

S P R I N G  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

## Illuminating the Brain

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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.

## A Healing Garden

Spring is the time for planting health-ful herbs in a backyard garden or a windowsill pot. Flowering plants offer a fragrant aroma, while flavorful fresh herbs provide immune-boosting advantages that may help protect against cancer and Alzheimer's disease.

If you do your gardening in a yard or community plot, you'll benefit from exercise in the fresh air and early morning sunshine. Wear sunscreen, sunglasses and long sleeves if you plan to stay outside for an extended period of time. Gardening can lower blood pressure, reduce stress and lift your mood.

If you suffer from a bad back or arthritis, ergonomic tools make gardening accessible for green thumbs with physical limitations. Wrapping tool handles with insulating tape or foam pipe insulation provides a large, cushioned grip for gardeners with diminished hand strength.

**Aloe Vera:** *kitchen window.* Snip the fleshy plant to release a healing gel that soothes burns and helps heal cuts and scrapes. Test a tiny patch of skin first to make sure you're not allergic.

**Lavender:** *sunny bedroom window.* Studies show the herb's fragrance calms and encourages restful sleep.

**Rosemary:** *indirect sunlight and good airflow.* The fragrant herb contains more than two dozen disease-fighting antioxidants. Several studies suggest that the plant may help prevent infection, fight cancer, lower cholesterol and retard the progression of Alzheimer's disease.

**Spider plant:** *easy to grow in indirect light.* A NASA study found that a spider plant removes 80% of formaldehyde pollutants from a room.



## S A F E T Y T I P S

### Unfriendly Skies



Last year's panic over the honeymooning Atlanta attorney with extensively drug-resistant tuberculosis (TB) raised fears of infectious disease spreading on transatlantic flights. Despite the media hype, the chances of contracting a life-threatening illness on an airliner appear to be remote.

In 2003, a Hong Kong businessman with severe acute respiratory syndrome (SARS) flew to Germany and then on to seven European cities. When passengers in the four closest rows were contacted for a follow-up study, none tested positive for SARS. However, one highly infectious foreign tourist did transmit multidrug-resistant TB to members of the flight crew and nearby passengers on several domestic commercial flights in the 1990s. The Centers for Disease Control and Prevention found that passengers seated in the two rows to the front and back of the contagious passenger were at greatest risk for infection.

"Where you sit on a plane does make a difference," says Alan Jon Smally, M.D., medical director of Emergency Medicine at Hartford Hospital. "Airborne pathogens like TB, bacterial meningitis or pneumonic plague are spread by coughing, but other illnesses require hand-to-mouth contact. The general stress of air travel leaves people tired and vulnerable to infection, so carry a pocket-size hand sanitizer."

Instead of worrying about a virulent disease, airline passengers should walk up and down the aisle every hour or so to prevent a far more likely—and potentially deadly—blood clot called *deep vein thrombosis*, or DVT. "Stand up and work your legs," urges Dr. Smally. "Try not to strain your back when lifting luggage. Flying is less risky than driving. You're in more danger from driving a rental car after drinking alcohol on the plane."

# Bone Up on Osteoporosis



**O**steoporosis weakens bones. Silently and without warning, fragile bones break. Each year in the United States, osteoporosis leads to two million fractures of the hip, spine and wrist. One out of every two women and one in four men over 50 will have an osteoporosis-related fracture in their lifetime.

Hip fractures are deadlier than most people realize. Nationally, a quarter of hip fracture patients die within a year and a third require long-term nursing home care. Although hip fractures occur twice as often in women, each year 80,000 men suffer a hip fracture and one-third die within a year from complications.

Bone is in constant turnover, breaking down and reforming in an endlessly recurring cycle. With age, bones become thin and brittle. Bone loss accelerates at menopause, and may persist into the postmenopausal years. Risk factors include gender—osteoporosis afflicts more than twice as many women as men—age, body size, dementia, poor nutrition, cigarette smoking, excess caffeine, alcoholism, hormonal insufficiency, family

history and ethnicity. Small, thin-boned Caucasians and Asians are at greater risk than African Americans and Latinas.

Bone mineral density (BMD) tests measure the density in the bones, revealing osteoporosis or bone thinning, called *osteopenia*, a precursor to osteoporosis. The American College of Obstetricians and Gynecologists recommends BMD testing for all women at age 65, postmenopausal women younger than 65 with at least one risk factor for osteoporosis and women with fractures. Weight-bearing exercise, 15 minutes a day of sunlight, 1500 mg of calcium daily, and 800 IU of vitamin D daily can help minimize bone loss.

A small National Institute of Mental Health (NIMH) study linked bone loss to depression in premenopausal women. Hip bones showed the most thinning in even mildly depressed premenopausal women taking antidepressant medications. The researchers found that, independent of medication use, 17 percent of the depressed women had thinner bone in a vulnerable part of the hip called the femoral neck, compared with 2 percent of those who were not depressed. Low bone mass in the lumbar spine was found in 20 percent of depressed women and only 9 percent of nondepressed women.

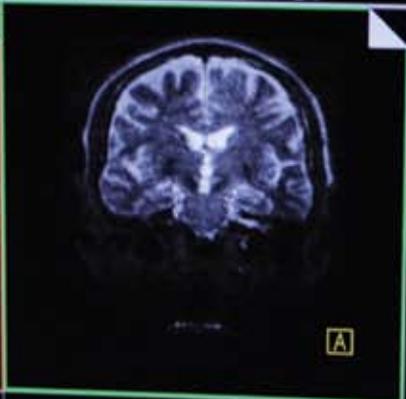
“There may be a link between adrenal excess and osteoporosis,” says Linda Taylor, M.D., of Taylor Associates Gynecology in Farmington. “We know that patients who take steroids chronically have a higher incidence of osteoporosis. High cortisol (natural stress hormone) levels may trigger bone loss as much as steroids do. Women should alert their doctors to all their osteoporosis risk factors, including mental health issues.”



Patient Applications Transfer Edit View Settings Orientation Type Image Tools System Options Help



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Exam Viewing Filtering 3D

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Scientists at the Institute of Living map the "eloquent" brain with functional MRI (fMRI) before surgery to ensure that neurosurgeons avoid critical areas of the cerebral cortex involved in movement, sensation, speech and vision.

