

A U T U M N
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

Defeating
the cancer
Conserving
the breast



ROUNDS

Hartford Hospital's Wellness Magazine

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Fast Relief?

Headaches Accompany Religious Ritual



Yom Kippur—a solemn day of prayer and repentance—is the holiest of days in the Jewish calendar. For observant Jews, fasting begins the evening before the “Day of Atonement” and ends after nightfall the next day. Because they can’t eat or drink anything (including a pain reliever), Jews often suffer crippling headaches during the daylong fast. Although Muslims only fast from dawn to dusk during Ramadan, headache is also a well-known problem during the holy month.

Michael J. Drescher, M.D., FACEP, associate chief of emergency medicine at Hartford Hospital, recently received funding from the pharmaceutical company Merck and the hospital’s medical staff for a randomized, placebo-controlled trial in Jerusalem, Israel, to investigate whether the painkiller *etoricoxib*—taken before beginning the fast—could prevent Yom Kippur headache. The results of the research have been presented at several meetings and submitted for publication.

“About 16 or 17 hours into the fast is when the headache occurs,” says Dr. Drescher. “Although the cause is unclear, it may be some combination of caffeine withdrawal, dehydration or hypoglycemia (low blood sugar). We did a previous study on Vioxx, an anti-inflammatory drug that worked great, but it’s no longer on the market because of safety concerns. Celebrex, a similar analgesic approved by the Food and Drug Administration (FDA) is not as long-acting, but etoricoxib is longer-lasting than Vioxx, so we made it the subject of our study.”

As yet unapproved by the FDA, the drug is available in Europe and Israel. “So far, our research has shown that etoricoxib prevented headaches in about two-thirds of study participants who took the drug before fasting,” adds Dr. Drescher. “The rest had much milder headache symptoms than in past years, while two-thirds of those who took a placebo experienced the usual headache.”

HEALTH TIPS

Deficient in D

The body only synthesizes vitamin D when the sun’s ultraviolet rays strike the skin. In a northern state like Connecticut, vitamin D synthesis is reduced because of the angle of the sun’s rays. Ultraviolet light has a shorter wavelength than visible light.

The ultraviolet B (UVB) rays in sunlight contain more energy than ultraviolet A (UVA) rays and activate the synthesis of vitamin D in the skin. Most chemical sunscreens block UVB rays and disrupt the body’s production of vitamin D.

In the 1930s, the government began adding vitamin D to milk to prevent *rickets*, then a major public health concern. Today, 98 percent of the milk supply in the United States is fortified with the crucial vitamin, vital to metabolizing calcium for healthy bones. Vitamin D may help prevent osteoporosis in older adults, especially in combination with calcium.

Vitamin D is found in:

- fish liver oils and fatty fish (salmon, tuna, and mackerel)
- fortified cereals and milk
- trace amounts in egg yolk

Obtaining sufficient vitamin D from natural food sources alone can be difficult. Supplements contain both vitamin D₂ and the more potent vitamin D₃. According to the National Institutes of Health, there are strong indications that vitamin D plays a role in the prevention of colon, prostate and breast cancers.

Robotic Precision Speeds Hysterectomy

The da Vinci robot combines a surgeon's skill with the versatility of fiberoptic technology to visualize and navigate the body. In 2003, Hartford Hospital became the first medical center in Connecticut to offer robotic nerve-sparing prostate cancer surgery. Hartford Hospital has performed more than 2,000 robotic-assisted procedures, placing it among the top 10 percent of U.S. hospitals by volume of robotic surgeries.

Experience is a significant factor in predicting good surgical outcomes. Three additional Hartford Hospital surgeons are now using the da Vinci robot for a variety of gynecologic conditions, including fibroids and endometriosis. These surgeons join the ranks of three gynecologic oncologists and three urogynecologists who also perform robotic surgery. Hartford Hospital gynecologists have performed hundreds of robotic procedures.

Physicians at Hartford Hospital—the first medical center in the Northeast to use the da Vinci for urogynecological surgery—are now bringing their expertise to hysterectomy. Minimally invasive robotic surgery offers advantages over traditional approaches to vaginal, laparoscopic or “open” abdominal surgery to remove the uterus. Smaller scars, reduced pain, less blood loss and shorter recovery times are among the advantages of minimally invasive surgery. Robotic precision is invaluable for gynecologic procedures like radical hysterectomy for endometrial, cervical or early ovarian cancer.

One in three American women will have a hysterectomy before age 60. The most commonly performed major gynecological surgical procedure in the United States, hysterectomy relieves pelvic pain and excessive menstrual bleeding. Benign uterine fibroids can grow as large as a grapefruit, causing pelvic discomfort, pain or pressure



on the bladder or other organs. “The robot assists during closure and repair of the vagina after removal of the uterus (and sometimes the cervix),” says Frederick J. Rau, M.D., an obstetrician-gynecologist with Physicians for Women’s Health. “The robotic 3D image is very helpful for visualization because we can see many areas of the pelvis with increased clarity.”

Robotic-assisted techniques have revolutionized surgical control, automating complex and repetitive maneuvers. Even the steadiest of human hands cannot match those of a surgical robot. Laparoscopic or “keyhole” surgery allows physicians to insert flexible scopes and tools through tiny slits, or “ports,” in the skin. Seated at a console, Dr. Rau views images relayed by the fiberoptic camera while manipulating robotic controls that turn his hand and wrist motions into real-time movements of the surgical instruments inside the patient.

Five million women in the United States suffer from endometriosis, a

disabling condition that causes pain and cramping when cells from the uterine lining spread to the ovaries, Fallopian tubes, bladder and bowel. Robotic surgery assists with removal of ovarian masses or complex surgeries involving delicate structures with only a small incision, leading to shorter hospital stays. “Robotic-assisted surgery can be a better choice for women with scarring or pelvic adhesions from prior pelvic surgery or cesarean section,” says Dr. Rau. “Patients have significantly less pain and trauma with robotic laparoscopic surgery compared to open surgery. Most patients are home the next day and recovery is usually very quick.”

In addition to Dr. Rau, Hartford Hospital physicians who perform robotic-assisted hysterectomy for gynecologic conditions include: Odin Kuiper, M.D., Women’s Health Connecticut, and Peter J. Doelger, M.D., Connecticut Multispecialty Group. For more information or referrals, please call (860) 545-1888 or (toll-free) 1-800 545-7664.

Beyond Breast Cancer



*Ramon E. Jimenez, M.D., of Hartford
Surgical Oncology Specialists (left), and
Tim Boyd, M.D., of Hartford Radiation
Oncology Associates*

Offered a choice between breast conservation and mastectomy, most women choose to save their breast.

Thanks to breast-conserving surgery and innovative radiation therapy, a woman whose grandmother would have been scarred by radical mastectomy or older radiation techniques can now expect to enjoy a normal lifespan while preserving the look and feel of her breasts.

Every three minutes an American woman is diagnosed with breast cancer. Nearly 90 percent of newly diagnosed women—and 98 percent of those with localized tumors—will be alive in five years. With 2.5 million breast cancer survivors in the United States, breast-conserving surgery is on the rise.

