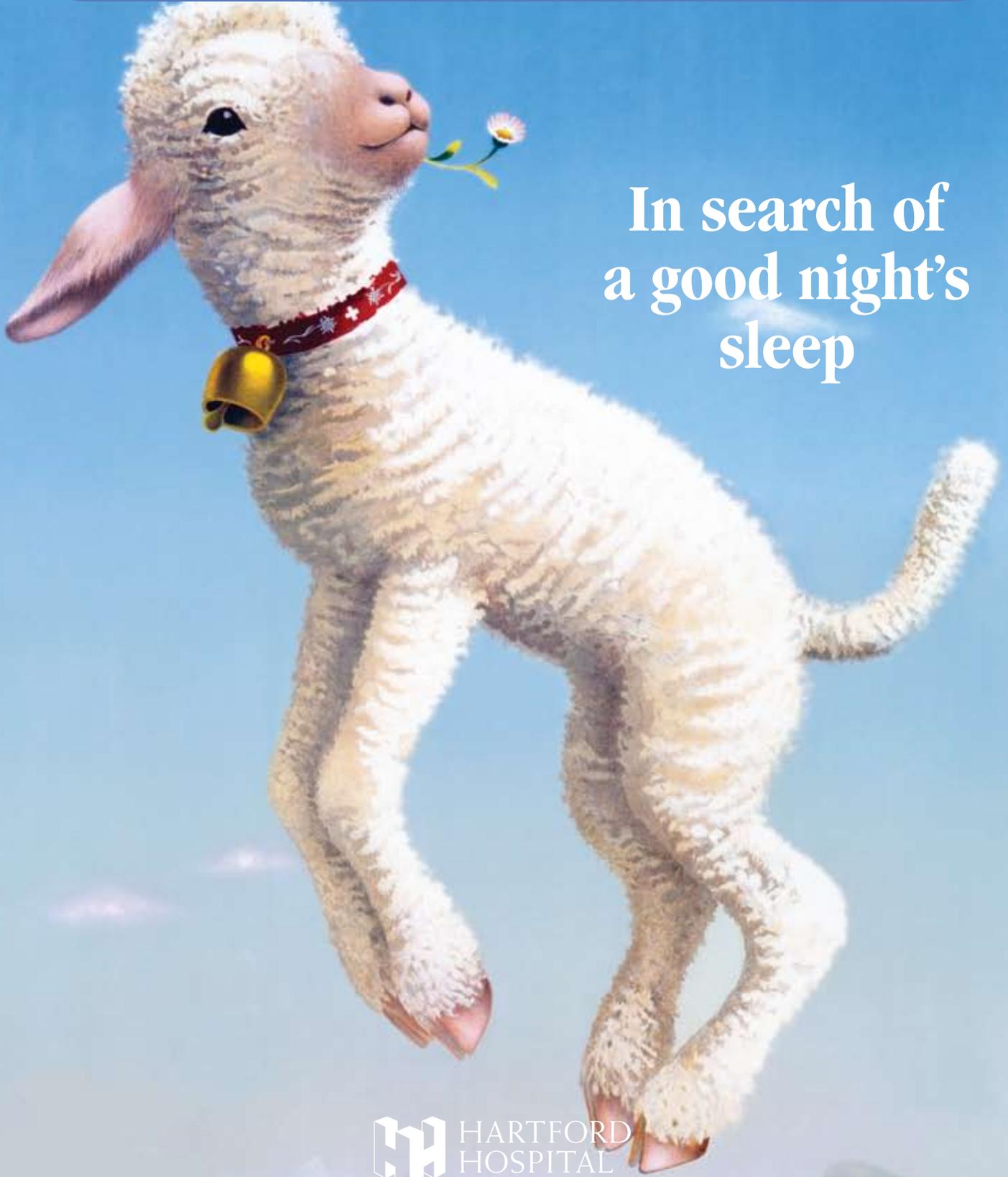


W I N T E R
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE



In search of
a good night's
sleep

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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.

Soapy Sales

Nearly three-quarters of all liquid soaps on grocery shelves display the word "antibacterial" on the label. But does adding triclosan (a chemical disinfectant) really make soap safer?

"No one has ever shown that antibacterial soap is any more effective than plain soap and water," says Brian Cooper, M.D., director of Hartford Hospital's Department of Infectious Disease. Despite marketing claims to the contrary, the Centers for Disease Control and Prevention (CDC) say antibacterial soaps are unnecessary and recommend washing hands thoroughly with ordinary soap and warm water to prevent infection.

Researchers warn that the broad-spectrum disinfectant in liquid soap may create resistance to bactericidal agents over time. "Possible links between overuse of antibacterial soaps and the growth of antibiotic-resistant strains of microorganisms remain unproven," says Dr. Cooper, "but it's clear that antibacterial soap is more expensive and no more useful than regular soap for home use."

Before lathering up, consider the following:

- Sing "Happy Birthday" at least twice while washing your hands with soap and water to completely remove germs.
- Antibacterial soaps don't kill viruses that cause many common diseases.
- Before sloshing antibacterial soap suds down the drain, think about polluting Long Island Sound (wastewater treatment plants don't remove triclosan).
- Use hand sanitizer instead. Rubbing alcohol and weak bleach solution kill bacteria on surfaces just as well without promoting antibiotic resistance.

If you would like more information, visit the following website:

http://www.cdc.gov/ncidod/eid/vol7no3_supp/levy.htm.

HEALTH TIPS

Shades of Winter



Even in winter, protect your eyes from ultraviolet (UV) rays that can harm the eye's cornea and retina. UV exposure accelerates the progression of age-related macular degeneration, glaucoma and cataracts. To guard against skin and eye damage:

- Choose the "100 percent UV protection" label on sunglasses to defend against the sun's glare on snowy slopes.
- Look for wraparound styles to shield eyelids from sunburn.
- Wear wide arms instead of thin wire frames to protect delicate skin at the sides of your eyes.
- Prevent sports-related injuries with shatter-proof lenses made from durable polycarbonate.
- Try newer kinds of photochromic lenses that darken when exposed to UV rays.