# The Eloquent Brain

Deep within the brain lie regions exquisitely specialized for movement and for language, nestled within intricate webs of delicate blood vessels. Neurosurgeons must operate with caution within these “eloquent” areas to avoid disrupting vital motor, sensory or cognitive functions. The eloquent areas of the brain are involved in communication, speech and language comprehension. Within the body’s critical command center, an estimated 100 billion interconnected nerve cells control every movement, thought, sensation, and emotion.

Now, thanks to a sophisticated brain imaging technique called functional magnetic resonance imaging (fMRI), surgeons map the terrain before ever wielding a scalpel.

Neuroscientists at the Institute of Living (IOL) peer into previously uncharted regions of the brain, using scanning technology originally developed to study cognitive function.

Functional MRI, developed in the early 1990s, creates a series of three-dimensional images that capture metabolic changes in blood oxygen levels and blood flow, in this case, in parts of the brain responsible for movement, perception and cognition. Functional MRI, which reveals the brain in action, is invaluable for neurosurgeons planning to operate on brain tumors, cerebral aneurysms or arteriovenous malformations. New technology that integrates fMRI data into surgical navigation systems can spare critical zones of motor and sensory function that may be situated right next to the surgical site.

Combining a powerful magnetic field with radio waves—but no ionizing radiation—the computer generates detailed images of soft tissue, blood vessels and bone. Presurgical mapping of the brain allows surgeons at Hartford Hospital and the Connecticut Children’s Medical Center (CCMC) to localize the precise areas where language, sight and movement originate.

## Zone Defense

“Functional MRI is a noninvasive way to see changes in blood flow within the brain to identify areas that direct ‘zones’ of motor function, lan-

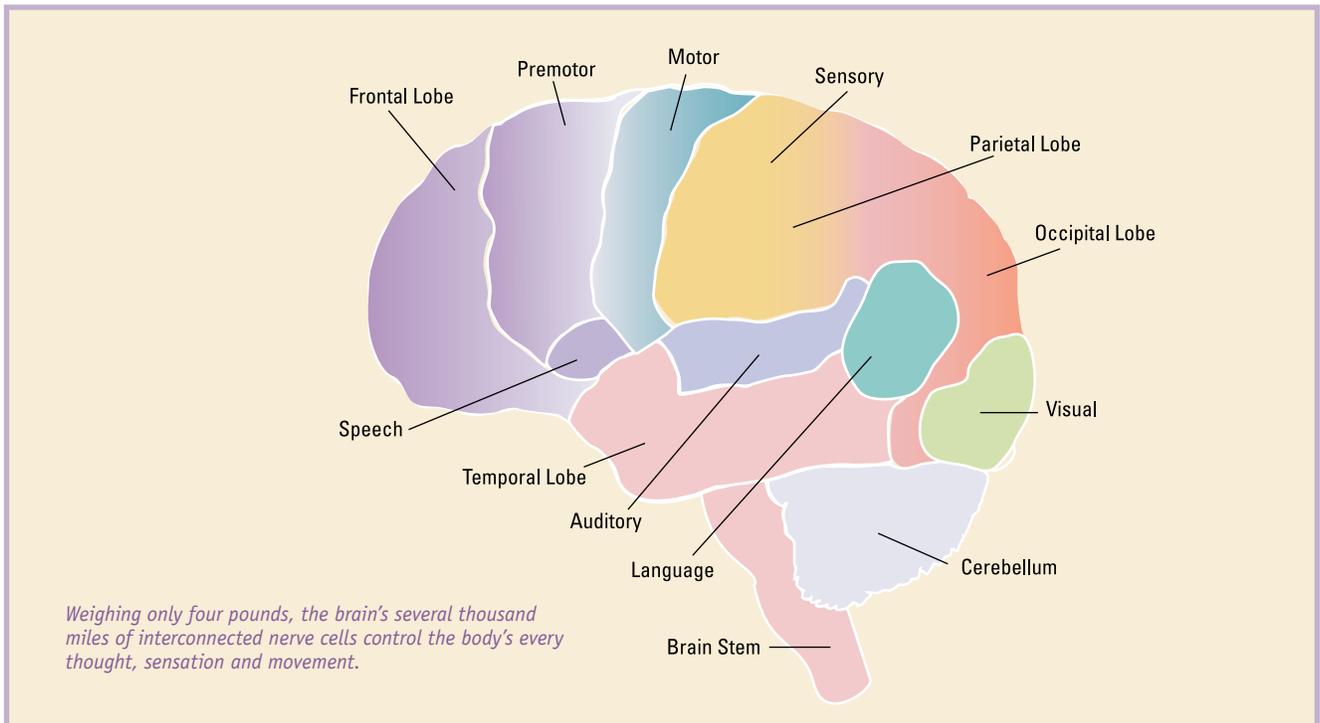
**The ability to view real-time brain activity with fMRI enhances the safety and precision of delicate procedures involved in brain tumor surgery.**

guage, sight, taste, smell and sensation,” says Paul Kanev, M.D., director of Neurosurgery at Hartford Hospital and CCMC. “Unlike conventional MRI, we can see specific function, not just anatomy.”

Neurosurgery treats diseases and disorders of the brain, spinal cord, spine, skull and vascular system. Dr. Kanev specializes in surgery for congenital diseases of the nervous system in adults and children. He brings innovative surgical techniques for epilepsy and minimally invasive surgery for brain tumors and hydrocephalus to Hartford Hospital, where physicians are expert in spinal and neurovascular surgery, neurologic critical care, skull base surgery and innovative radiosurgery of malignant and benign brain tumors, among other sub-specialties.

With noninvasive tools like fMRI, scientists not only visualize the brain, but also measure activity in the cerebral cortex, the site of many higher-order cognitive functions. Language centers are usually found only in the left cerebral hemisphere, while fine motor skills are localized in the rear part of the frontal lobe. Neuroimaging reveals significant anatomical and structural differences among individuals.

“Neurosurgeons use fMRI to locate eloquent areas accurately,” explains Godfrey Pearlson, M.D., director of the IOL’s Olin Neuropsychiatry Research Center. “It’s necessary to accurately view functional anatomy prior to surgery because there is a lot of variability in people’s brains. Pre-



surgical mapping allows the neurosurgeon to excise a tumor while avoiding regions that govern critical functions like language or movement.”