Today, more than three-quarters of new breast cancer patients at Hartford Hospital opt for breast conservation, combining lumpectomy (surgical removal of the tumor) with radiation. The alternative is mastectomy (removal of the whole breast), which may be coupled with breast reconstruction. Research shows that long-term survival rates after lumpectomy plus radiation are similar to survival rates after mastectomy, so more surgery does not necessarily confer better long-term outcomes.

After lumpectomy, high-energy radiation kills any lingering cancer cells. “For many years, whole breast radiation was the standard technique used in breast conservation,” says Tim Boyd, M.D., of Hartford Radiation Oncology Associates. “Over the past seven years, whole breast radiation techniques have been improved, and have been joined by new radiation delivery methods that allow targeting of treatment only to the affected area of the breast, where the chances of cancer recurrence are the highest.”

More than 600 women newly diagnosed with breast cancer will be treated at the Helen & Harry Gray Cancer Center in 2009—a quarter of all the breast cancer patients statewide. Digital mammography, coupled with high-resolution MRI for high-risk women, can detect tiny tumors while they’re localized and highly treatable. Beyond mere survival, worries about treatment risks, coping, sexuality and self-image are often at the forefront of a woman’s concerns as she contemplates the future.

“There is no breast reconstruction that can completely reproduce a real breast,” says Ramon E. Jimenez, M.D., of Hartford Surgical Oncology Specialists. “The main problem is that the nipple-

areola complex is removed in a mastectomy, and this is the main sensory and arousal area of the breast. Many women choose breast conservation with the goal of preserving their sexuality and protecting their body image.”

Early Detection Drives Survival

Breast cancer is the second-leading cause of cancer death in U.S. women. Nearly 200,000 women will be diagnosed with breast cancer and 40,000 will die of the disease in the United States this year. Only about half of women 40 and older nationwide report having a mammogram in the past year, according to the American Cancer Society. Screening rates differ by income level and health insurance status. Although Connecticut boasts a comparatively high rate of mammography utilization, medically underserved women in the state are less likely to have regular mammograms.

Cure rates rise when breast tumors are found earlier through community screening programs like Hartford Hospital’s “Take the Time” mobile mammography van. Only a quarter of women who develop the disease have any identifiable risk factors, the most common of which is a family history of breast cancer in a mother or sister. Fewer than 10 percent carry a harmful BRCA1 or BRCA2 gene mutation. In Connecticut, age-adjusted cancer mortality rates are highest for African-Americans, who die of breast cancer more often than whites or Hispanics. African-Americans under age 45 are more likely to have aggressive premenopausal breast cancer and may lack access to mammography.

When breast cancer is detected early, patients live longer. “The majority of women we see at Hartford Hospital are diagnosed at stage I or II, before the cancer has spread,” says Dr. Jimenez. “Thanks to widespread mammography, most cancers are still localized within the breast tissue and nearby lymph nodes.”

Seeds of Hope

Advances in breast cancer treatment include “brachytherapy”—seeding the breast with tiny radioactive targets—or external beam radiation delivered directly to the tumor site. New FDA-approved techniques collectively labeled *accelerated partial breast irradiation* (APBI) have been shown to be equivalent to whole breast radiation

Stacy R. Nerenstone, M.D.

Stacy R. Nerenstone, M.D., a medical oncologist and president of Oncology Associates, is Board-certified in internal medicine and medical oncology. She has served as a principal investigator for national cooperative group research studies in gynecologic oncology patients. Dr. Nerenstone has participated in clinical drug development, especially in the fields of breast and ovarian cancer. She chaired the Oncology Drug Advisory Committee of the Food and Drug Administration (FDA) from 2000 to 2002, and continues to serve as a consultant to the FDA.

A Phi Beta Kappa graduate of Brown University, Dr. Nerenstone earned her medical degree at Columbia University's College of Physicians and Surgeons. Following her internship and residency in internal medicine at Beth Israel Hospital in Boston, she did her fellowship in medical oncology and clinical trials design at the National Cancer Institute.

Since joining Hartford Hospital in 1989, she has chaired the Medical Advisory Board of the Hartford Physicians Association. Dr. Nerenstone serves as president of the Hartford Physician Hospital Organization and is secretary of the medical staff. She has also served on numerous committees of the Gynecologic Oncology Group, a national gynecological oncology research organization.

Mother of five, she is a supporter of numerous philanthropic organizations, and enjoys spending time with her family and traveling with her husband.



for local cancer control, although research is still relatively early.

While many patients across the country are not even informed about the many treatment options available to them, Connecticut women have one of the highest rates of APBI utilization in the United States. For patients, the main appeal of partial breast radiation is that it shortens the treatment time for radiation delivery.

A radioactive “seed” of iridium-192 is placed temporarily in the lumpectomy site, which is irradiated for approximately 10 minutes, sparing the healthy skin, lungs and heart. “The high-dose radiation field is ‘shaped’ to conform to the tissues immediately surrounding the lumpectomy cavity,” explains Dr. Boyd. “APBI requires placement of a specialized delivery tube, or catheter, within the breast for the duration of treatment—twice daily for only *five days*—far shorter than the usual six weeks of conventional radiation therapy. APBI is not for everyone, but appears to work well for selected patients.”

“Practically speaking, only about 20 to 30 percent of newly diagnosed breast cancer patients seeking breast conservation are candidates for APBI,” adds Dr. Jimenez. “Although whole breast radiation has been used to treat breast cancer for 40 years, we don’t yet know the long-term effects of partial breast radiation. While short-term safety and efficacy data appear encouraging up to now, candidates for breast-conserving therapy should be committed to long-term follow-up for recurrence or toxicity.”

Rays of Healing

APBI is rapidly becoming a popular method for minimizing radiation exposure to healthy breast tissue. The most common targeted radiation delivery method is the *MammoSite*, introduced

in 2002. A balloon catheter with a single inner channel to load radioactive seeds, the MammoSite irradiates about a half-inch rim of breast tissue around the lumpectomy cavity. The balloon is left inflated in the breast, but the seed is deployed only during the minutes of treatment twice a day. The catheter is not painful, and doctors easily remove it by deflating the balloon after the five-day treatment ends.

Contura is a second-generation APBI balloon delivery device that can be inflated to conform to larger or irregularly shaped lumpectomy cavities. Hartford Hospital was the first hospital in New England to offer the Contura, which has five different *lumens*, or channels, inside the balloon that “contour” the radiation dose to the targeted area.

The latest FDA-approved brachytherapy delivery device is the *SAVI*, a “cage” design that expands inside the breast to allow radioactive seeds to be loaded through multiple channels. “The ‘eggbeater’ is simple but elegant,” says Dr. Boyd. “We can shape the radiation field to avoid sensitive structures and prevent skin irritation or injury to the chest wall.”

“Cosmetic results after APBI can be outstanding, and at times, superior to whole breast radiation,” adds Dr. Jimenez. “APBI minimizes radiation injury and preserves the normal contour and texture of the breast. Preservation of normal breast architecture also facilitates breast examination over the long term. However, careful patient selection is necessary because it is not for everyone.”

Targeting Tumors with “Systemic” Therapies

In addition to surgery and radiation at the tumor site, *systemic* therapies include chemotherapy,

targeted drugs and hormone therapy given by mouth or directly into the bloodstream to kill cancer cells. After years of theory, targeted therapy has been shown to be highly effective in patients whose breast tumors have specific biomarkers.