Surgical Mastery

Minimally Invasive Reconstruction Using the da Vinci Surgical Robot



When he learned his bladder needed to be removed, John Quinn was understandably apprehensive, but four months after undergoing reconstructive surgery the 71-year-old Newington resident is playing golf again. “I had no pain from the surgery,” he recalls with amazement. “Now all my plumbing is intact and works fine.”

Cystectomy—surgical removal of the bladder—is often necessary for invasive cancer that has spread into the muscle wall. Aggressive tumors can be removed successfully with five-year survival rates of up to 80 percent. Surgery remains the “gold standard” in bladder cancer treatment, sometimes in combination with chemotherapy or radiation. But now a new surgical option is available: robotic cystectomy with the da Vinci robot.

Whenever possible, Hartford Hospital surgeon Joseph Wagner, M.D., fashions a new organ, called a *neobladder*, using the patient’s own tissue. During an operation lasting up to eight hours, Dr. Wagner cuts a section of bowel, shapes it into a new bladder, stitches it to the urethra (the body’s urine-flow outlet) and reconnects the severed intestine.

Smaller scars, reduced pain, less blood loss and shorter recovery times are the advantages of minimally invasive surgery with the da Vinci robot. Just as in conventional laparoscopy, Dr. Wagner inserts instruments through tiny tubes, while a small abdominal incision (about three inches long) is used to remove the diseased organ and create a new one. “The patient has to learn how to urinate using the new bladder,” says Dr. Wagner, “but it’s a better alternative than wearing a urine-collecting bag on the outside of the body.”

In the blinding brilliance of the operating room, sterile instruments are prepped and waiting. Scissors of all shapes and sizes fan out across blue-draped surfaces, but the real action takes place at a console across the room. Seated at the robotic controls, the surgeon scrutinizes images relayed to a 3-D viewfinder by a tiny fiberoptic camera. Instruments are manipulated by “endowrists” that twist and turn through the full range of motion. Innovations in robotic-assisted techniques have revolutionized surgical control and precision, automating complex and repetitive maneuvers. Even the steadiest of human hands cannot match those of a surgical robot.

While robotic-assisted laparoscopic surgery to remove a cancerous prostate gland is a daily occurrence, Hartford Hospital is the only medical center in the state to routinely use the hospital’s surgical robot for bladder cancer. In women, the da Vinci is used for pelvic reconstructive surgery to repair a prolapsed uterus or vagina. “Conventional surgery requires a long surgical incision that can take up to eight weeks to heal,” says Christine LaSala, M.D., who with her partner, Paul K. Tulikangas, M.D., specializes in urogynecology and pelvic reconstructive surgery. “The robot makes the procedure easier to perform so we can often avoid an abdominal incision.”

In the hospital's newly renovated sleep laboratory, high-tech wizardry allows physicians to monitor what happens while someone sleeps.

Stressed and sleepless, many Americans spend their nights tossing and turning in the dark. According to the National Sleep Foundation, a third of adults in the United States sleep less than 6.5 hours per night—about two hours less than their grandparents slept. While most people experience occasional insomnia, nearly 70 million Americans suffer from chronic sleep disorders that cost employers an estimated \$18 billion annually in lost productivity. Fatigue is a factor in at least 100,000 car crashes and 1,500 deaths each year.

A potentially deadly condition called *sleep apnea* afflicts an estimated 20 million Americans. Sleep apnea is associated with cardiovascular diseases like high blood pressure, heart attack, congestive heart failure, cardiac arrhythmias and stroke. Most sufferers are unaware that their restless nights are filled with the noisy signals of a sleep disorder—snoring, choking or gasping—that they forget completely on awakening.

Nightly snoring punctuated by long pauses between breaths is the telltale sound of obstructive sleep apnea. Snoring occurs when an expelled breath squeezes through a too-small passage and vibrates the walls of the throat like a balloon rapidly losing air. Obstructive sleep apnea can result when excess weight or narrowed airways cause the muscles of the throat to droop or collapse, blocking the flow of air. When they can't exhale, people with obstructive sleep apnea stop breathing intermittently.

"Patients with obstructive sleep apnea often complain of daytime sleepiness or difficulty remaining asleep," says Natalya Thorevska, M.D., who specializes in pulmonary, critical care and sleep medicine at Hartford Hospital's newly renovated sleep lab. "Obstructive apneas cause fragmented sleep and lowered levels of oxygen in the blood. Symptoms of sleep apnea include loud snoring,

breath holding, morning headaches and dry mouth and poorly controlled high blood pressure."

While less severe sleep apnea symptoms may respond to weight loss or simply sleeping on the side, alcohol or sleeping pills can depress breathing and worsen disturbed slumber. Before menopause, women have a lower risk than men of developing sleep apnea, but once estrogen levels drop after menopause, women lose their hormonal advantage. Left untreated, obstructive sleep apnea can lead to serious health consequences, including fatigue-related accidents, heart disease, hypertension and diabetes.

Untreated sleep apnea has been shown to raise the risk of death from motor vehicle accidents and cardiovascular disease. Not only do sleepless people crash their cars, but researchers have also linked sleep apnea with depression, irritability, forgetfulness and sexual dysfunction. "Overweight people have a higher incidence of obstructive sleep apnea," says Dr. Thorevska. "We evaluate patients clinically and confirm the diagnosis with a sleep study."

Inside the Sleep Lab

In the hospital's comfortable sleep laboratory, high-tech wizardry allows physicians to monitor exactly what happens while someone sleeps. The sleep lab is open six nights a week, including Saturday. Patients arrive by 7:30 or 8:00 p.m. so they can relax with graham cracker snacks and get used to the monitoring equipment before falling asleep. The state-of-the-art sleep lab on the eleventh floor accommodates up to six patients nightly in recently updated rooms with wood-trimmed furnishings and amenities like a flat-screen TV.

While the subject sleeps, multiple wires, or "leads," monitor brain waves, rapid eye movement (REM), respiratory flow and rate, muscle activity, heart rate, blood pressure, blood oxygen levels and snoring. A dozen leads are attached to the head and face, while additional sets run from the legs to the computer to detect any twitching or jerking that can signal a condition called "periodic limb movement disorder." A highly trained sleep technologist stays in the sleep lab overnight to monitor the video recording and help hooked-up patients to the bathroom in the middle of the night.



PHYSICIAN PROFILE

Natalya Y. Thorevska, M.D.