### What Lies Beneath

Inside the tube-like fMRI machine, snuggled in blankets in the darkness, the patient performs a variety of sensory, motor or language tasks. No invasive procedures or contrast dye are necessary to map the brain. The fMRI laboratory integrates a state-of-the-art MRI scanner and electrophysiology recording equipment to produce colorful high-resolution images that reveal which sites in the brain “light up” during mental activity.

In one auditory test, for example, the subject listens to a series of beeps to measure activity in the brain’s frontal and temporal cortex. The motor cortex behind the rear portion of the frontal lobe is the area of the brain most involved in controlling voluntary movements. One patient might be told to wiggle his fingers or toes, while another patient wears special goggles while navigating a virtual reality maze during the fMRI brain scan. The computer simulates a visual landscape, capturing brain activity in response to sensory stimuli. Despite the constraints of potentially claustrophobic fMRI equipment and the loud ambient noise, fMRI is a powerful technology for analyzing the living brain.

### Eyes Wide Open

Neurosurgeons once forced to operate blindly when removing a tumor can now pinpoint the firing of brain cells before surgery to carefully plan

**Paul Kanev, M.D.**

Paul Kanev, M.D., director of Neurosurgery at Hartford Hospital and the Connecticut Children's Medical Center (CCMC), is Board-certified in neurological and pediatric neurological surgery. He joined Hartford Hospital from Baystate Medical Center in Springfield, Mass., where he was chief of the Division of Neurosurgery and clinical professor of Neurosurgery at Tufts University School of Medicine. He also served on the consulting staff at Shriners' Hospital for Children.

Previously, Dr. Kanev served as the director of Pediatric Neurosurgery and Epilepsy Surgery at the Penn State School of Medicine and Hershey Medical Center. He is a member of numerous professional societies, including the Congress of Neurological Surgeons, the American Society of Pediatric Neurosurgeons and the American Association of Neurologic Surgeons.

Dr. Kanev received his bachelor's degree in chemistry from Dickinson College and a master's degree in chemical and biomedical engineering from Washington University in St. Louis. He earned his medical degree at Temple University Medical School, and completed his pediatric residency at New England Medical Center. Dr. Kanev completed his neurosurgery residency at the University of Washington, where he also served as the chief neurosurgery resident. He completed a fellowship in pediatric neurosurgery at Children's Hospital and Medical Center in Seattle.

Since joining Hartford Hospital, he has received two teaching awards from CCMC, the McNeil Teaching Award and the Faculty Award for Excellence in Teaching in an affiliated pediatric field.

a strategy for preserving consciousness and motor function. The ability to view real-time brain activity with fMRI enhances the safety and precision of delicate procedures involved in brain tumor surgery. Nationally, studies have shown that neurosurgeons who map the brain in advance with fMRI are able to excise more of a tumor during a shorter operation with a smaller skull incision

Dr. Kanev employs advanced imaging techniques to visualize the anatomy of patients suffering from hydrocephalus, an abnormal accumulation of cerebrospinal fluid that can occur at any age as the result of trauma, brain tumors, intracranial hemorrhage or post-surgical infection. Instead of installing a shunt to drain the swelling, Dr. Kanev uses a minimally invasive endoscopic approach, creating a small incision to promote internal fluid circulation. Most patients return home after one or two days of recovery.

**Feeling No Pain**

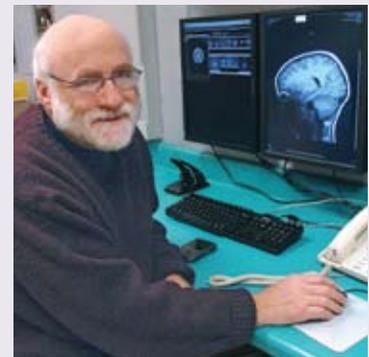
Approximately 2.5 million Americans suffer from epilepsy, an abnormality in the brain's electrical rhythms that is the most common neurological disorder. Although surgery for epilepsy is far more invasive than treatment with medications, it can be curative if surgeons can pinpoint the electrical disturbances in the brain.

For the 15 percent or so of patients with "intractable epilepsy" that can't be controlled by drugs, neurosurgery is the only chance for a cure. The neurosurgeon's goal is to remove only the damaged tissue in order to prevent seizures while preserving normal brain function. "About 10 percent of epileptic patients are potential surgical candidates," says Dr. Kanev. "Nationally, it's an underutilized procedure that can be highly effective."

Epilepsy that is unresponsive to anti-seizure medications can often be treated with surgical removal when it affects the inner part of one temporal lobe, an area located just above the ear. By localizing the electrical disturbance to a particular region using advanced neuroimaging techniques, the damaged part of the brain can be safely removed by the neurosurgeon without harming the patient's capacity for memory or language.

"While the patient is awake and reading during surgery, the part of the brain that controls language can be stimulated with a weak electrical current," explains Dr. Pearlson. "The brain feels no pain, so such surgery can be performed with only local anesthesia to the scalp."

"Throughout the surgery, epilepsy patients are awake with continuous, real-time monitoring of speech and language function," adds Dr. Kanev. "The better we can localize the areas of language preoperatively, the more precisely we can target the area of the brain where seizures occur. More than 80 percent of individuals who undergo tissue removal for epilepsy remain seizure-free forever."



## Living with Lupus



In the United States, nearly 1.5 million people are living with some form of lupus, a chronic autoimmune disease that can affect the skin, joints, heart, lungs, kidneys, brain and blood. More than 16,000 Americans are diagnosed with the disorder each year. Lupus afflicts women nine times more often than men, and disproportionately strikes African Americans, Asians and Latinas between the ages of 15 and 44.

Although *systemic lupus erythematosus* (SLE) can be fatal if major organs fail, most people with lupus live a normal lifespan with medical treatment. Most patients respond well to anti-malarial drugs and low-dose steroids (along with drugs to prevent bone loss). If symptoms worsen, a common second-line treatment is Cellcept—an anti-rejection drug originally developed for transplant patients. When the kidneys or major organs become involved, patients can be treated over the course of several months with intravenous (IV) administration of the immunosuppressant drug Cytoxan.

“The great majority of my patients have mild, well-controlled disease that’s not life-threatening,” says Mark Ruderman, M.D., a Hartford Hospital rheumatologist. “Many simply have joint pain and a rash that can be easily managed. It’s important for patients to be compliant in taking prescribed medications. Pleurisy (inflammation of the lining of the lung) can be serious, while severe kidney failure is potentially life-threatening if someone stops therapy.”