Standard chemotherapy drugs treat cancer by killing cells or by stopping cell division. Because “chemo” attacks all rapidly dividing cells throughout the body, healthy cells are also injured during cancer treatment. Metastases, with their far-flung colonies of invading cells, kill most of their victims by unleashing proteins that compromise normal tissue as the cancer grows and spreads. Systemic therapy is given in the hope of eradicating those distant cells before they cause any damage.

Molecular genetics is spurring development of targeted “designer drugs” for cancer. The first biologic therapy was the monoclonal antibody Herceptin, which blocks the HER2 protein found in up to 25 percent of patients with breast cancer. The drug was approved for “adjuvant” breast cancer therapy, which means that Herceptin is given after the primary tumor and selected lymph nodes have been removed, in an effort to destroy any possible remaining cancer cells.

Studies show a higher risk of breast cancer recurrence in premenopausal women, who are more likely to be estrogen-receptor negative (ER-) and to be HER2-positive. Women with over-expression of the HER2 gene tend to have more aggressive disease. However, a large clinical trial of Herceptin combined with chemotherapy showed that Herceptin substantially helps to improve prognosis. Newer drugs for advanced HER2+ breast cancer include Tykerb and Xeloda.

Most postmenopausal breast cancers are estrogen-receptor positive (ER+), which means that the female

hormone estrogen fuels tumor growth. Tamoxifen, the first estrogen-blocking drug, around for four decades, has been associated with an increased risk of blood clots, stroke, and uterine bleeding and cancers.

Newer drugs called *aromatase inhibitors* (brand names Femara, Arimidex and Aromasin) have different, but not necessarily fewer, side effects than tamoxifen. “Tamoxifen decreases the risk of a new breast cancer by about 50 percent,” says medical oncologist Stacy R. Nerenstone, M.D., who is running several clinical trials at Hartford Hospital. “The aromatase inhibitors may decrease that risk by as much as 80 percent.”

A recent *New England Journal of Medicine* report showed Femara improved disease-free survival better than tamoxifen in postmenopausal women with early stage breast cancer. Aromatase inhibitors accelerate bone thinning and can cause arthritis-like pain in the joints, but have been shown to significantly reduce the spread of early breast cancer to other parts of the body. “The aromatase inhibitors work better than tamoxifen in postmenopausal women with ER+ tumors,” adds Dr. Nerenstone, “and five years of Femara after five years of tamoxifen improved disease-free survival, versus stopping the tamoxifen at five years.”

“Breast cancer afflicts one in eight women over the course of their lifetime,” says Andrew L. Salner, M.D., director of the Helen & Harry Gray Cancer Center at Hartford Hospital. “Over the past 15 years, mortality has dropped by 30 percent, due in part to a substantial improvement in early detection and in part to treatment advances. Breast cancer is no longer a death sentence.”

The Helen & Harry Gray Cancer Center is one of the largest and most comprehensive cancer centers in New England. The hospital has established partnerships with federally funded research institutions and nationally recognized medical centers to bring cutting-edge therapies, clinical trials and molecular genetics to regional cancer care.

In 2007, the National Cancer Institute (NCI) chose Hartford Hospital as one of 14 hospitals nationwide and the only one of its kind in New England to participate in the pilot phase of an effort to bring state-of-the-art cancer care to patients in community hospitals across the United States. “We have been recognized as an NCI Community Cancer Center,” says Andrew L. Salner, M.D., director of the Cancer Program. “Although basic research is important, 85 percent of cancer care is provided in regional centers like Hartford Hospital.”

The National Cancer Institute Community Cancer Centers Program (NCCCP) pilot encourages community outreach to underserved populations. “We’re working with community organizations to provide cancer prevention, screening and treatment to reduce health disparities and increase participation in clinical trials,” adds Dr. Salner.

In May 2008, as an outgrowth of the NCCCP grant and its clinical research program, Hartford Hospital began sending tumor biospecimens to Florida’s H. Lee Moffitt Cancer Center for advanced research. Analysis of the molecular and genetic “fingerprints” of cancer cells may someday lead to personalized therapies.

An unexpected and devastating diagnosis of breast cancer brings many challenging decisions. For more than 10 years, the Cancer Center has offered a free computer-based Comprehensive Health Enhancement Support System (CHESS) for breast (and prostate) cancer patients.

The hospital’s comprehensive breast care program, the Partnership for Breast Care, provides access to specialists with expertise in prevention, early detection, treatment, support and research. Studies suggest that cancer patients treated in a setting of coordinated multispecialty care and clinical research live longer and have a better quality of life.

Sweaty Sleep

Night sweats can be disruptive to sleep, causing sufferers to get up to change their soggy sheets in the middle of the night. Although fever is the usual explanation, night sweats can result from causes as diverse as menopause, gastroesophageal reflux disease (GERD), medications (especially antidepressants), hormonal disorders, hypoglycemia (low blood sugar), infections, tuberculosis (TB), AIDS, lymphoma, neurological conditions or idiopathic hyperhidrosis (excessive sweating for no known medical reason).

Night sweats may be one of several symptoms that point to a diagnosis of an overactive thyroid. "Rarely, lymphoma is the cause of night sweats, and is considered in someone with swollen glands and unexplained weight loss," says Frances Gurtman, M.D., medical director of the Hartford Medical Group, South Main Street, West Hartford.

"TB typically is seen only in foreign-born individuals and those with impaired immunity related to HIV, substance abuse or immunosuppressive medication. Night sweats may be one symptom of TB infection, along with cough, fever and weight loss."

In a woman of middle age, hormone replacement therapy (HRT) may be prescribed if there are no contraindications and her hot flashes and night sweats are very bothersome. "I had to get up every night and change

the sheets," recalls Mary, whose night sweats began when her estrogen levels dropped during perimenopause (when hormones fluctuate before menopause begins).

Dr. Gurtman says night sweats are a common complaint in her primary care practice, but "the majority of the time we can determine the cause from a detailed history and medication review." One research study published in the *Annals of Family Medicine* found that 41 percent of patients in a routine primary care setting reported having experienced night sweats at least once during the preceding month. *Call your primary care physician if night sweats persist.*



WHAT'S GOING AROUND...News & Breakthroughs

Hep C Disparity

Duke University researchers say a tiny gene variation may explain why treatment for chronic hepatitis C infection works better for whites than for African-Americans. Although people of European ancestry are more likely to have the gene variant, African-Americans with the mutation also respond better to treatment. An estimated 170 million people worldwide are infected with chronic hepatitis C, which can lead to liver failure.

Fall Risk

Short-acting anti-anxiety drugs may be a safer choice for seniors, say French researchers. In elderly men and women taking long-acting *benzodiazepines*, the risk of falling was 1.4 times higher than in an age-matched group. Fall risk was also higher in older adults who regularly used mood-altering psychotropic medications, tranquilizers, muscle relaxants and some antihistamines.

DASH Diet

Eating whole grains, fruits and vegetables, low-fat and nonfat dairy foods, lean meats, nuts and seeds, and low-sodium foods reduces high blood pressure, while cutting the risk of obesity, diabetes, heart disease and certain cancers. Now the *Journal of the American Society of Nephrology* says Dietary Approaches to Stop Hypertension (DASH) can also reduce the risk of developing kidney stones.