Natalya Y. Thorevska, M.D., recently joined Connecticut Multispecialty Group as a physician specializing in pulmonary medicine, critical care medicine and sleep medicine. She earned her Board certification in Internal Medicine in 2003 and in Pulmonary Disease in 2005. A native of Ukraine, she graduated from the Dnipropetrovsk State Medical Academy, where she earned her Doctor of Medicine diploma with honors.

At Hartford Hospital, she is medical director of the newly renovated state-of-the-art sleep lab, which treats nearly 100 patients per month for a variety of sleep disorders. Dr. Thorevska did her internship and residency in internal medicine at the Yale University/Bridgeport program and fellowships in pulmonary, critical care and sleep medicine at Loyola University Chicago's Stritch School of Medicine.

An avid reader, Dr. Thorevska prefers European literature, primarily by Russian and French writers. The small abstract oils she paints for relaxation represent an avocation she has enjoyed since taking art classes in her high school days.



Armed with computer printouts of data collected during an eight-hour comprehensive sleep study, Dr. Thorevska can analyze sleep arousal disorders or verify a suspected diagnosis of sleep apnea. "Every movement is recorded by the computer and plotted on-screen," she explains. "The sleep study confirms the results of the patient's sleep diary, as well as clinical observations that led to a referral to the sleep lab."

To treat obstructive sleep apnea, patients are fitted with a continuous positive airway pressure (CPAP) device that gently blows a small amount of air into the nose and mouth to prevent the airway from collapsing. Some patients benefit from bi-level therapy, which provides two different pressure levels—one for breathing in and the other for breathing out. "Patients with sleep disordered breathing often experience relief after CPAP treatment," says Dr. Thorevska. "A follow-up sleep study is usually required to properly adjust the fit and flow of pressurized air through the soft, comfortable mask that patients wear every night while sleeping."

New Medications for Sleeplessness

Bombarded by TV ads featuring lazily floating green moths, talking beavers and a chess-playing Abe Lincoln, insomniacs are increasingly turning to pharmaceuticals to escape their restless nights. Sleep may be a matter of life and death. "The number of hours someone sleeps appears to be related to mortality," says Dr. Thorevska. "People who sleep less than seven or more than nine hours have higher mortality rates."

Prescription medications offer hope for the truly sleep starved, but no long-term studies exist to show whether those heavily advertised drugs—Sonata, Lunesta, Ambien and Rozerem, among others—are safe over time. "The big plus is that these new medications work at a level that does not cause addiction," says Dr. Thorevska. "However, the Food and Drug Administration has not approved any sleep medications for chronic use. Cognitive behavioral therapy has been shown to be the most effective way to treat chronic insomnia."

New medications for sleepless nights have largely replaced barbiturates and benzodiazepines (common brand names include Halcion, Xanax and Valium) that have a high potential for abuse and can cause a next-day "hangover." The 1990s brought a new class of non-benzodiazepine sleep medications with names like Ambien, Lunesta and Sonata that have a lower risk of dependence. The newest sleep aid, Rozerem, has low abuse potential and acts on a region of the hypothalamus that regulates the normal sleep-wake cycle in a way that mimics melatonin, a hormone produced by the body. Although sold as a dietary supplement, synthetic melatonin seems to help jet-lag, but is not approved by the FDA. Over-the-counter antihistamine sleep medications are not a good choice. All prescription sleep medications are FDA-approved only for short-term use.

Training the Brain

Typically it takes about 15 to 20 minutes to fall asleep. Before reaching for a sleeping pill, Dr. Thorevska suggests training the brain by practicing good "sleep hygiene"—no caffeine in the second half of the day (it stays in the brain for up to eight hours), avoiding heavy meals or exercise in the evening—and going to bed only when it's time

After spending a night in Hartford Hospital's sleep lab to confirm a suspected diagnosis of obstructive sleep apnea, patients return for a follow-up visit. For the second overnight, they are fitted with a continuous positive air pressure (CPAP) device, which gently blows air into a comfortable mask through a long, flexible tube tethered to a portable bedside unit.



to sleep. “No reading, no watching TV, no listening to music—no noise,” she says. “It’s hard to change behavior, so instead people want a pill for a quick fix.”

Sleep deprivation affects appetite and metabolism, reducing energy and contributing to weight gain. Chronic sleeplessness has been shown to spur insulin resistance, which means that it takes more insulin for the body to respond normally, potentially leading to diabetes. Researchers at the University of Chicago have found that sleep loss significantly raises levels of *ghrelin*—a hormone released by the stomach to trigger hunger. People who sleep less than seven hours a night are more likely to be obese than those who sleep seven hours or more.

Most people seem to need about eight hours of sleep, although teenagers famously need more. Swing-shift workers and international travelers tend to lose sleep because of disrupted circadian rhythms governing core body temperature, hormone levels, heart rate and blood pressure. People with asthma often suffer from sleep-disrupting nighttime coughing, wheezing and breathlessness. Psychiatric disorders like anxiety, depression or post-traumatic stress disorder leave sufferers wakeful and weary, while sleeplessness may hasten a descent into depression. Nearly two-thirds of older adults, especially those in poor health, report experiencing a sleep problem several nights a week.

