on Saturday, 4/14. FEE: \$50.

• *Expectant Grandparents Class*

Gives grandparents the opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety concerns. **Schedule:** From 6:30 to 8:30 p.m. on 3/26 or 4/23 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield from 10:30 a.m. to 12:00 noon on 4/16 or from 6:30 to 8:00 p.m. on 3/19 or 5/14. FEE: \$25 per baby.

• *Pups and Babies*

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 4/18. 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 will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for children under 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** From 6:00 to 7:30 p.m. on 3/21 or 5/30 in Wethersfield. FEE: \$25.

• *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00–7:00 p.m. or 7:00–8:00 p.m.; also on Saturday from 11:30 a.m. to 12:30 p.m. Tours available in English and Spanish. FREE.

• *Neonatal Intensive Care Unit Tours*

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

• *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This 2-night program does not replace childbirth class. **Schedule:** Glastonbury on 4/3 and 4/10 from 6:30 to 8:00 p.m. FEE: \$35.

• *Preparation for Childbirth Class*

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills. Learn to be an active participant in the birth of your baby. We offer a four week series (maternity tour included) or a one-day or two-week option with maternity tours scheduled separately. Classes meet in Avon, Hartford, Wethersfield, Glastonbury or Windsor. Call for schedule. FEE: \$100.

• *The Happiest Baby*

New babies are such a blessing, but they can also bring on sleepless nights and sometimes quite a bit of extra stress. Learn an extraordinary approach to keeping your baby happy. New parents will learn, step-by-step, how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Based on the highly effective new approach pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 4/16 in Avon. FEE: \$65.00/couple includes class, Parent Kit, with your choice of *The Happiest Baby on the Block* VHS or DVD and *Soothing Sounds* CD—a \$40 retail value.)



• **New Moms Group**

Join an informal gathering where health professionals help you explore the challenges of your new baby. Designed for parents of infants, birth to three months. Topics range from infant care and feeding to parent survival skills. Avon on 4/4, 5/2, 6/6 from 11:30 a.m. to 12:30 p.m. FEE: \$10 per session.

• **Epidural Anesthesia for Labor**

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. at Hartford Hospital on 4/5, 5/3, 6/7. FREE.

• **Sibling Preparation**

A class designed to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Thursday or Saturday in Hartford. FEE: \$25/family.

Pre-school—Saturday 10:00–11:00 a.m. on 4/14, 5/5, 6/2; Thursday 4:00–5:00 p.m. on 3/15, 5/17

School-age—Saturday 10:00–11:00 a.m. on 5/19; Thursday 4:00–5:00 p.m. on 4/26, 6/9. FEE: \$15 per child or \$25/family.

Parent–Baby Series

• **Enjoying Infants Together Series**

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions on various parenting issues and make new friends! **Schedule:** Wethersfield from 10:00 to 11:00 a.m. Wednesday series runs from 4/25 to 5/30. FEE: \$50 for series (*cannot be pro-rated*).

Evening Classes

This once per month class is designed to meet the needs of working parents. **Schedule:** Wethersfield from 6:00 to 7:30 p.m. FEE: \$15 per class.

3/28 *Infant Nutrition*

4/25 *Springtime Safety*

5/23 *Surprises of Parenthood*

• **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 on various parenting issues. **Schedule:** Wethersfield from 11:15 a.m. to 12:15 p.m. Series runs from 4/25 to 5/30. FEE: \$50 for series (*cannot be pro-rated*).

Exercise for Expectant and New Moms

• **Prenatal Yoga**

This six-week program is conducted by a certified prenatal yoga instructor. **Schedule:** In Avon from 5:30 to 6:45 p.m. Choose 6-week series from 4/25 to 5/30 or 4-week series from 6/6 to 6/27. FEE: \$78 for 6-week series, \$52 for 4-week series.

• **Mama Yoga**

Yoga is a wonderful tool for moms to work their bodies and focus their minds. Learn how to incorporate your little one into traditional yoga postures. No previous yoga experience necessary. Please bring a yoga mat, baby blanket, and toys for your little one. **Schedule:** From 10:00 to 11:00 a.m. in Avon. Choose 6-week series from 4/25 to 5/30 or 4-week series from 6/6 to 6/27. FEE: \$78 for 6-week series, \$52 for 4-week series.