Pancreatic Prions

A Case Western Reserve University study suggests an abnormal protein called a *prion* is a biomarker of early pancreatic cancer. Mad cow disease results from prion accumulation in the brain, and the study showed that prions also trigger aggressive growth in pancreatic tumors. Prions may someday provide a diagnostic marker to predict survival and offer therapeutic targets in pancreatic cancer patients.

Deadly Infections Lurk Beneath the Skin

What Lies Beneath

As autumn arrives, athletes converge on soccer fields, locker rooms and indoor sports arenas, oblivious to potentially deadly bacteria. Hot, moist locker rooms strewn with crumpled towels and shared sports equipment raise the risk of infection. Artificial surface playing fields leave athletes vulnerable to scrapes and “turf burns” that can lead to bacterial skin infections.

The emergence of virulent pathogens resistant to first-line antibiotics has made managing common bacterial skin infections more difficult than in the past. Worldwide, many strains of hospital-acquired *Staphylococcus aureus* are resistant to widely prescribed antibiotics. *Staphylococcus* bacteria—“staph” for short—have evolved into difficult-to-treat strains like methicillin-resistant *Staphylococcus aureus* (MRSA). Community-acquired MRSA (CA-MRSA) strains have swept sports teams, sidelining professional athletes and killing otherwise healthy teenagers.

CA-MRSA skin infections are associated with the 5 “C”s—contact, contaminated items, compromised skin, cleanliness and crowding. “These five elements define most locker rooms,” says Jack W. Ross, M.D., director of the Department of Infectious Disease at Hartford Hospital. “Skin-to-skin contact is the most common route of community-acquired infection.”

Any scrape, abrasion or break in the skin should be covered and monitored to avoid spreading a bacterial infection from person to person. “Abrasions from artificial turf have been linked to a higher incidence of drug-resistant infections,” adds Dr. Ross. “We successfully treat most CA-MRSA skin infections we see in the clinics with outpatient, older oral antibiotics.”

Whatever the cause—over-prescribing antibiotics for routine infections or overuse of antibacterial disinfectants in consumer products—resistance is frighteningly real. Always fairly aggressive, staph is now more virulent and less susceptible to treatment. Even vancomycin—the once-invincible antibiotic—has developed extremely rare resistance. Several novel drugs are available to treat serious infections.

“Newer drugs are more expensive, but the faster we treat and cure the patient, the more cost-effective the therapy,” says infectious diseases specialist Michael D. Nailor, Pharm.D., who recently joined Hartford Hospital as a clinical pharmacist working with physicians to treat infections and prevent antibiotic resistance. “Our goal is to enable patients to leave the hospital not only cured, but as quickly as possible.”

Bactrim and older drugs derived from tetracycline, such as minocycline, remain very effective for abscesses, boils, and other pus-filled lesions. “Younger patients with CA-MRSA skin infections who aren’t injection drug users usually don’t need hospitalization,” says Dr. Nailor, whose role is to measure outcomes, prevent infections and treat infectious diseases, including H1N1 influenza, seasonal influenza, HIV/AIDS and MRSA. “However, serious infections often require initial hospitalization and prolonged antibiotic treatment.”

Experts warn that antibacterial liquid soaps may promote resistance over time. Rubbing alcohol and weak bleach solution kill bacteria on surfaces just as well as broad-spectrum disinfectants without promoting antibiotic resistance. The Centers for Disease Control and Prevention (CDC) recommend using hand sanitizer or simply washing hands thoroughly with ordinary soap and warm water to prevent infection.



Mental Myths and Misn



Louise Fletcher and Jack Nicholson in *One Flew Over the Cuckoo's Nest*
©Cinema Photo/CORBIS

"Split Personality"

Schizophrenia is not a split personality, despite what many people believe. Instead it is a disorienting mental illness that snarls the brain, creating delusions, hallucinations, bewildering voices and disordered thinking. The first plunge into a psychotic episode in young adulthood often signals the beginning of a long descent into a lifetime of mental illness. The portrayal of Nobel prizewinning economist John Nash in the film *A Beautiful Mind*, while factually inaccurate, showed a fascinating interplay between mathematical genius and mental illness. Sophisticated functional MRI (fMRI) imaging at the IOL's Olin Neuropsychiatry Research Center is illuminating how the brain goes awry. The IOL is studying cognitive and pharmacological strategies for schizophrenia, including early intervention, treatment with antipsychotic medications, group and individual therapy, and family support.

Misconceptions about mental health and psychiatric terminology abound in popular culture. From the horrifying depiction of mental hospitals in the 1940s-era *Snake Pit* to *One Flew Over the Cuckoo's Nest*, Hollywood has fed the popular imagination with fantastic scenarios and frightening distortions. Founded in 1822, the Institute of Living (IOL) offers a permanent, museum-quality exhibition, *Myths, Minds, and Medicine: Two Centuries of Mental Health Care*, which reveals the dramatic changes that have occurred over the past two centuries in our perception and attempts at treatment for people afflicted with mental disorders.

Amnesia

Although amnesia is extremely rare, total memory loss is a favorite cinematic plot device. From the 1940s-era *Spellbound* to the oddball *Desperately Seeking Susan* and the silly *Overboard*, Hollywood regularly ignores accuracy in the interest of storytelling. Contrary to popular notions, a bump on the head almost never causes amnesia. "Retrograde" amnesia impairs the ability to recall the past, while "anterograde" amnesia turns life into a series of immediate events by preventing the formation of new lasting memories, ludicrously depicted in *50 First Dates*. Although flawed, the gripping film *Memento* is a fairly realistic portrayal of anterograde amnesia. The movie was apparently inspired by the famous case of Henry Molaison, known as H.M., who lost the ability to form new memories after a part of his brain called the *hippocampus* was surgically removed to relieve seizures. Only in movies do people wake up saying, "Who am I?"



Winona Ryder in *Girl, Interrupted*, a film by James Mangold
©Corbis Sygma/CORBIS

"Borderline Personality"

Early psychiatrists coined the term *borderline* to describe people thought to be on the "border" between psychosis and neurosis. Borderline personality disorder is a serious mental illness characterized by volatile emotions, unstable relationships, self-mutilation (cutting), violent mood swings, risky sexual behavior, substance abuse, binge eating or feelings of emptiness. Most cases occur in adolescent women, often as the result of childhood trauma or sexual abuse. The Hollywood version of the memoir *Girl, Interrupted* added to the confusion by evoking parallels between a frantic young woman locked on a 1960s-era hospital ward and Dorothy in *The Wizard of Oz*. Treatment for borderline personality disorder includes long-term psychotherapy and mood-stabilizing drugs.



Ingrid Bergman and Gregory Peck in *Spellbound*
©John Springer Collection/CORBIS

omers—*What's in a Name?*

“Manic Depression”

Bipolar disorder, formerly called *manic depression*, causes cyclical mood swings, from euphoria to disabling depression, separated by periods of relative calm. Some individuals experience psychotic symptoms during manic phases that are treated with mood stabilizers and anti-psychotic drugs. Some experts believe that bipolar disorder, often linked with creativity, disproportionately afflicts artists and poets, from Vincent Van Gogh to Sylvia Plath. Kay Redfield Jamison's memoir, *An Unquiet Mind*, brought worldwide attention to the disorder. A 2002 movie, *The Hours*, opens with writer Virginia Woolf's suicide and, in flashbacks, shows her efforts to finish her novel while navigating an inner darkness, vaguely referred to in the movie as “moods,” but which seems to fit the diagnostic criteria for bipolar disorder.