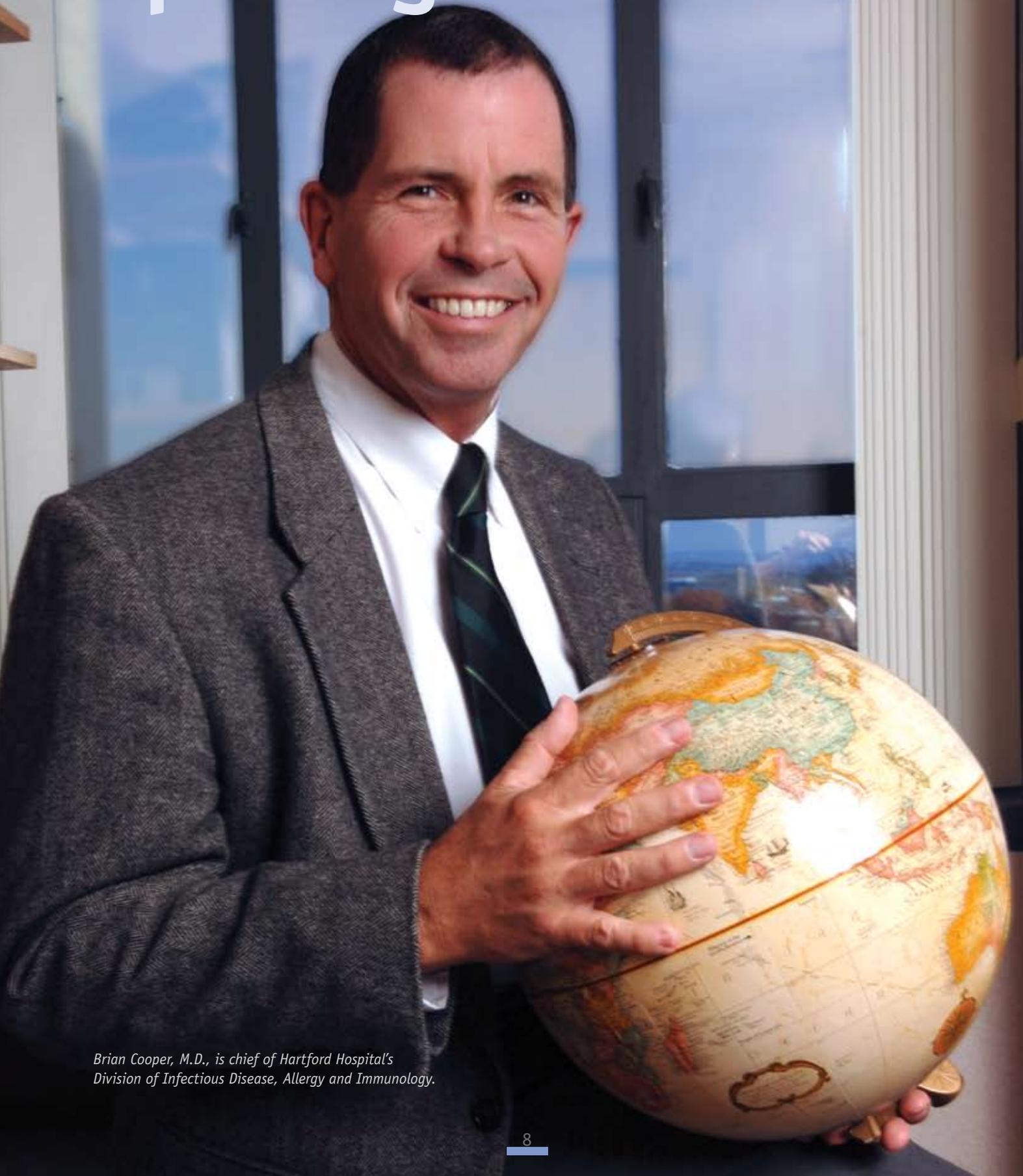
For sleep-deprived adults, insomnia may be a debilitating illness afflicting both body and mind. Driven by tormenting dreams, night terrors, sleepwalking or nightmares, most sufferers seek medical help for these sleep disorders called *parasomnias*. While children usually outgrow sleepwalking or night terrors, violent sleep disturbances or arousal disorders that appear later in life may precede—by as much as three to six years—the development of Parkinson’s disease or other neurological disorders that affect the central nervous system.

The most common parasomnia is sleepwalking, which can involve sitting up in bed, raiding the refrigerator, having sex while asleep or leaving the house and driving long distances. Experts warn against violently shaking people wandering in a dazed or somnolent state since they may become more confused or agitated if awakened suddenly. Instead, gently guide the sleepwalker back to bed. While medications can be prescribed for sleepwalking, sleep experts recommend safety precautions like barring the windows, locking the doors, hiding the car keys and putting the mattress on the floor to prevent falls.

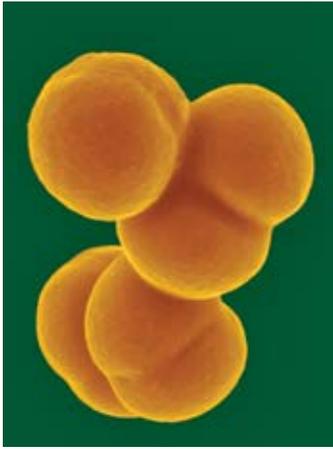
From sleep apnea to snoring, sleepwalking or insomnia, it’s all in a night’s work in Hartford Hospital’s sleep lab. As technicians watch the monitors in another room, patients snuggle under a blanket in quiet solitude. The muted décor makes the room a welcoming and restful environment for sleep. The private bathroom features a shower, hair-dryer, mirror and toiletries like shampoo, toothpaste and a toothbrush. Patients may bring their own pillow, wear their own pajamas and pass the hours in the lab dreaming of release from sleepless nights.

Sleep may be a matter of life and death. “People who sleep less than seven or more than nine hours have higher mortality rates.”

Stalking the Superbugs



*Brian Cooper, M.D., is chief of Hartford Hospital's
Division of Infectious Disease, Allergy and Immunology.*



Methicillin-resistant Staphylococcus aureus (MRSA) bacteria. MRSA bacteria have developed antibiotic resistance.

In 1979, vaccination wiped the scourge of smallpox off the face of the earth and the world envisioned a future free of contagion. Less than 30 years later, virulent pathogens are rampant and terrifying new diseases like AIDS, Ebola and hepatitis C are flourishing amid fears of a looming global pandemic of avian influenza. Antibiotic-resistant strains of “flesh-eating” bacteria strike suddenly and with deadly cunning.

Worldwide, many strains of *Staphylococcus aureus* are already resistant to many standard antibiotics. Whether caused by drugs being over-prescribed for routine infections (or uselessly against viruses) or overuse of antibacterial agents in consumer and agricultural products, antibiotic resistance is frighteningly real. The antibiotic stockpile continues to dwindle as bacteria mutate in response to the onslaught of disease-fighting drugs.

Public health experts warn of a modern-day plague when rampaging infections evolve into unstoppable killers. After years of decline, death rates from life-threatening infections are on the rise. Deadly strains of methicillin-resistant *S. aureus* (MRSA) have swept sports teams, barracks, daycare centers, nursing homes and hospitals, sidelining professional athletes and killing otherwise healthy newborns.