Although researchers have identified multiple genes linked to the development of lupus, susceptibility to the autoimmune disease requires unknown environmental triggers. “Lupus doesn’t have a strong genetic component,” says Dr. Ruderman. “People with a family history of the disease are at slightly higher risk, but so are smokers. The chances of a family member having the disease are low.”

Symptoms tend to come and go, occasionally flaring up. “Clinical symptoms like rash, swollen joints and photosensitivity need to be confirmed by lab results,” says Dr. Ruderman. “Virtually all lupus patients have certain anti-DNA antibodies, but not everyone with the antibody develops the disease. Symptoms respond well to treatment and most people with lupus live long, normal lives.”

### WHAT'S GOING AROUND...News & Breakthroughs

#### Diet Dilemma

Drinking only one can of diet soda a day raises your chances of developing metabolic syndrome by one-third compared to someone who doesn’t drink a diet soda, warns a University of Minnesota study. Metabolic syndrome—the combination of obesity, high cholesterol, high blood glucose and elevated blood pressure—doubles cardiovascular disease risk and increases the risk of diabetes by five-fold.

#### Gut Feelings

Boston University researchers found that people with irritable bowel syndrome (IBS) are 40 percent more likely to suffer from depression than those without IBS. Stress hormones may play a role in IBS, which causes cramping, constipation, bloating, diarrhea and abdominal pain, often treated with antidepressants. The researchers found that IBS, which predominately afflicts women, frequently occurs in tandem with migraine headaches and fibromyalgia.

#### Prostate Post-Op

The National Cancer Institute reports that of the 219,000 Americans a year who receive a diagnosis of prostate cancer, nearly half undergo surgical removal of the gland. Drugs for erectile dysfunction—combined with nerve-sparing techniques and the precision of the surgical robot—allow the majority of men to resume sexual activity after surgery, especially if the cancer is caught early.

#### Mixed Drinks

Post-menopausal women on hormone replacement therapy (HRT) double their risk for breast cancer with only one alcoholic drink a day, according to Brigham and Women’s Hospital, the Dana-Farber Cancer Institute and Harvard Medical School. Researchers studied the self-reported drinking habits of more than 88,000 U.S. nurses. More than 190,000 American women develop breast cancer every year.

# Reliving the War



## Virtual Reality Brings Combat Trauma Home for Iraqi Veterans

The unspeakable clamor and stench of battle stalk a soldier's nightmares. The stress of deployment, aggravated by alcohol, prescription drug abuse, broken marriages or family tension, haunts the waking dreams of vets suffering from severe post-traumatic stress disorder (PTSD). Combat veterans struggle with primitive fears that lurk just below the edge of conscious memory.

PTSD is an emotional and psychological reaction to trauma that leaves soldiers cruelly scarred by war's brutality. Jumpy and irritable, plagued by recurrent memories called *flashbacks*, many homecoming veterans remain hypervigilant, reliving the ordeal over and over in their minds. Returning Iraq veterans have the highest suicide rate since the Army started keeping track in 1980.

A 2006 survey by the U.S. Army found that soldiers serving repeated Iraq deployments were 50 percent more likely than those with one tour to suffer from acute combat stress, raising their risk of PTSD. Since 2001, more than 650,000 soldiers have deployed to Iraq or Afghanistan, including more than 170,000 who have served multiple tours. Although debilitating symptoms may take months or even years to surface, chronic PTSD can last for decades. The good news is that Iraqi war veterans with combat trauma are seeking help earlier than their Vietnam-era counterparts, who frequently languished untreated for decades.

"The memories are like a continuous loop playing over and over in my head," says Pete (not his real name), a Vietnam vet who counsels returning Iraqi soldiers. "For the first five or six years after I got home I kept having nightmares that I was back in combat. We knew that after a year our time was up, but now the National Guard soldiers who joined up expecting to clean up after a hurricane are being sent back again to the front lines."

With funding from a Hartford Hospital grant and the Hospital Auxiliary, researchers at the Institute of Living purchased virtual reality (VR) software and equipment to simulate the sights, sounds and smells of Iraq. "Virtual reality has been shown to be

helpful in treating phobias," says David F. Tolin, Ph.D., director of the Anxiety Disorders Center at the Institute of Living. "Our hypothesis is that the experimental treatment, in conjunction with cognitive behavioral therapy and medication, will be effective for Iraq War veterans with PTSD. We're grateful for donor support because it's often difficult for veterans to get access to cutting-edge treatments."

Wearing a wraparound visor and headphones, the subject stands on a vibrating platform as simulated Iraqi bomb blasts explode beneath his feet. Tethered to the high-tech equipment, the vet relives the sights and scents of war. In a virtual world of hot desert air laced with cordite and diesel fumes, the soldier hears bursts of machine gun fire and watches a wounded comrade fall to the ground. "By talking to the subjects, we assess the level of exposure each vet can tolerate in advance," says Dr. Tolin, the study's principal investigator. "Each subject wears a T-shirt with built-in electrodes that measure heart rate, blood pressure, sweating and respiration rate, continuously monitored by a therapist in the room."

"PTSD worsens as the soldier tries not to think about what happened in combat," explains Dr. Tolin. "Constant avoidance of disturbing thoughts and memories leaves vets emotionally numb. The idea is to desensitize and integrate feelings through controlled exposure to the traumatic event in a safe environment."

*For more information about the research study, call (860) 545-7685.*

# Transplants for Life



*Jeffrey Rozansky (above), who received a kidney from a living donor—his mother, Christine—is shown recuperating after transplant surgery.*

Organ transplants save lives. Today transplants are so commonplace that it's possible to overlook the fact that every year thousands of individuals who would otherwise die survive with donated organs. Although most recipients are dependent on a lifetime regimen of immunosuppressant drugs, they welcome the willingness of family members or

strangers to make the life-giving choice to donate a kidney.

Nationally, only about 5,500 kidneys become available each year, but more than 76,000 people in the United States are waiting for a donor kidney. One reason for the organ shortage is the fact that the critical time window for retrieving a viable organ from someone who has died is exceedingly small. Live donors have an opportunity to donate one of their two kidneys, which increases the number of potential organs substantially.