SCREENINGS/SUPPORT GROUPS*

* *Look under specific topics for additional support group listings.*

Blood Pressure/Sugar/Cholesterol

Conducted by VNA Health Care. Scheduled throughout the Greater Hartford area. For more information call (860) 246-1919.

Patient Support Groups

• **Mended Hearts Support Group**

For people who have had open heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. on 3/21, 4/18, 5/16 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

• **Heart Transplant Support Group**

Provides education, networking and social interaction for pre and post transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 4/10, 5/8, 6/12 at Hartford Hospital's Special Dining Room. FREE.

• **Transplant Patient Support Group**

Open to all transplant recipients, their significant others, and those waiting for organ transplants. Registration is **not** necessary. First Church of Christ Congregational, 2183 Main Street, Glastonbury. **Schedule:** 4th Thursday of the month at 7:00 to 8:30 p.m. on 3/22, 4/26, 5/24. Call (860) 545-2142 to verify schedule and location. FREE.

• **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. For more information, contact Mary at (860) 568-8173. **Schedule:** 3/18 at 2:00 p.m.; 4/19 at 7:00 p.m.; or 5/24 at 7:00 p.m. Fellowship Hall, 24 Starkel Road, West Hartford, CT. FREE.

• **Kidney Transplant Orientation Class**

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

• **ACE—Asthma Group Support**

Education and support for patients with asthma. Learn about asthma, what triggers attacks, which medications you should take and how to control and prevent asthma attacks. **Schedule:** 4th Thursday of each month from 2:00 to 3:00 p.m. on 3/23, 4/27, 5/25 in the Brownstone Building's 1st Floor Conference Room. Call (860) 545-1021 to register. FREE.

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

Find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 3/20, 4/17, 5/15. Registration is not necessary, but for more information call Roberta at (860) 658-6637. 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, however. Call (860) 545-2564 for more information or to make arrangements.

For more information on the following classes or to register on-line, visit our website at www.harthosp.org/ems.

Basic Life Support for Healthcare Providers

Course fee includes textbook pocket mask and course completion cards. **Schedule:** Evening program from 6:00 to 10:00 p.m. Saturday day program from 9:00 a.m. to 5:00 p.m. Registration is required. Call (860) 545-4158. FEE: \$85.

Basic Life Support for Healthcare Providers—Refresher Class

Call (860) 545-4158 for schedule and registration information.

CPR/Heartsaver Instructor Course

Call (860) 545-4158 for schedule and registration information.

EMT—Basic Course

For all pre-hospital emergency medical care providers who will ride on ambulance crews, serve on fire department rescue squads, or work in security or police departments. It covers assessment, stabilization, and transport of medical and trauma emergencies. Course fee covers texts, equipment and supplies. Call (860) 545-2564 for more information or for registration form.

EMT—Intermediate Course

Must present current copy of State of CT EMT-B certification and a current copy of CPR training in adult, infant and child. Registration is required. Call (860) 545-2564 for schedule and registration form.

EMT—Recertification Course

For currently certified EMT-Basics. Includes the recertification practical and written examinations at no additional charge. Results for both exams are available at the end of the last class. Registration required. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Provider Course

AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Refresher Course

For those who have a current card or one which has recently expired. AHA program designed for healthcare providers whose daily occupations demand proficiency in ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule.

Advanced Cardiac Life Support (ACLS) —Instructor Course

Course includes textbooks. For schedule call (860) 545-2564. Registration is required.

Pediatric Advanced Life Support (PALS)—Provider Course

American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

Pediatric Advanced Life Support (PALS)—Refresher Course

For those who already have a current card or one which has recently expired. American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call (860) 545-2564 for schedule.

School of Allied Health

Radiation Therapy Program

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. Radiographers can complete this program in 16 months. For more information, call Carol Blanks-Lawson at (860) 545-2611.

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 the purpose of diagnosis and treatment of disease. Contact the School of Allied Health at (860) 545-3955.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks. This is a didactic and clinical course to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at www.harthosp.org or call (860) 545-2611.

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. Develop communication and leadership skills, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 3/22, 4/12, 4/26, 5/10, 5/24, 6/14. FEE: \$39 for 6-month membership.