The antibiotic age began with the accidental discovery of the “miracle drug” penicillin nearly 70 years ago, creating an era of optimism about the power of pharmaceuticals. Paradoxically, antibiotics worked almost too fast and too well. By the 1980s, drug companies had turned their attention to conquering more profitable diseases.

Bacteria swap genes and mutate rapidly in response to antibiotics. As resistant strains multiply, drug companies fear wasting millions on research to develop a drug that might quickly lose its efficacy—and market share. While disease-causing microbes replicate dozens of times daily, it takes years of research to develop a new antibiotic.

“Drug companies can easily spend \$800 million developing a new antibiotic,” explains Brian Cooper, M.D., director of Hartford Hospital’s Department of Infectious Diseases. “If a new drug doesn’t work or has unacceptable side effects, the manufacturer

loses millions in profits they could be earning from easier to develop ‘me-too’ drugs.”

Emergence of virulent pathogens resistant to first-line antibiotics has made managing common bacterial infections more complicated. “Ten years ago, the antibiotics used for skin and soft tissue infections served us well,” says Dr. Cooper. “Now we have to revise our approach to these infections using a different panel of antibiotics. On a national level the Infectious Diseases Society of America is asking government to support research into new antibiotic development through its ‘Bad Bugs, No Drugs’ campaign.”

Because the right antibiotic can mean the difference between life and death, researchers across the globe are calling for development of new antibiotics. The Food and Drug Administration (FDA) has approved only two truly novel antibiotics since 1998. Even Vancomycin—the once-invincible antibiotic—has developed pockets of resistance.

Hartford Hospital’s Center for Anti-Infective Research and Development is an international leader in drug discovery. With funding from pharmaceutical companies, the center does early assessments of novel compounds. Last year, it received nearly \$2.5 million to fund research into how drugs work—and how to use old drugs in new ways.

The center’s global surveillance project, the OPTAMA Program, is analyzing worldwide antibiotic resistance trends in order to advise clinicians about which antibiotic is likely to be most effective in a particular geographic region. The center’s director, David P. Nicolau, Pharm.D., and his colleagues collaborate with investigators as far-flung as the Americas, Europe, Serbia and China.

“Surveillance studies are an important tool to track emerging resistance,” explains Dr. Nicolau. “Do drugs work differently in the old and young? What antibiotic is the best choice for critically ill patients? We found that significant differences in antibiotic resistance exist throughout the world—and even in intensive care units in Hartford and San Francisco.”

Infections caused by multidrug-resistant bacteria can strike anyone—the young and the old, the healthy and the chronically ill. “The best way to prevent resistance is to stop using an antibiotic for a while,” says Dr. Cooper. “If an organism isn’t constantly mutating, it loses its resistance over time.”

Gifts of Life



Recently, five trauma victims—four of them under age 24—died within a nine-day period in Greater Hartford. They gave the gift of life through organ donation to 25 people in Connecticut, Massachusetts, Maine, Rhode Island, New York, Pennsylvania and Maryland.

The United States is far from maximizing its supply of organs, and an average of 17 people die each day waiting. More than 93,000 Americans are on lung, heart, kidney, liver, pancreas and intestine waiting lists. More than 200 people are waiting in the Hartford area.

In 2003, the National Organ Donation Breakthrough Collaborative was established with the purpose of saving lives by spreading best practices related to donation to the nation's largest hospitals. LifeChoice Donor Services, the organ procurement organization for this area, partnered with Hartford Hospital in the collaborative. The rise in transplanted organs—from nine in 2003 to 60 in 2005—is the result of the efforts by the hospital's partnership.

Hartford Hospital's Organ and Tissue Donation Advisory Board (ODAC) provides hospital-wide leadership in implementing initiatives from the national level. The team has developed comprehensive practices to raise awareness about organ donation to help physicians, staff and families during the important hours at the end of life. Family members may be asked to give their consent for organ donation, or donors can indicate their consent through the Connecticut Donor Registry when applying for a driver's license.

One of the trauma patients who recently died was a young woman from the Greater Hartford area. Her gift of life to others resulted in the donation of organs that saved the lives of six people across the country. Thanks to the collaborative effort at Hartford Hospital, and the patient's generous and understanding family, the recipients—two women and four men—are enjoying life today.

WHAT'S GOING AROUND...News & Breakthroughs

SIDS: Back to Sleep

Babies who die of sudden infant death syndrome (SIDS) have a defect in the part of the brainstem that controls breathing and sleep-wake cycles, say the National Institutes of Health. They are less able to use serotonin, which affects respiratory reflexes that normally awaken babies to prevent suffocation. Putting infants to bed on their backs helps prevent SIDS.

Deadly Disparity

The National Institutes of Health want to know why African American women die of breast cancer more often than whites or Hispanics despite identical treatment. Tumor biology may explain why African-American women are more likely to have aggressive pre-menopausal breast cancer with poor prognosis, say University of Texas researchers in the journal *Cancer*. Breast cancer kills 40,000 American women each year.

A 100-day Cough

Whooping cough, or *pertussis*, is back with a vengeance in adolescents and adults, warn the Centers for Disease Control. Highly contagious *Bordetella pertussis* bacteria produce toxins that narrow airways in the upper respiratory tract, causing prolonged coughing spells. Since immunity from vaccination wanes over time, the CDC recommends periodic booster shots for teenagers and adults under 65.

Citrus Bonus

Rich with vitamin C, limes and lemons have anti-inflammatory and antibiotic effects. Citrus fruits contain compounds called *phytochemicals* with unique antioxidant and anti-cancer properties. Limes have been shown to stop cell division in cancer cell lines. The World Health Organization and Tufts University urge older adults to consume phytochemical-dense citrus, but warn that grapefruit may interfere with heart medications or other drugs.

Grieving the Loss

Bereavement Support at Hartford Hospital

When a loved one dies, survivors battle feelings of loneliness, anger, guilt and sorrow as they struggle to find meaning in loss. When a family loses someone unexpectedly, there is the devastating shock of tragedy. For cancer survivors who cling to life through endless rounds of remission and recurrence, death comes slowly. Mourning begins long before death when a loved one is dying of cancer.