Today, between half and two-thirds of all kidneys come from live donors, whereas 10 years ago they accounted for only about 10 percent of transplants. Hartford Hospital participates in the New England Paired Kidney Exchange, which lists donor organs available throughout the entire region and shortens wait times for local residents.

The hospital's kidney transplant program, started in 1971, is one of the oldest in New England and has a long history of successful kidney transplantation. Hartford Hospital was the first in New England—and among the first in the nation—to perform donor kidney surgery using hand-assisted laparoscopy, a minimally invasive surgical technique.

Over the years, David Hull, M.D., director of Hartford Hospital's transplant program, has performed hundreds of laparoscopic hand-assisted live kidney donor nephrectomies (kidney removal surgeries). Coupled with rigorous donor evaluation and sophisticated imaging, hand-assisted laparoscopic nephrectomy has transformed the surgical experience for both donor and recipient. While open donor nephrectomy once required lengthy hospitalization for the

donor and a difficult recovery, today the donor goes home in three days with only minimal discomfort. The collaborative transplant team includes surgeons, physicians, social workers, dietitians, a transplant coordinator and a nurse practitioner, among other specialists.

"We were ahead of the curve nationally," says Dr. Hull. "As the population ages, older people are becoming likely candidates for organ transplantation. Our procurement team in the future may also be taking bone marrow at the time of organ retrieval in the hope of someday being able to eliminate or reduce the need for anti-rejection medications. We know today that availability of an organ from a live donor can trump genetics."

"The donor's welfare is our utmost concern," explains K. Vinay Ranga, M.D., associate director of the transplant program and medical director of transplant medicine at Hartford Hospital. "For the recipient, transplantation is much better than dialysis. We've had women receive a kidney who were subsequently able to have a baby."

Innovative combinations of immunosuppressant medications allow the transplant team to blunt organ rejection while minimizing side-effects. Hartford Hospital's state-of-the-art lab provides sophisticated tissue typing to ensure that both donor and recipient match at least six human leukocyte antigens to minimize the chances of organ rejection.

"Nowadays we transplant kidneys into infants up through adults as old as 65 or 70," adds Dr. Ranga. "We're widening the doors to allow older individuals to receive donor organs, although they're more prone to infection and cardiovascular problems. We can better control for opportunistic infections with large doses of powerful antiviral and antifungal medications."

Although most donors are related to the patient, altruistic donors want to help an individual they don't know. "While 20 years ago, we would not have accepted a kidney from someone who called up to offer an organ, we now recognize that some donors are incredibly motivated to help someone else," says Dr. Hull. "Altruism is inherent in human nature. Everyone undergoes a psychological evaluation before being accepted as a donor."

"Hartford Hospital has an excellent transplant survival record," adds Dr. Ranga. "If you need a kidney, we suggest getting on the list preemptively before beginning dialysis. When it comes to a transplant, the earlier the better."



*K. Vinay Ranga, M.D. (left) and David Hull, M.D.*

# CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM MARCH 15 THROUGH JUNE 15, 2008

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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:** First Thursday of each month from 5:30 to 7:00 p.m. on 4/3, 5/1, 6/5—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**

Third Thursday of each month on 3/20, 4/17, 5/15. Call Janice Labas, RN at (860) 545-4184. FREE.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month on 3/25, 4/22, 5/27. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

### Are you at Risk for Breast Cancer?

Dr. Patricia A. DeFusco, Board-certified medical oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP), will host this free presentation. Learn about risk factors for breast cancer and treatment options. **Schedule:** From 6:30 to 7:30 p.m. in Windsor on 4/30. To register call (860) 545-1888.

### 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 Janice Labas, RN at (860) 545-4184. FREE.

### New Beginnings

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call (860) 545-5113. FREE.

### Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 9:30 p.m. on 4/1, 5/6, 6/3. 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 11:30 a.m. to 1:00 p.m. on 4/7, 5/5, 6/2. Registration is required. Call Janice Labas at (860) 545-4184. FREE.

### NEW! The Cancer Wellness Support Series

This ongoing wellness support series is open to all Hartford Hospital Cancer Program patients and their caregivers. Experience wellness support through integrative medicine practices. Light refreshments. Registration is required and must be received at least 48 hours in advance for each meeting date. Space is limited. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. **Schedule:** 3/19—Guided Imagery; 4/16—Gentle Yoga (chair or floor); 5/21—Acupuncture/Acupressure. From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. 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. Registration is required. **Schedule:** Tuesdays 3/18 to 4/22 from 6:00 to 7:00 p.m. at Hartford Hospital's Blue Back Square location. FEE: \$150. Medicare, Medicaid or no insurance, fee waived.

- **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:** First Tuesday of the month 4/1, 5/6, 6/3 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. Medicare, Medicaid or no insurance, fee waived.

- **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.

### 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

For cardiac patients, 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, a referral is required from your doctor. Call (860) 545-2133.

### 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.

### Adult Swim Lessons

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

## 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 the 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.

## MENTAL HEALTH

### Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health and substance use. Fosters a coming together and assists individuals in changing old, unhealthy patterns. This is a forum to encourage and promote a culture of health and ability versus illness and disability. **Schedule:** Every Wednesday, starting at 12:30 p.m. at The Institute of Living, Todd Building. For more information contact Sherry Marconi at (860) 545-7202. FREE.

### Bereavement Support Group

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

**Schedule:** 2nd and 4th Mondays (except May), from 1:00 to 2:15 p.m. on 3/24, 4/14, 4/28, 5/12, 6/9 at 85 Jefferson Street, Room 116. Call (860) 545-2290. FREE.

### Spanish Bereavement Support Group

Moderated by a member of the Hartford Hospital Pastoral Services department, this program is open to families and caregivers who have lost a loved one. **Schedule:** 1st and 3rd Mondays from 1:00 to 2:15 p.m. on 3/17, 4/7, 4/21, 5/5, 5/19 and 6/2 at 85 Jefferson Street, Room 116. For more information, call (860) 545-2290. FREE.

### Bereavement Support Group for Spouses (Age 55+)

For people 55 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month on 3/25, 4/22, 5/27 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. FREE.

### Bereavement Support Group for Spouses (Age 35–55)

For people age 35–55 who have lost a spouse. **Schedule:** 3rd Tuesday of the month on 3/18, 4/15, 5/20 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. 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.