Author Virginia Woolf
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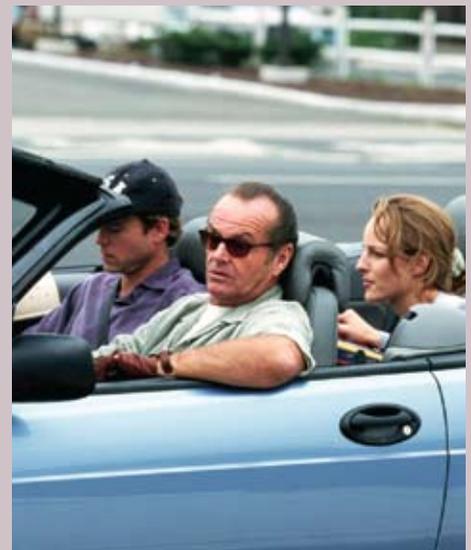
Joanne Woodward in *The Three Faces of Eve*
©John Springer Collection/CORBIS

“Multiple Personality Disorder”

Some experts theorize that childhood trauma causes victims to dissociate, or disconnect, from awareness of their fear in order to survive. Formerly known as “Multiple Personality Disorder,” Dissociative Identity Disorder (DID) is believed to arise before the age of 12 (often before age 5) as a psychological escape from severe physical, sexual and/or emotional abuse. Joanne Woodward won an Academy Award for her groundbreaking portrayal of MPD/DID—the unlikely result of a single traumatic event—in the 1957 drama *Three Faces of Eve*. Most people's ideas about the disorder come from the shocking 1976 TV movie, *Sybil*, which recounted the story of a young woman who developed more than a dozen different personalities. Tape-recorded sessions with her psychiatrist later revealed that *Sybil*'s so-called memories may have been false. “*Sybil* was mostly fiction,” says David F. Tolin, Ph.D., director of the IOL's Anxiety Disorders Center. “There's a lot of controversy about the existence of MPD/DID.” Showtime recently launched a ridiculous comedy series, *United States of Tara*, about a suburban mom who supposedly has MPD/DID.

“Neurotic” Obsessions

People who suffer from obsessive-compulsive disorder (OCD) endure hours of repetitive rituals like hand washing, counting, checking and cleaning in an attempt to control intrusive thoughts. An anxiety disorder, OCD typically begins during adolescence and early childhood. OCD afflicts the quirky but lovable TV detective, *Monk*, who is often shown visiting his psychiatrist. In the 1997 romantic comedy *As Good As It Gets*, Jack Nicholson plays a reclusive writer whose OCD makes him lock and relock doors, avoid sidewalk cracks and eat at the same restaurant every day, until he eventually falls in love and begins taking medicine for the disorder. Neuroscience suggests that abnormal brain activity causes OCD, which can be treated with medication and cognitive-behavioral therapy to change thought patterns and behavior.



Greg Kinnear, Jack Nicholson and Helen Hunt
filming *As Good As It Gets*
©Mitchell Gerber/CORBIS



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM OCTOBER 1 THROUGH DECEMBER 15, 2009

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Healthy Hearts _____	13	Wellness/Integrative Medicine _____	15
• Stop Smoking for Life Programs		• Reiki Healing Touch	
• Stress Management and Counseling		• Prepare for Surgery	
Mental Health _____	14	• Yoga	
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• Bereavement Support		• Parent Education Classes	
• Bipolar Disorder		• Parent-Baby Series	
• Schizophrenia Program		• Exercise for Expectant and New Moms	
Nutrition Counseling _____	15		

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

CANCER PROGRAM

Brain Tumor Survivor 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.—light dinner provided. Registration is required. Call Hillary Keller, LCSW at (860) 545-2318 to register. FREE.

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

- **NEW! The Lebed Method: Focus on Healing**

Gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. Call Sherri Storms, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month on 10/27, 11/24. 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) 545-5113. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Sherri Storms, 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:** First Tuesday of each month from 7:00 to 9:30 p.m. 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. Spanish session also available from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt at (860) 545-4184. FREE.

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. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Call (860) 545-1888 to register. FREE.

10/20 *Guided Imagery*

11/17 *Acupuncture/Acupressure*

Women at Risk for Breast Cancer

Hosted by Dr. Patricia 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). Learn about established risk factors and current intervention options for breast cancer. Call (860) 545-1888 to register. **Schedule:** From 6:30 to 8:30 p.m. on 11/18 in Wethersfield. FREE.

Ductal Carcinoma In Situ

Ductal carcinoma in situ (DCIS) is a non-invasive form of breast cancer found with increasing frequency since the advent of new, more sensitive screening mammographic techniques. This lecture will explore the features of DCIS, its frequency within the population, its prognosis and treatment options. Dr. Robert Siegel, medical oncologist and hematologist in the Helen & Harry Gray Cancer Center and medical director of the Hartford Hospital Cancer Clinical Research office, will host this event. **Schedule:** Thursday, 12/3 in West Hartford from 6:30 to 8:30 p.m. Call at (860) 545-1888 to register. FREE.



3rd Annual Fred Cohen Memorial Symposium

“Living with a Brain Tumor: Quality of Life for Patients and Families.” This unique educational event for patients and families will take place from 10:00 a.m. to 3:00 p.m. on 11/4 at the Convention Center in Hartford, and focuses on the impact of brain tumor diagnosis and treatment. Includes a presentation of clinical trials, integrative medicine practices and support resources in the community. Lunch and free parking included. Registration is required. Call (860) 545-1888. FREE.

HEALTHY HEARTS

**Support Resources for Tobacco Users—
Call (860) 545-3127 for registration
and information.**

“Resources for Smokers”

This monthly program is open to smokers, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. **Schedule:** From 12:00 noon to 1:00 p.m. on 10/9, 11/13, 12/4 at Hartford Hospital’s Special Dining Room. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach for smoking cessation. Meet with an experienced cessation counselor. Sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$200 for 3 sessions. May be covered by health insurance.

Smoke Free for Life Group Support

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke-free. Facilitated by an experienced cessation counselor and meets weekly for six sessions. **Schedule:** Wednesdays, 4:00 to 5:00 p.m. From 11/4 to 12/16 at Hartford Hospital or from 9/22 to 10/27 at Blue Back Square. FEE: \$150 for 6 sessions. May be covered by health insurance.

Breathe Easy Relapse Prevention Support Group

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered at Hartford Hospital and in West Hartford. **Schedule:** Meets from 6:00 to 7:00 p.m. on 10/7, 11/4, 12/2. Call for location. FREE.

Stress Management for Cardiac Patients —A Six-Week Group

Recommended for cardiac patients interested in improving their skills to manage stress and is facilitated by a counselor from Hartford Hospital’s Behavioral Cardiology Program. Group sessions will focus on cognitive-behavioral techniques and meet weekly for six sessions. Offered at the Blue Back Square Wellness Center. For information, call (860) 545-3127. FEE: \$225.