At Hartford Hospital, the Palliative Medicine Consult Service is on call to help patients and families facing the prospect of ending treatment for grave illnesses. Today, the term “palliative” care has come to mean comfort measures designed to manage symptoms, relieve pain and offer emotional or spiritual support to patients and their families during what are often, but not always, the patient’s last days.

The palliative care team includes physicians, a psychiatrist, a nurse, a social worker, a chaplain and a pharmacist, as well as anesthesiologists and other specialists as needed. The hospital’s transdisciplinary approach allows the entire team to share knowledge and expertise. “The goal is for all of us to learn the skills of each other’s care,” says Evan Fox, M.D., who serves as psychiatric liaison to the consult service. “We care for the family, not just the identified patient, with dignity, compassion and understanding. The grieving process is initiated as individuals are able to accept any loss, including the end of life.”

Hartford Hospital’s palliative care team seeks to provide solace and comfort for both patients and families as they pass through the five stages of a terminal illness—denial, anger, bargaining, depression and acceptance—described by Elisabeth Kübler-Ross in her groundbreaking book, *On Death and Dying*. “People may go through all these stages as they reconcile their loss,” says Dr. Fox. “While all this is



happening, a parallel process occurs for staff members who care for the patient. Death involves every caring person in dealing with physical, spiritual, psychological and social issues. We view care holistically, which includes symptom management, all types of pain control and end of life care.”

Palliative care is not just for cancer, but also for such chronic illnesses as stroke, AIDS and end-stage cardiovascular or lung disease. While patients want vigorous treatment of pain, they may readily give up on medical heroics. Seriously ill people are often anxious to relieve the burden their suffering has placed on their loved ones.

Holidays can bring memories of happier times for forlorn families. Well-meaning friends may urge grief-stricken individuals to “move on” or “get past” their sorrow. Not every family grieves in the same way, and while there may be other co-existing problems—depression and anxiety—communication and connection allow mourners to cope despite their grief.

At Hartford Hospital, volunteers write sympathy cards to families and keep in touch by phone for a year after someone dies. While the hospital provides memorial services and lists of bereavement support groups, grief takes time to resolve.

Hartford Hospital is committed to assisting families and friends after the loss of their loved ones. For more information about bereavement support, call (860) 545-2290.

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM DECEMBER 15 '06 THROUGH MARCH 15, '07

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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 1/4, 2/1, 3/1—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 12/21, 1/18, 2/15, 3/15. Call Diane Ward, RN at (860) 545-3781. FREE.

• Ovarian Cancer Support Group

4th Tuesday of each month on 12/26, 1/23, 2/27. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

New Beginnings

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call (860) 545-1888. 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 1/9, 2/6, 3/6. Registration is not required. Call (860) 545-3790 if you have 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) 545-2715 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 3/5. 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:** Wednesdays from 5:00 to 6:00 p.m. from 1/9 to 2/13. FEE: \$150.

• Breathe Easy Support Group

A community education and relapse prevention group for smokers and ex-smokers. Facilitated by a smoking cessation specialist. **Schedule:** 1st Wednesday of the month on 1/3, 2/7, 3/7 from 5:00 to 6:00 p.m. at Hartford Hospital, 85 Jefferson Street #704, Hartford. Registration is required. 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 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 1/3, 2/7, 3/7 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. For schedule and topics, call (860) 545-1888.

MENTAL HEALTH

Bereavement Support Group—Hartford

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 12/18, 1/8, 1/22, 2/12, 2/19, 3/12 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 12/26, 1/23, 2/27 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 12/19, 1/16, 2/20 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 1/4, 2/1, 3/1, 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 December) on 12/18, 1/29, 2/26 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 12/19, 1/16, 2/20 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 from 5:15 to 6:30 p.m. on 1/2, 2/6, 3/6.

• **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:** From 5:15 to 6:30 p.m. on 12/21, 1/4, 1/18, 2/1, 2/15, 3/1, 3/15.

• **Functional Implications of Schizophrenia**

Learn the impact that symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. **Schedule:** From 5:15 to 6:30 p.m. on 3/13.

• **Medication Compliance Strategies**

Perhaps the biggest family concern in dealing with schizophrenia is helping the patient follow the recommended treatment plan, particularly taking medication. Learn ways to enhance cooperation with treatment. Facilitated by David Vaughan, LCSW, and Wayne Roffer, PsyD. Call for schedule.

• **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:** From 5:15 to 6:30 p.m. on 1/9.

• **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:** From 5:15 to 6:30 p.m. on 2/13.

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.



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:** 1/29 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. **Schedule:** In Hartford on 12/20, 1/3, 1/17, 2/7, 2/21, 3/7. 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.

Mindfulness-Based Stress Reduction

Stressed by life events, illness, pain, worry? This 8-week course modeled after the original acclaimed program at the UMass Stress Reduction Clinic has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. Hosted by Dr. Valerie Rossetti, Board-certified anesthesiologist at Hartford Hospital.

Free Orientation: Glastonbury—1/9 from 7:00 to 9:00 p.m.; Hartford—1/18 from 4:00 to 6:00 p.m. FREE.

8-Week Program: Glastonbury—From 1/23 to 3/13 from 7:00 to 9:00 p.m.; Hartford—From 1/25 to 3/15 from 4:00 to 6:00 p.m. FEE: \$220 plus \$65 for materials.

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.

Reiki Healing Touch—Level 1

Learn a gentle hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. Can be used for self-care or with family, friends and patients. **Schedule:** From 9:00 a.m. to 5:00 p.m. on 12/21, 1/11, 2/8, 2/22, or 3/8 in Hartford. FEE: \$150 (Hartford Hospital employees \$120; Reiki Volunteers \$75).

Baby Massage Instructor Certification

For anyone interested in becoming certified as a Newborn Baby Massage Instructor. Consists of two parts: independent home study kit and the certification session, which will be held at Hartford Hospital. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 2/8. Call (860) 545-4444 for more information or to register.

Vibrational Healing—Level 2

Expand on information gained from Level 1 and learn new techniques to help yourself and others. New meditation exercises will be introduced to help you be more effective and help avoid burn-out. **Schedule:** 1/15, 1/22, 1/29 and 2/5 from 6:00 to 9:00 p.m. in Newington. FEE: \$120/series.



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. FREE.