### Healing Hearts: A Pregnancy and Infant Loss Support Group

On-going support for anyone who has experienced the loss of a pregnancy or an infant, facilitated by Hartford Hospital chaplains. Parking validated—bring your ticket. **Schedule:** Meets the 2nd & 4th Monday of each month (except May) on 3/24, 4/14, 4/28, 5/12, 6/9 at 85 Jefferson Street, Room 117 from 12:00 noon to 1:00 p.m. For more information contact Hartford Hospital Bereavement Program at (860) 545-2290.

### 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:** 1st Thursday of the month 6:00 to 7:00 p.m. on 4/3, 5/1, 6/5 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.



### 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 3/31, 4/28 and 5/19 from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information call (860) 658-3700. 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.

#### • Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. **Schedule:** 3rd Tuesday of each month on 3/18, 4/15, 5/20 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. Meetings take place in the Donnelly Building 1st floor Conference Room.

#### • 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. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month on 4/1, 5/6, 6/3 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:** From 5:15 to 6:30 p.m. on 3/25 and 5/27.

#### • 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 Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month on 3/20, 4/3, 4/17, 5/1, 5/15, 6/5 from 5:15 to 6:30 p.m.

#### • Introduction to 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 Kristen Gawley, PsyM. **Schedule:** 5/13 from 5:15 to 6:30 p.m.

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

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Christine Gagliardi, M.Ed, Vocational Counselor and Patricia Wardwell, COTA, Occupational Therapist. **Schedule:** From 5:15 to 6:30 p.m. on 6/10.

## 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.

### Diabetes Support/Education Group

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

## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### 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 3/27, 4/10, 4/24, 5/1, 5/15, 5/29 or 6/5 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160 (HH employees and volunteers \$130); Nursing CEUs and Medical CMEs available.

### Tibetan Healing and Wisdom

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:** 3/17 through 4/21 from 6:00 to 9:00 p.m. at Hartford Hospital's Newington campus. FEE: \$140 for 4-class series. Registration is required. Call (860) 545-1888.

### 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.

### Baby Massage Instructor Certification

Training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. This class consists of two parts—an independent home study kit and the certification session held at Hartford Hospital. Call (860) 545-4444 for schedule or to register. FEE: \$275.

## NUTRITION COUNSELING

### Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition related diseases and conditions. By appointment only. Call (860) 545-2604. May be covered by insurance.

## NEW! Healthy Weight and Wellness

Comprehensive nutrition, exercise and life-style management skills offered on a personalized basis at Hartford Hospital's Blue Back Square location by Christine M. Greene, Ph.D. Informational seminars on nutrition and health topics will also be provided for all those interested. Call Dr. Greene at (860) 570-4670.

### Surgical Weight Loss Informational Session

Join Dr. Darren Tishler and Dr. Pavlos Papasavas as they discuss 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 4/2 in Windsor and 6/2 in Wethersfield. Call (860) 246-2071 to register and for more information. 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.

3/18 *Spring into the Season with Exercise*

4/15 *Surgical Procedures After Weight Loss*

5/13 *Fashions Year Round*

6/10 *Meals for the Summertime*



**HealthStar**, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-3901 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.

## VOLUNTEERS

### National Volunteer Week April 20-26, 2008

We would like to say thank you to the 1,062 volunteers who contributed over 129,000 hours of service this year. Their impact on our patients, their family members and our staff goes beyond mere savings of dollars and cents. The time and talents they share with us are truly gifts to treasure. If you would like to join this amazing group of people, visit our website at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc) or contact the department of Volunteer Services at (860) 545-2198.

### Blood Drive

The American Red Cross will conduct a blood drive at Hartford Hospital on 3/18 from 7:00 a.m. to 12:30 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](http://www.harthosp.org/volsvc).

### Health Literacy Volunteer

*Volunteers needed for new program!* Volunteers would present information about basic health literacy including how to read over-the-counter medication labels, managing multiple medications and keeping a medication journal. Bi-lingual Spanish volunteers especially needed. Training will be provided. Call Volunteer Services at (860) 545-2198 or visit us on-line at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc).

### 10 Years of Reiki at Hartford Hospital

This spring will mark the 10th anniversary of the Reiki volunteer program. This gentle relaxation service has touched many patients and their families—over 8,500 last year alone! If you or a family member received a reiki session at Hartford Hospital and would be willing to share your feedback about the experience, please send your comments to: Eileen Pelletier, Volunteer Services Manager, 80 Seymour Street, Hartford, CT 06102. Email: [eeppet@harthosp.org](mailto:eeppet@harthosp.org) or call (860) 545-2448.

## DOMESTIC VIOLENCE

### *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. Call (860)-545-1888 for schedule and to register. FREE.

## WOMEN'S HEALTH ISSUES

### *El Grupo de Mujeres*

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

### *Tai Chi for Health*

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. Tai Chi is the most famous Chinese martial art style, consisting of fluid, gentle and graceful circular movements. **Schedule:** 8 week sessions every Tuesday and Thursday from 4/1 through 5/22. Classes held in Glastonbury, from 9:00 to 10:00 a.m. Call (860)545-1888 to register. FEE: \$80.



## 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.

**Avon:** 3/27, 5/22

**Glastonbury:** 4/14, 5/12, 6/9

**Hartford:** 3/24, 4/1, 4/28, 5/19

**West Hartford:** 4/14, 5/6, 6/3

**Wethersfield:** 5/14

### • *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$20.

**Avon:** 4/10, 5/8, 6/12

**Glastonbury:** 3/17, 4/21, 5/19

**Hartford:** 4/14, 5/12, 6/9

**West Hartford:** 4/7, 5/5, 6/2

**Wethersfield:** 4/9, 6/11

### • *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 3/20, 5/29. FEE: \$20.

### • *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 4/12 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 4/12 or 6/14. FEE: \$50.

### • *Expectant Grandparents Class*

Provides grandparents with an 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 4/7 or 6/2 in Glastonbury. FREE.

### • *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. Private classes available through our Integrative Medicine Department. Call (860) 545-4444. FEE: \$45.

### • *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 4/16. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 5/12. Meetings held at Mandell Jewish Community Center, West Hartford. FREE.

### • *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 4/2 and 6/4 in Wethersfield. FEE: \$25.

### • *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also 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 two-night class does not replace a childbirth class. **Schedule:** Glastonbury 3/24 and 3/31 and Wethersfield 5/5 and 5/12 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, Glastonbury, West Hartford, Wethersfield and 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. in Glastonbury on 4/28. 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.