Counseling and Stress Management Service—Individual Counseling

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovering from illness. Individual counseling sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. Call (860) 545-3127.

MENTAL HEALTH

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday, 12:30 to 1:30 p.m. at The Institute of Living, Carolina Cottage, basement level. 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 Monday of the month from 1:00 to 2:15 p.m. at 85 Jefferson Street, #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 from 10:00 to 11:30 a.m. at McLean in 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 from 7:00 to 9:00 p.m. at McLean in Simsbury. To register, call (860) 658-3700. 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 from 1:30 to 2:30 p.m. at McLean in Simsbury. For more information 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) 545-4501. 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 10/20, 11/17, 12/15 in Hartford from 5:15 to 6:30 p.m.

Depression—An Introduction

For family members and friends of individuals who suffer from depression. Learn about major depression, its treatment and ways to help family members better cope with the illness. Facilitated by David Vaughan, LCSW. **Schedule:** Meets from 5:15 to 6:30 p.m. on 12/8.

Schizophrenia Program

The following support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless otherwise noted. **Registration is not required.** For more information or directions, call (860) 545-7665. FREE.

• 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 10/6, 11/3, 12/1 from 5:15 to 6:30 p.m.

• Managing Schizophrenia

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday from 5:15 to 6:30 p.m.

• Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** Tuesday 9/22 from 5:15 to 6:30 p.m.

• Support Group for Families Dealing with Major Mental Illness

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month, on 10/1, 10/15, 11/5, 11/19, 12/3, 12/17 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:** Call for schedule.

• 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:** 12/8 from 5:15 to 6:30 p.m.

NEW! Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for adults with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in the treatment of anxiety. **Schedule:** Please call (860) 545-7685, option #3 for schedule or more information. FEE: Billable to insurance and co-pay.

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:** Meets from 6:30 to 8:00 p.m. in West Hartford on 11/18. FREE.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. Call (860) 545-1888 for schedule. FEE: \$45.

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 ongoing 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.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing *your* concerns and desires concerning food preferences (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call (860) 545-3526 to schedule an appointment.

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 10/8, 11/12, 12/17 from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

Soul Collage

Create a multi-layered visual image that will have special meaning for you and assist you in answering some of life's questions. *No previous art experience is necessary.* Facilitated by an artist/teacher. **Schedule:** Free introductory class on 10/1 from 12:00 to 1:00 p.m. Full seminar on 11/11 from 5:30 to 8:30 p.m. in Newington. Registration is required. Call (860) 545-1888. FEE: Free for introductory class; \$40 for full session.

Yamuna® Body Rolling!

This dynamic workshop promotes balance, builds core strength, provides weight-bearing exercise, improves posture and directly stimulates bone. Gives you the tools for continued self-care. Wear close fitting yoga or exercise attire and bring yoga type mat. **Schedule:** 10/7 from 7:00 to 9:00 p.m. at Newington campus gym. Registration is required. Call (860) 545-1888. FEE: \$40.

Body Awareness and Conditioning

Low-impact but high-energy class develops increased well being through body awareness. Increase your confidence, strength, flexibility and prevent injury. **Schedule:** Wednesdays from 9/16 through 10/28 or 11/4 through 12/9 in Newington. Registration is required; please call (860) 545-1888. FEE: \$90 for 6 sessions.

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.

Vibrational Sound Healing with Tibetan Bowls

Discover the healing benefits of Tibetan Healing Bowls and learn how these ancient instruments are used in different settings. Experience the peace and serenity of this unique modality. **Schedule:** Mondays from 6:00 to 9:00 p.m. in Newington. *Level 1* from 9/21 to 10/12; *Level 2* from 11/2 to 11/23. Registration is required. Please call (860) 545-1888. FEE: \$150.

Hypnobirthing® Class

This 5-week class teaches the use of guided imagery, visualization, special breathing techniques, and self-hypnosis for a more comfortable birthing process. **Schedule:** Series runs 11/2 to 11/30 from 6:30 to 9:00 p.m. in Wethersfield. Registration is required, call (860) 545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid at first class).

NEW! Yoga Nidra Class

For all levels of yoga experience. Includes short gentle yin yoga postures, and a yoga nidra meditation that balances energy and assists in release of tension. **Schedule:** 9/22, 10/6, 11/10 and 12/8 from 5:00 to 6:00 p.m. at Hartford Hospital. Registration is required. Call (860) 545-1888. FEE: \$60.

NEW! Yoga Fusion

5-week yoga series (for all levels) includes meditation, breath work, core strengthening, posture flows as well as longer holds of postures to increase stamina and promote cleansing of major organ systems. **Schedule:** Wednesdays, 11/18 to 12/16 from 4:15 to 5:30 p.m. Fee \$185. Registration is required. Call (860) 545-1888.

NEW! Morning Yin Yoga

Suitable for all levels of fitness and yoga experience. Yin yoga is a quiet meditative yoga that stretches the connective tissues such as ligaments as well as hip joints, pelvis and spine. Poses are supported on the floor and held for 3-5 minutes. **Schedule:** Wednesdays, 11/4 to 12/16 from 9:30 to 10:30 a.m. Fee \$90. Registration is required. Call (860) 545-1888.

Yoga for Weight Loss

Are you serious about getting healthier and ready to take action? Learn tools for stress reduction, toning and strengthening, as well as mindful eating. Class will include meditation, breath work, core strengthening, posture flows as well as longer holdings of postures to increase tone, stamina, and jump-start metabolism. **Schedule:** Thursdays, 11/5 to 12/17 from 4:30 to 5:45 p.m. Registration is required. Call (860) 545-1888. FEE: \$90.

A Day of Mindfulness Practice

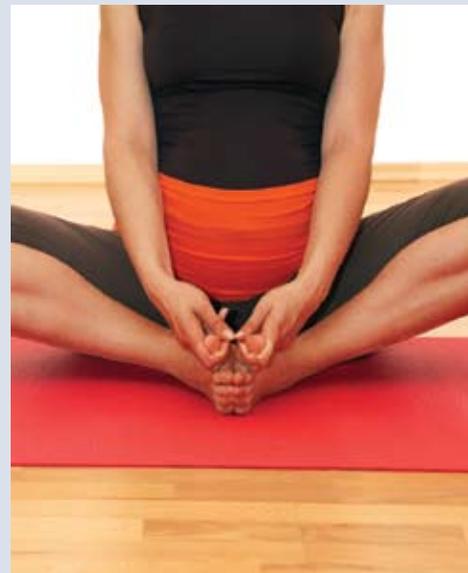
All day workshop open to anyone who has had previous experience in mindfulness meditation. Mix of guided sitting and walking meditations, mindfulness yoga, and loving kindness meditation. **Schedule:** 12/5 from 9:00 to 3:30 p.m. Registration is required. Call (860) 545-1888. FEE: \$50.

Mindfulness-Based Stress Reduction

Eight-week course that teaches awareness of breathing, sitting and walking meditation, basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** 8-week sessions run 9/29 to 11/24 (required orientation 9/22) from 5:30 to 7:30 p.m. or 10/1 to 11/19 (required orientation 9/17) from 4:30 to 6:30 p.m. Registration is required. Call (860) 545-1888. FEE: \$200 (includes 5 CDs and course workbook).