The Eighteenth Annual Mary Mulready Sullivan Oncology Symposium

This symposium is for healthcare professionals. This year's topic is "Innovations in Lung Cancer: Treatment Advances and Support." May 23 from 7:30 a.m.—12:30 p.m. in the Education & Resource Center, 560 Hudson Street, Hartford. CMEs and CEUs to be awarded. Contact Sandi Beggs at (860) 545-2390 for registration information.



HealthStar, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-1888 or toll-free at (800) 545-7664 for a listing of our scheduled programs and locations.

Speaker's Bureau

If you are a member of a civic organization, club, school, etc. and are looking for a speaker for your next meeting, call Hartford Hospital's Speaker's Bureau. Physicians, nurses and other healthcare professionals are available to address such topics as *Healthy Eating for Seniors, Diabetes Care, Lyme Disease, Stress Management, Smoking Cessation* as well as topics that may be of specific interest to your members. For more information, please call (860) 545-1888 or toll-free at (800) 545-7664.

Mobile Mammography

New state-of-the-art mammography equipment can now be transported to community organizations to provide screening mammograms for women who would not have access otherwise. For information or to schedule a screening day at your site, call Mobile Mammography at (860) 545-1018.

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events unless noted otherwise.

Emily F. Fritts Symposium— Being With Flowers

An evening of entertainment and enlightenment for people who have been touched by cancer and their families. The featured speaker is Anthony Ward, a nationally known floral designer and spirituality lecturer. Learn more at www.beingwithflowers.com. **Schedule:** May 3 from 7:00 to 8:30 p.m. at The Hartford Insurance Group, 690 Asylum Avenue, Hartford. Call (860) 545-1888 for more information or to register. Secure parking available. FREE.

Celebrate Life!



Please plan to celebrate with the Helen & Harry Gray Cancer Center as we host over 1000 cancer survivors, family members and volunteers on the campus of the Learning Corridor. Entertainment will be provided by our own Theresa Johnson, accompanied by her

brothers and the Pratt & Whitney Screamin' Eagles. You will be treated to an inspirational speaker and lunch will be provided. **Schedule:** Sunday, June 10 from 12:30 to 3:30 p.m. at The Learning Corridor, 43 Vernon Street in Hartford. Call (860) 545-1888.

Hartford Hospital's Avon Wellness Center Spring Health Fair

Practitioners and facilities within the center will be offering free health screenings and informational programs to the general public. Participants include Avon Dental Associates, Eastern Rehabilitation Network, Hartford Hospital, Hartford Medical Group, Healthtrax, Jefferson Radiology and Whole Health Associates. Saturday, May 5 from 10:00 a.m. to 2:00 p.m. Registration is **not** required. FREE.

Movement and Fitness Classes— DansKinetics: Shake Your Soul

These classes are creative, spirit-filled and energizing, combining the benefits of aerobic exercise with the inner awareness of yoga. You will be guided to explore movements that encourage strength, spontaneity and flexibility while being inspired by music from around the world. For all ages, body types and fitness levels. No experience is necessary, just a willingness to have fun (and sweat a little)! **Schedule:** Monday from April 9 to May 21 (no class May 7) from 7:00 to 8:15 p.m. in Newington. FEE: \$72 for 6 weeks. Registration is required.



Drawing Our Nature

Join us for a weekend at a lovely farmhouse on Cape Cod for an in-depth drawing workshop retreat. The spiritual essence of nature provides us with an energetic source of healing when we enlist its resources in the creative process. Simple drawing or mark making can help us express ourselves and feel connected to others and the natural world around us. We will spend time exploring many drawing tools including charcoal, pencil, brush & ink, etc. Beginners are welcome. **Schedule:** June 8 through June 10. FEE: \$375 includes room, breakfast, lunch and materials. Call (860) 545-1888.

Art and the Healing Chakras

Create an intimate relationship between the mind, body and spirit through your body's energy system, the 7 major Chakras. Working with one Chakra each week, you will focus on the self-discovery of your own energy patterns through visual art, color, sound and movement. Bring a journal. Facilitated by Diana Boehmert, BFA, MFA, Certified Expressive Arts Facilitator and Coordinator of Hartford Hospital's ART for Healing Program. **Schedule:** March 27 thru May 8 from 6:00 to 8:00 p.m. at our Newington campus. FEE: \$185 (includes materials). Call (860) 545-1888.