12/21 Integrative Medicine Healthy Holiday Potluck Lunch

You are invited to join the Integrative Medicine and Health Science Libraries staff, co-sponsors of the Lunch and Learn Series, for a Holiday potluck lunch. Bring your favorite **healthy** dish along with the recipe to share. Let's celebrate good food and good friends! To register please call (860) 545-1888. FREE.

1/4 Acupuncture and "The Winter Blues"

Did you know that acupuncture could lift your spirits during the darker winter months? It can help combat lethargy, improve concentration and alleviate carbohydrate craving, all of which are associated with Seasonal Affective Disorder (SAD). Learn how acupuncture can help you and your loved ones cope with this prevalent type of depression.

2/15 Sound Healing Using Tibetan Singing Bowls

Discover the healing presence of Tibetan Singing Bowls and learn how these ancient soothing sounds are used to help heal in different settings. Marie Menut, RN will demonstrate vibrational healing techniques and you will experience the peace and serenity of this unique healing modality.

3/1 Preparing for Surgery Using Mind/Body Techniques

This lunch and learn is an overview of Peggy Huddleston's book and tape: "Prepare for Surgery, Heal Faster." Learn 5 steps that help prepare patients emotionally and physically for surgery.

3/15 An Overview of Therapeutic Touch

Would you like to learn about a technique to decrease stress and anxiety, ease pain, accelerate healing, and enhance general well-being? Therapeutic Touch is a technique based on ancient healing methods. Taught in many hospitals and colleges throughout the world.

Avon—VIDEO presentation from 12:00 noon to 1:00* p.m. at Hartford Hospital's Avon Wellness Center Library, 100 Simsbury Road, Room #205. FREE.

1/2 Native American Medicine

From the earliest recorded time, medicine men from the world over used their senses of touch, sight, sound, smell, taste and intuition to assess a patient's condition before selecting a remedy or therapy. Today, Native Americans have blended their traditional beliefs and customs and many feel that much has been lost. We can reforge the link between modern naturopathic medicine and the ritual ceremony and spiritual traditions of Native American Medicine.

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.

Bariatric Surgery Support Group

Required for people who are considering **weight loss** surgery. **Schedule:** 12/19 "Holiday Meal Ideas," 1/16, 2/20 (topics to be determined) from 6:00 to 8:00 p.m. in the Special Dining Room at Hartford Hospital. To register, call (860) 545-1888.

VOLUNTEER SERVICES

Blood Drive

The American Red Cross will conduct blood drives at Hartford Hospital (Education & Resource Center location). 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

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.

My Avenging Angel Workshop

Living well is the best revenge; yet moving beyond abuse is often difficult for victims of domestic violence and sexual assault. Explore ways to get your life back through writing, creativity and focusing exercises. **Schedule:** Two-week session from 10:30 a.m. to 4:30 p.m. on 2/10 & 2/17 in Wethersfield and on 3/10 & 3/17 in Avon. FREE.

WOMEN'S HEALTH ISSUES

El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. Call Mayra at (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.

Glastonbury—From 1/16 to 4/5; 10:30 to 11:30 a.m. or from 6:00 to 7:00 p.m.

Wethersfield—From 1/15 to 4/2; 2:30 to 3:30 p.m.

Windsor—From 1/16 to 4/5; 10:30 to 11:30 a.m.

Call (860) 545-1888 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: 1/25

Glastonbury: 1/8, 2/12, 3/12

Hartford: 1/16, 1/29, 2/6, 2/20, 2/26, 3/6

Wethersfield: 1/10, 3/14

• *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: 1/11, 2/8, 3/8

Glastonbury: 1/22

Hartford: 12/18, 1/9, 1/30, 2/5, 2/13, 3/13

Wethersfield: 2/14

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** 1/18 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 1/13 in Avon or on 3/10 in Wethersfield. 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 2/10. 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 1/29 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield on 12/18 or 2/26 from 10:30 a.m. to 12:00 noon or on 1/22 from 6:30 to 8:00 p.m. FEE: \$25 per baby.

• *NEW! Pets 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 2/7. FEE: \$25.

• *NEW! 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 will include demonstrations of songs, rhymes and play activities. **Schedule:** From 6:00 to 7:30 p.m. on 1/17 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. 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 2/26 and 3/5 from 6:30 to 8:00 p.m. FEE: \$35.

• *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 1/3, 2/7, 3/7 from 11:30 a.m. to 12:30 p.m. FEE: \$10 per session.

• *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 2/5 in Glastonbury. 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.)

- **Jewish Beginnings**

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** Chai—The Center for Jewish Life in Avon on 2/5 from 7:00 to 9:00 p.m.

- **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 1/4, 2/1, 3/1. 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 1/6, 2/3, 3/3; Thursday 4:00–5:00 p.m. on 1/18, 2/15, 3/15

School-age—Saturday 10:00–11:00 a.m. on 1/13, 2/10, 3/10; Thursday 4:00–5:00 p.m. on 1/25, 2/22. FEE: \$15 per child or \$25/family.



- **Teen Prenatal Classes**

For first-time pregnant teens up to 17 years of age. Combination of prenatal, childbirth preparation, newborn care and a maternity tour. **Schedule:** 6 weekly classes per session. Call (860) 545-1888 for schedule. FREE.

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. Series from 1/10 to 2/14 or from 2/28 to 4/4. FEE: \$50 for series.

- **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.

1/31 Celebrating Milestones in Growth and Development

2/28 Love and Discipline

- **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 run from 1/10 to 2/14 or from 2/28 to 4/4. FEE: \$50 for series.

Exercise for Expectant and New Moms

- **Prenatal Yoga**

This six-week program is conducted by a certified prenatal yoga instructor. In Avon on Wednesday evenings from 5:30 to 6:45 p.m. 6-week sessions run from 1/10 through 2/14 and from 2/28 through 4/4. FEE: \$78 per session.

- **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:** Avon—sessions run from 1/10 to 2/14 or 2/28 to 4/11 from 10:00 to 11:00 a.m. FEE: \$78.00 for six-week session.

- **Baby Boot Camp: It's Like Having a Personal Trainer at a Fraction of the Cost**

75-minute workouts combine strength training with cardiovascular drills that help to improve core strength. Motivates moms to get outside with their babies and provides an opportunity to meet other new moms. Classes are held outdoors at the Avon Wellness Center. For information visit www.babybootcamp.com or call (860) 231-1798.