Baby Massage Instructor Certification

Learn to instruct parents to massage their newborn babies. Upon registration you will receive *Baby's First Massage* workshop home study materials that you must complete before attending. **Schedule:** 10/24 from 9:00 a.m. to 1:00 p.m. For registration and/or more information please call (860) 545-4444. FEE: \$250 (includes home study kit with CD and instructor's manual).



EXERCISE/WELLNESS

See additional exercise programs on pages 16-17.

Cardiac Rehabilitation Classes

Comprehensive care to individuals who have recently experienced a cardiac event or require risk factor modification. EKG monitored exercise class, education and counseling. Covered by most insurance plans; physician referral is required. *Locations:* Hartford Hospital—(860) 545-2133; Glastonbury—(860) 633-9084; Avon—(860) 674-8509; West Hartford—(860) 570-4571.

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. Call (860) 284-1190 for information or to register.

Hot Yoga

Challenging 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.

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.

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) 545-2966 or (860) 545-1001. FREE.

The Strong Women Program

An exercise program for middle aged and older women. 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. **Schedule:** 8-week sessions every Tuesday and Thursday in Avon or Glastonbury and Monday and Wednesdays in West Hartford or Windsor. Please call (860) 545-1888 for schedule and to register. FEE: \$160.

Fertility Yoga

Offers a holistic approach for women who are considering pregnancy or actively pursuing parenthood. Gentle yoga uses calming techniques that emphasize breath awareness, physical and mental relaxation. **Schedule:** From 11/4 to 12/16 at 7:30 to 8:30 p.m. Blue Back Square, West Hartford. To register, call (860) 545-1888. FEE: \$78 for six-week program.

Parent Education Classes

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

• *Welcome to Fatherhood—"New Dads"*

There are not many men in the world who can actually say they were ready to be a father—or knew how to be one—until they were. This 2-night workshop will cover such topics as understanding your baby's "different" cries and ways that you can meet baby's needs. We'll talk about the difference you can make in your child's life. **Schedule:** From 7:00 to 9:00 p.m. on 11/3 & 11/10 at Hartford Hospital. FEE: \$75.

• *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: 10/22, 11/23, 12/3

Glastonbury: 10/19, 11/9, 12/14

West Hartford: 10/5, 11/2, 12/7

Wethersfield: 11/11

• *Baby Care for Adopting Parents*

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention. The focus will be the care of babies from 0–12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 11/23. Call (860) 545-1888 to register. FEE: \$35.

• *Breastfeeding with Success*

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

Avon: 10/8, 11/12, 12/10

Glastonbury: 10/26, 11/16

West Hartford: 10/19, 11/9, 11/30, 12/14

Wethersfield: 10/14, 12/9

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. 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 10/29. 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 10/17 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 10/17, 12/12. FEE: \$50.

• *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 10/5, 12/7 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 11/18. FEE: \$25.

• *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 11/4 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 some Saturdays 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.

• *eLearning Childbirth Education*

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Includes animated illustrations and videos and covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. An optional one-evening session provides a guided maternity tour, review of breathing and relaxation techniques, birth videos, and time for questions. For more information, call Amy Schroder at (860) 545-4431. FEE: \$100.

• *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*

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** Please call for schedule. FEE: \$65.00/couple includes class, Parent Kit, Dr. Karp's DVD (or VHS) and *Soothing Sounds* CD.

• *Hypnobirthing® Class*

This 5-week class teaches the use of guided imagery, visualization, special breathing techniques, and self-hypnosis for a more comfortable birthing process. **Schedule:** Series runs 11/2 to 11/30 from 6:30 to 9:00 p.m. in Wethersfield. Registration is required. Call (860) 545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid at first class).

• 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 10/1, 12/3. 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: \$15 per child or \$25 for 2 or more children.

Pre-school—Thursday 4:00–5:00 p.m. on 10/15; Saturday 10:00–11:00 a.m. on 10/3, 11/7, 12/5

School-Age—Saturday 10:00–11:00 a.m. on 10/17, 11/14, 12/12

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 and make new friends! **Schedule:** 10/28 to 12/9 from 11:15 a.m. to 12:15 p.m. in Wethersfield. FEE: \$50 for 6-week series.

• Time for Infants and Toddlers–Saturday Classes

Led by a pediatric nurse practitioner, this class is for parents and children under 24 months. Learn fun, developmental activities for infants and toddlers, participate in discussions and make new friends! **Schedule:** 10/17, 11/14, 12/19 from 10:00 to 11:30 a.m. in Glastonbury. FEE: \$15 per class.

• Time for Toddlers

Led by a Pediatric Nurse Practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on various parenting issues. **Schedule:** 10/28 to 12/9 from 10:00 to 11:00 a.m. in Wethersfield. FEE: \$50.

Exercise for Expectant and New Moms

• Prenatal Yoga

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** From 5:30 to 6:45 p.m. 6-week session from 11/4 to 12/16. FEE: \$78.

• 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 workout. Alternate activities will be planned in the event of inclement weather. Call (860) 985-7957 for schedule.

DOMESTIC VIOLENCE

My Avenging Angel Workshop

My Avenging Angel Workshop will be in October and November. Sponsored by the Hartford Hospital Domestic Violence Prevention Program since 2001. The workshops have helped women who have been abused move from victims to survivors to “thrivers.” The workshops will be in two Saturday sessions from 10:30 a.m. to 4:00 p.m. in Avon and Wethersfield. For more information, please call Hartford Hospital Health Referral Services at (860) 545-1888. FREE.

VOLUNTEERS

Blood Drive

The American Red Cross will conduct blood drives at Hartford Hospital. For the exact dates and to schedule your appointment, call (860) 545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving 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 over the age of 14. 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.

Trauma After-Care Volunteer Training Program

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training is mandatory and an interview is required prior to training. For more information or to register call Volunteer Services at (860) 545-2448.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply for this program and schedule an interview please call Eileen Pelletier, Volunteer Services Manager, at (860) 545-2448 or e-mail at eeppet@harthosp.org.

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 (860) 545-3637 for more information.

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. at South Congregational Church, 277 Main Street, Hartford. Call (860) 289-7422. FREE.

• Heart Transplant Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 10/13, 11/10, 12/8. For more information, call Sue Podolski at (860) 545-4339. FREE.

• Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** 4th Thursday of the month in Glastonbury from 7:00 to 8:30 p.m. on 10/22, 11/19, 12/17. For more information, call Sue Podolski at (860) 545-4339. 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. **Schedule:** 10/22, 11/19 at 7:00 p.m. (Pot Luck) at West Hartford Senior Center, 15 Starkel Road. Please call (860) 760-6862 for more information. FREE.

• Kidney Transplant Orientation Class

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

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

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month from 1:00 to 3:00 p.m. 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.

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.

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.

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)

For providers, instructors and those who have a current card but need a refresher course. AHA program designed for health-care 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 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.



Visit our web site at www.harthosp.org

ONS Chemotherapy/Biotherapy Course

Comprehensive review of the knowledge needed to administer chemotherapy. Topics include theoretical basis for chemotherapy administration, chemotherapy drug classifications, safe handling, and administration, side effect management, and patient teaching strategies. Participants must be a licensed registered nurse who has been employed at least 6 months. The course is appropriate for nurses new to chemotherapy administration. **Schedule:** 10/23 and 10/30 (must attend both sessions), from 8:00 a.m. to 5:00 p.m. Please call (860) 545-1888 to register. FEE: \$200.