Family Night

The Helen & Harry Gray Cancer Center and Cancer Care present **Family Night**, a free two-hour workshop for parents or caregivers with cancer and their children, ages 5-12. Through the use of fun games and creative activities, the whole family will have a chance to talk about cancer in a safe and supportive setting. **Schedule:** Wednesday April 11 from 6:00 to 8:00 p.m. at the Gray Cancer Center. Registration is required. Call Charmain Ali at (860) 545-2954. FREE.

7th Annual CUT-A-THON

Get a great haircut by award-winning stylists and benefit breast cancer research at Hartford Hospital! This event takes place on Sunday, May 6 from 9:00 am to 5:00 p.m. at the Matthew Phillips Salon, 68 LaSalle Road, West Hartford Center. All of the proceeds go to Breast Cancer Research at the Helen & Harry Gray Cancer Center. Call 860-523-5261 for an appointment. Walk-ins welcome. FEE: \$20.

Dermatology in the 21st Century

Hosted by Dr. Margaret Bason. Topics include treatments acne treatments without using medicine, new skin tightening without surgery, and Rosacea. Also covered will be skin discoloration, pigmentation treatments, tattoo removals and much more. **Schedule:** From 6:00 to 7:00 p.m. on Thursday, April 19 in Avon.

Dr. James Mazzara, a Board-certified orthopedic surgeon, will conduct the following free educational programs at Hartford Hospital's Wethersfield Health Care Center. Registration is required for each program.



Tendon Problems of the Elbow

Common elbow tendon problems, including tennis elbow and bicep/tricep ruptures will be discussed. Learn about the various treatment options and what you can do to prevent these painful disorders. **Schedule:** April 2 from 7:00 to 8:00 p.m.

Painful Knees

Do your knees crack when you walk up or down the stairs? Are you in pain? Learn what causes knee pain and when you should consult with your doctor. **Schedule:** May 1 from 7:00 to 8:00 p.m.

Shoulder Pain

Learn about the many common causes of shoulder pain; shoulder joint replacements and minimally invasive rotator cuff surgery. **Schedule:** June 6 from 7:00 to 8:00 p.m.

Call the Health/Physician Referral Service at (860) 545-1888 or (800) 545-7664 for information about any program.



As they swim upstream, as much as 100 miles a day, wild salmon boost their levels of omega-3 essential fatty acids. Salmon is high in two omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These heart-healthy compounds affect blood pressure, blood clotting, inflammation, immune function and coronary spasms. The American Heart Association says omega-3 fatty acids help to protect against heart attack, stroke, cancer, and inflammatory diseases like rheumatoid arthritis.

Wild Alaskan sockeye, Chinook and Coho salmon are less fatty and more nutritious than farmed salmon, which may contain antibiotics, artificial coloring or chemical contaminants. Salmon contains less mercury than many other kinds of fish and shellfish. As dwindling ocean stocks have become increasingly tainted with high levels of mercury, the Environmental Protection Agency has warned pregnant women and children to avoid swordfish and limit consumption of tuna.

Fish oil supplements are a safe way to obtain omega-3 oils. "Long-chain essential fatty acids offer anti-inflammatory benefits at high enough doses," says Albert J. Kozar, D.O., "but you usually need to take a couple of teaspoonfuls to reach 2.7 grams of fish oil daily. English walnuts and flax seed oil are alternatives to fish oil, but these contain short-chain fatty acids, which the body can't use as efficiently. Check labels and choose brands highest in EPA and DHA."

Baked Salmon Vera Cruz

Ingredients

2 pounds salmon (wild caught)
2 cloves chopped garlic
4 plum tomatoes, chopped
4 tablespoons cilantro, chopped
(1 tablespoon reserved)
1 tablespoon olive oil

Preheat oven to 350° F. Rinse fish and pat dry. Place in baking dish. In a separate dish, mix remaining ingredients together and pour over fish. Bake for 15 to 20 minutes or until fork-tender. Sprinkle with reserved tablespoon of cilantro after baking. *Serves 6.*

Calories: 273

Carbohydrate: < 2 g

Total fat: 14.7 g (> 50% is heart-healthy monounsaturated fat)

Protein: 31.4 g

This recipe is a good source of B vitamins: thiamine, niacin, and B6 and an excellent source of vitamin B12 (274% of daily needs). It also contains high levels of heart-healthy omega-3 fatty acids and Vitamin A.

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

Photo accessories courtesy of the Hartford Hospital Auxiliary Gift Shop.

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