### • *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 4/3 and 6/5. FREE.

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

- **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: \$15 per child or \$25/family.

**Pre-school**—Saturday 10:00–11:00 a.m. on 5/3, 6/7; Thursday 4:00–5:00 p.m. on 3/20, 4/17, 5/22

**School-age**—Saturday 10:00–11:00 a.m. on 4/5, 4/12, 5/17, 6/14

### Exercise for Expectant and New Moms

- **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Session runs 4/30 to 6/4 from 5:30 to 6:45 p.m. FEE: \$78 for the 6-week series.

- **Stroller Fitness**

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital's Avon Wellness Center. Strength training and endurance will be incorporated into this fun stroller workout. Alternate activities will be planned in the event of inclement weather. Meets at the Avon Wellness Center. Call (860) 985-7957 for schedule.

### Parent–Baby Series

- **Enjoying Infants Together–Morning Classes**

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. Session runs from 4/16 to 5/21. FEE: \$50 for 6-week series.

- **Time for Infants and Toddlers–Evening Classes**

Led by a pediatric nurse practitioner, this evening class is for parents and children under 24 months. Learn fun, developmental activities for infants and toddlers, participate in discussions on various parenting issues and make new friends! This program meets in Wethersfield. **Schedule:** 4/16–Springtime Safety, 5/7–Surprises of Parenthood. From 6:00 to 7:30 p.m. FEE: \$15 per class.

- **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. Session runs from 4/16 to 5/21. FEE: \$50 for 6-week series.



### 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 Car Seat Safety class for expectant parents. Space is limited and registration is required. **Schedule:** 3/31, 5/12 from 6:30 to 8:00 p.m. in West Hartford. Call (860) 545-1888 to register. FREE.

- **Family & Friends First Aid for Children**

For those caring for infants and children, such as family members, babysitters and others providing in-home care, who want basic first aid information but who do not need a course completion card. Call (860) 545-1888 for schedule. FEE: \$25.

- **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.

### 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 3/19, 4/16, 5/21 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 (except May) at 6:00 p.m. on 4/8, 5/14, 6/10 at Hartford Hospital's Special Dining Room. For information or to register, call (860) 545-4368. FREE.

- **Transplant Patient Support Group**

For 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 3/27, 4/24, 5/22. Call (860) 545-2142 to verify schedule and location. FREE.

- **IBD Inflammatory Bowel Disease Support Group**

Meets the last Thursday of each month on 3/27, 4/24, 5/29 at Maple View Manor, 856 Maple Street, Rocky Hill from 6:30 to 8:00 p.m. Registration is required. Call (860) 545-1888. 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. Contact Mary at (860) 568-8173 for more information and schedule. 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 Friday of each month from 2:00 to 3:00 p.m. on 3/28, 4/25, 5/23 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 3/18, 4/15, 5/20. Registration is not necessary. Call Betty at (860) 658-2453 for more information. FREE.

## CLINICAL PROFESSIONAL PROGRAMS

### EMS Education

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

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required. Call (860) 545-2564 for 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](http://www.harthosp.org/ems).

#### **New! Pediatric First Aid & CPR**

This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Approved by the State of Connecticut to meet the requirements for day care providers for first aid. Call (860) 545-2564 for schedule and to register. FEE: \$75.

#### **New! Adult First Aid & CPR with Automated External Defibrillation**

Course content includes general principles of first aid, medical emergencies, injury emergencies, CPR and the use of the automated external defibrillator, and environmental emergencies. Call (860) 545-2564 for schedule and to register. FEE \$90.

#### **New! Adult/Child/Infant CPR with Automated External Defibrillator**

The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Call (860) 545-2564 for schedule and to register. FEE: \$75.

#### **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 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.

#### **Core Instructor Program**

For anyone interested in becoming a CPR, ACLS, or PALS instructor. Must have a current provider card in the topic in which they wish to become an instructor. Upon completing the Core Instructor program, the student will be eligible to take the discipline specific instructor training program. FEE: \$150. BCLS, ACLS, & PALS Instructor program: \$300. Call (860) 545-2564 for schedule and to register.

#### **Advanced Cardiac Life Support (ACLS)**

##### **—Provider Course**

**—Refresher Course** (For those who have a current card or one which has recently expired.)

##### **—Instructor 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 and to register.

#### **Pediatric Advanced Life Support (PALS)**

##### **—Provider Course**

##### **—Refresher Course**

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

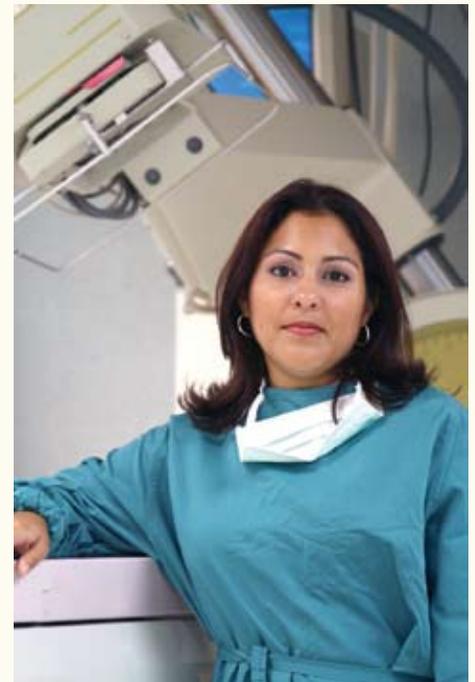
#### **Pediatric Education for Pre-Hospital Professionals**

PEPP represents a comprehensive source of pre-hospital information for the emergent care of infants and children. It will teach the pre-hospital professional how to better assess and manage the ill or injured child. Call (860) 545-2564 for schedule: FEE: \$150.

#### **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. 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](http://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 3/27, 4/10, 4/24, 5/8, 5/22, 6/12. FEE: \$39 for 6-month membership.