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 12/20, 1/17, 2/21 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. 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 p.m. on 12/21 (Holiday Pot Luck Supper) and at 5:30 p.m. on 1/25 and 2/22. Call (860) 545-2142 to verify schedule and location. 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. **Schedule:** 1/10, 1/25, 2/14, 2/22, 3/14 from 6:00 to 8:30 p.m. at Hartford Hospital. To register, call (860) 545-4368. 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 (except August) from 2:00 to 3:00 p.m. on 12/28, 1/26, 2/23 in the Brownstone Building's 1st Floor Conference Room. To register, call (860) 545-1021. FREE.

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

An opportunity to share helpful tips and resources, 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 12/19, 1/16, 2/20. 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) 545-4158 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) 545-4158 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 12/28, 1/11, 1/25, 2/8, 2/22, 3/8. FEE: \$39 for 6-month membership.



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.

Weight Loss Surgery

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 December 20 in Glastonbury, January 24 in Wethersfield and February 7 in Windsor. FREE.



Crohn's Disease and Ulcerative Colitis

Presented by Dr. Joseph Cappa and Dr. Michelle Smedley, Board-certified gastroenterologists practicing at Connecticut GI and Hartford Hospital. Learn about the diagnosis, treatment and living with Crohn's and Colitis. A question and answer session will follow. Schedule: From 7:00 to 8:00 p.m. on January 18 in Windsor. FREE.



Don't Allow Incontinence to Dampen Your Spirits!

Learn the different elements of urinary incontinence stressing the diagnostic and treatment options. Conducted by Dr. Adam C. Steinberg who recently relocated from Philadelphia, and joined the practice of Drs. Christine LaSala and Paul Tulikangas at Hartford Hospital. Dr. Steinberg has extensive experience in managing pelvic organ prolapse, pelvic reconstruction, urinary incontinence and voiding dysfunctions. From 7:00 to 8:00 p.m. in Glastonbury on January 15 and in Avon on January 30. FREE.



Is It Hot In Here? Or, Is It Me?

Pat Wingert and Barbara Kantrowitz, Newsweek health writers and authors of the book with the same title, take you through the menopause journey with humor and insight. Event includes lunch and four break-out sessions with Hartford Hospital clinical specialists that address the latest in menopause information. Schedule: Saturday, January 20 from 11:30 a.m. to 2:30 p.m. at Hartford Hospital's Education and Resource Center. To register or for more information call (860) 545-1888. FEE: \$10.

10 Tests That Can Save Your Life

Make sure your doctor performs or recommends these ten simple tests that may improve your health and even save your life. By investing an hour or two now, you may be able to add years to your life. Your birthday can be a gentle reminder to schedule your annual physical. Don't let illness rob you of your health. This program is presented by Dr. Elizabeth Evans, internist practicing in Bloomfield and on staff at Hartford Hospital. Join Dr. Evans in Avon on January 23 from 7:00 to 8:00 p.m. Call (860) 545-1888. FREE.



Dr. James Mazzara, Board-certified orthopedic surgeon at Hartford Hospital and at Manchester Orthopedic Surgery and Sports Medicine will conduct the following two educational programs:



Shoulder Pain

Learn about many of the common causes of shoulder pain, shoulder joint A replacements and about minimally invasive rotator cuff surgery. Wednesday, February 7 from 7:00 to 8:00 p.m. in Wethersfield. FREE.

Tendon Problems of the Elbow

Learn about common elbow tendon problems including tennis elbow and bicep/tricep ruptures. Various treatment options for these conditions will be discussed. Wednesday, March 7 from 7:00 to 8:00 p.m. in Wethersfield. FREE.

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

Spinach & Cheese Squares



Frozen spinach offers a safe and convenient way to enjoy the healthful benefits of leafy green vegetables. While the chances of being infected by *E. coli* bacteria from eating bagged fresh spinach is low, outbreaks of disease occur sporadically. According to the Food and Drug Administration, a particularly deadly strain of illness-causing pathogen (O157:H7) has been linked to 20 poisoning episodes in raw spinach and lettuce since 1995. Growers worry that the country's estimated \$374 million spinach business will never recover from the recent outbreak that killed three people and sickened nearly 200 others.

Most often, virulent illness results from eating *E. coli*-tainted hamburgers rare. While cooking kills organisms on the surface of a steak, a hamburger made from ground meat may still have bacteria lurking in its soft, pink center.

Processed spinach is usually blanched with bacteria-destroying hot water or steam prior to being frozen. According to experts, frozen, canned or cooked spinach is safe to eat.

Ingredients

- 2 10-oz. pkgs. frozen chopped spinach
- 1 lb. small-curd, low-fat cottage cheese
- 1/3 cup Feta or cheddar cheese
- 2 8-oz. containers egg substitute
(Better 'N Eggs or Egg Beaters)
- 1/4 cup chopped scallions or small onion
- 3 Tbs. melted margarine
(without trans fat)
- 2 Tbs. grated Parmesan cheese
- 1 Tbs. all-purpose flour
- 1/2 tsp. pepper
- 1/2 tsp. dill

Preheat oven to 350°. Thaw, drain and press spinach in a sieve to squeeze out excess water. In a large bowl mix egg substitute, cottage cheese, Feta or cheddar cheese, and scallion. Add melted margarine, flour, pepper and dill. Stir to blend well. Fold in spinach. Spray a 9" x 9" or 12" x 8" pan with non-stick spray. Pour spinach mix into pan and even out with back of a spoon. Sprinkle Parmesan cheese on top and place in oven. Bake for about 50 minutes. Allow to cool, then cut into 12 servings. *Serves 12.*

Calories: 94
Carbohydrate: 4.7 g
Total fat: 3.5 g
Saturated fat: 1.5 g
Monounsaturated fat: 1.1 g
Protein: 11.5 g
Cholesterol: 5.7 mg
Sodium: 328 mg
Fiber: 1.5 g

This recipe is an excellent source of Vitamin A (267% of DRI per serving) as well as Vitamin B₁₂ (43%) and B₂ (65.5%).

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

Recipe photo accessories courtesy of the Hartford Hospital Auxiliary Gift Shop.