3rd Annual Hartford Hospital Research Day

Educational event featuring keynote speaker, Shawn Murphy, M.D., Ph.D., *Associate Director of the Laboratory of Computer Science at Massachusetts General Hospital and Assistant Professor of Neurology at Harvard Medical School*. Open to all. **Schedule:** Monday, 11/9 from 8:00 a.m. to 3:30 p.m. Registration is required. Call (860) 545-1888 to register. FEE: \$25.

PROFESSIONAL DEVELOPMENT

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 a schedule and an application, visit our website at www.harthosp.org or call (860) 545-2612.

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 a schedule and an application, visit our website at www.harthosp.org or call (860) 545-2612.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks, to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at www.harthosp.org or call (860) 545-3350

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at (860) 545-1888 or toll-free at (800) 545-7664 to register.

4th Annual Pink Flamingos 2009

Join us for an evening of fine wine, festive food, and a silent auction. Proceeds will benefit the Partnership for Breast Care and "Take the Time" Mobile Mammography at Hartford Hospital. Highlights include "Name a Flamingo" in tribute to those who have faced breast cancer. **Schedule:** Thursday, October 1 from 5:30 to 7:30 p.m. at The Pond House Café. Reservations are required. Please call (860) 545-1018. FEE: \$50.

7th Annual Walk Against Obesity in Greater Connecticut

This event will fund research, education and awareness of obesity as a disease and will support advocacy initiatives to fight the stigma of obesity. **Schedule:** Saturday, October 3 at Walnut Hill Park in New Britain; registration from 10:00 to 11:00 a.m.

The Annual Gathering of the Trauma Support After-Care Program

In the Fall, the *After-Care Program* sponsors an annual "Gathering" where bereaved families, volunteers and hospital staff come together to learn about grief and bereavement. It is a special time to remember loved ones who have died. We also extend our invitation and open it to the public for those who would like to attend. **Schedule:** Sunday, November 1 from 2:00 to 4:00 p.m. Call Heide Weise at (860) 545-5418 for more information.

When Wheat is the Enemy

Learn about wheat sensitivity and who is at risk, what symptoms to look for and how physicians diagnose and treat this disorder. Presented by Board-certified gastroenterologists Dr. Paul Shapiro and Dr. Avrum Blitzer and Lisa Baker, APRN from Connecticut GI. **Schedule:** Wednesday, October 14 from 7:00 to 8:00 p.m. in Glastonbury. Registration is required. Free educational seminar.



ENFIELD PROGRAMS

The following programs are free and are held at the Enfield Public Library. Call (860) 545-1888 to register.

Saturday, October 3
10:00 to 11:00 a.m.

Are Your Sleep Problems Keeping You (and Others) Awake?

Join Dr. Edward L. Salerno to hear how obstructive sleep apnea affects your health and learn about the symptoms, diagnosis, health implications, and treatment options.

Saturday, November 11
10:00 to 11:00 a.m.

Eating Healthy for the Holidays: Is it Possible?

Registered dietitian and certified diabetes educator, Jane Querido, will teach you how you and your family can have both nutritious and delicious holiday meals. You will learn valuable information on starting a healthy holiday tradition, setting reasonable goals and lower calorie alternatives for the traditional holiday menu—from appetizer to dessert.

Saturday, December 5
10:00 to 11:00 a.m.

Gastroesophageal Reflux Disease (GERD)

Dr. Michael Selden invites you to a free educational seminar to learn about this chronic condition that affects millions of Americans. Learn how to identify and control it and what to do when the symptoms won't go away.

Beautiful Skin Without Surgery

Join Dr. Margaret Bason, a Board-certified dermatologist, to learn about skin tightening without surgery, new breakthrough treatments for sagging skin, droopy eyes, wrinkles, acne and excessive sweating.

Schedule: October 15 in Avon and October 22 in West Hartford from 6:00-7:00 p.m. Registration is required. FREE.



Increasing Joy: Planning for Life "After Baby"

Dr. Sharon Thomason, a West Hartford psychologist specializing in postpartum adjustment, will speak about planning for help after baby comes home: the who, what, when, and where of the assistance that may ease this transformation.

Schedule: Thursday, November 5 from 7:00 to 8:30 p.m. in West Hartford. Call (860) 545-1888 to register. Limited to the first 20 couples who register.

19th Annual Black & Red Gala

Save the Date! Hartford Hospital enthusiastically presents the *19th Annual Black & Red Gala*, to be held on January 16, 2010 at the Bushnell in Hartford. This year, our beneficiary will be the Hospital's Cardiac Surgery Program and will feature entertainment by Vox Audio. For information, call Nadia Woodman at (860) 545-2161 or visit: www.harthosp.org/gala or e-mail gala@harthosp.org. Registration is required. FEE: \$300 and \$500 per ticket. Sponsorship opportunities are available.

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

Cook's Circle

Carrot Ginger Soup



This wholesome soup is a tangy blend of carrots and ginger. Inspired by the flavors of India, carrot ginger soup is a sweet and spicy complement to crusty French bread or Indian naan flatbread.

Carrots are rich in vitamins, minerals, phytochemicals and fiber, yet low in calories and fat. Carrots contain the cancer-fighting antioxidants beta carotene and lycopene, vitamins A, K and B₆, potassium, calcium and other trace minerals. The vitamin A (beta-carotene) and lutein in carrots have been shown to improve vision and protect against age-related macular degeneration, the leading cause of blindness in older adults.

Ginger root has long been believed to promote healing and protect against disease. The sweet, pungent stem of the *Zingiber officinale* plant has been used in Chinese herbal medicine for more than two thousand years to soothe upset stomachs, boost energy, aid digestion and stimulate the appetite. Some women swear by ginger as a natural remedy for hot flashes. Research has shown that ginger relieves heartburn, seasickness and motion sickness, and eases nausea in cancer patients undergoing chemotherapy.

Ingredients

1 onion, chopped
2 cloves garlic, minced
1 inch ginger root, minced, to taste
1 Tbs. extra virgin olive oil
1 potato, chopped (optional)
2 ribs celery, chopped (optional)
3 carrots, cut into chunks
1 qt. fat-free, sodium-free organic vegetable broth
1 tsp. coriander
1 bay leaf
dash salt and pepper, to taste

In a large saucepan, sauté onion, garlic, ginger and oil together on high heat until onions are translucent. Add potato, celery, carrots and ginger, stirring for a few more minutes. Add vegetable broth and spices and bring to a boil. Lower heat and simmer for at least 25 minutes, or until carrots are very soft.

Remove the bay leaf. Purée soup in a blender in batches, never filling the blender more than half full. Add a dash of salt and pepper and serve hot, reheating if necessary. For creamier soup, add a splash of skim milk, soy milk or rice milk just before serving.

Serves 4.

Calories: 118

Protein: 3 g

Fiber: 4 g

Total Fat: 3.6 g (70% monosaturated)

Cholesterol: 0 mg

Vitamin A (RAE): 287 mcg (41% of daily needs)

Sodium: 50 mg

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