# SPECIAL EVENTS AT HARTFORD HOSPITAL

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

## **Colon Cancer: Prevent it. Detect it. Treat it!**

March is colorectal cancer month. Join gastroenterologist Dr. Jeffery Weiser from Connecticut GI and colorectal surgeon, Dr. Jeffrey Cohen, from Connecticut Surgical Group to learn the importance of colon cancer prevention, detection and treatment. Learn who is at risk, methods of detection and the latest screening options. In addition, you'll learn about surgical treatment options, including conventional and minimally invasive approaches and post surgical therapies such as chemotherapy and radiation. **Schedule:** From 7:00 to 8:00 p.m. on March 25 in Avon. FREE.



## **Robotic Radical Prostatectomy for Prostate Cancer**

Learn what prostate cancer is and about the available treatment options, including robotic radical prostatectomy. You will also learn the pros/cons, side effects and have an opportunity to ask questions. Presented by Board-certified urologists at Connecticut Surgical Group and Hartford Hospital—Dr. Stuart Kesler, Dr. Vincent Laudone and Dr. Joseph Wagner. **Schedule:** April 15 in Glastonbury and May 20 in Avon from 7:00 to 8:00 p.m. FREE.

## **BrainDance 2008 Awards Celebration**

The BrainDance Awards Competition tries to fight the stigma of mental illness by improving the attitudes of teenagers toward people with mental illness. High school students from around Connecticut will showcase their academic and art projects on the topic of severe mental illness. Please join us for the awards ceremony and academic/art fair. **Schedule:** April 30 from 8:00 a.m. to 12:00 noon at the Institute of Living's Commons Building 2nd Floor. For more information contact Jim Seltzer at (860) 545-7252 or [jseltze@harthosp.org](mailto:jseltze@harthosp.org).

## **Cardiology College**

Cardiology College is a 5-week, non-accredited community Cardiology program, designed to help the lay person understand the human heart and its inner workings. Classes are held at Hartford Hospital's Wellness Center at Blue Back Square in West Hartford, and are taught by Hartford Hospital faculty who are chosen for their ability to make the technical language of heart-related content understandable. Students must register in advance and attend all 5 sessions.

**Schedule:** Every Tuesday from April 3 through May 1 from 6:30 to 8:30 p.m. FEE: \$125.00 (includes textbook and materials). For more information or to register call (860) 545-1693.

## **Acquired Hearing Loss**

Deficiencies in hearing have a profound effect on our ability to communicate, recognize danger, and enjoy certain recreational activities. Join Marc D. Eisen, MD, Ph.D., Board-certified Otorhinolaryngist & Head and Neck Surgeon, specializing in Otolology with Connecticut Ear, Nose & Throat Associates and Hartford Hospital and learn about the fascinating function of how our ears work, what happens when they don't and treatment options for common types of hearing loss. **Schedule:** May 8 in Hartford from 7:00 to 8:00 p.m. FREE.

## **Hair Loss, Transplantation, Laser Hair Removal and Facial Rejuvenation:**

Dr. Brook Seeley, Board-certified in facial plastic surgery and head and neck surgery, will discuss the medical and surgical treatment options for female hair loss and male pattern baldness. Learn about hair transplantation surgery, laser hair removal and advances in noninvasive facial rejuvenation including topics such as BOTOX, dermal fillers, chemical peels, lasers and skin care. **Schedule:** 7:00 to 8:00 p.m. on April 10 and May 13 in Farmington. FREE.



## **The Expressive Arts—Personal Growth**

Under the direction of the coordinator of Hartford Hospital's ART for Healing Program, you will explore the nuances of the visual image and the elements of sound and movement to find your own patterns of expression. No previous art experience is necessary. Call (860) 545-4444 for brochure. **Schedule:** 6-week series runs April 1 to May 6 from 5:30 to 8:30 p.m. at Hartford Hospital's Newington Campus. FEE: \$360 (includes materials).

## **Beautiful Skin Without Surgery**

Join Dr. Margaret Bason, a Board-certified dermatologist, to learn about skin tightening without surgery, new breakthrough treatments of sagging skin, droopy eyes, wrinkles, acne and excessive sweating. **Schedule:** April 3 in Avon and May 15 in West Hartford from 6:00 to 7:00 p.m. Registration is required. FREE.



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

## Spring Fruit Delight

### Ingredients

- 2½ pints blackberries
- 2½ pints blueberries
- 2½ pints red raspberries
- 1 lb. strawberries (sliced)
- ½ cup orange juice
- 2 Tbs. maple syrup
- 2 8-oz. cups nonfat vanilla yogurt
- ½ cup slivered almonds
- fresh mint leaves

Toss together berries, orange juice and maple syrup. Arrange the combined fruit in 6 individual fruit bowls. Top with 2 table-spoons of yogurt and sprinkled almonds. Garnish with a fresh sprig of mint. *Serves 6.*

*Calories: 233*

*Protein: 7.6 g*

*Carbohydrate: 38.6 g*

*Total Fat: 7 g (>58% monounsaturated fat)*

*Cholesterol: 1.6 mg*

*Fiber: 6 g*

*Vitamin C: 68 mg (90% of Dietary Reference Intake)*

*Calcium: 182.6 mg*

*Potassium: 500 mg*

*Sodium: 53 mg*

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



Did you know that eight strawberries contain more vitamin C than an orange? Mixed berries and yogurt create a healthful breakfast, lunch or dessert, brimming with vitamins, minerals, fiber and antioxidants. Sprinkle almonds on top for added fiber, protein and vitamin E. Studies have shown that low-fat yogurt with active cultures—called *probiotics*—can improve bowel function.

The American Journal of Clinical Nutrition ranks blackberries (black raspberries) first and strawberries third (after walnuts) in total antioxidant capacity per serving. Choose organically grown berries to avoid pesticide residues and enhance flavor. Antioxidants are believed to help defend the body against cancer, heart disease, neurological decline and diabetes. The National Institutes of Health says animals fed a blueberry extract diet rich in antioxidants experienced potential reversal of some age-related impairments in both memory and motor coordination.

The American Association for Cancer Research reports that a diet of freeze-dried blackberries prevented esophageal cancer in animals. Blackberries have recently been shown to help ward off cancer, fight inflammation and perhaps prevent oxidative brain damage that may contribute to Alzheimer's disease.

Not only are red raspberries the richest food source of a cancer-inhibiting compound, but research has shown that the antioxidant activity of strawberries may help reduce levels of oxidized LDL ("bad") cholesterol, a risk factor for cardiovascular disease. Flavonoids in strawberries are also believed to promote cardiovascular health and prevent inflammation linked to cognitive decline.