

Health Connection

EASTON HOSPITAL'S COMMUNITY HEALTH MAGAZINE

**Good day,
sunshine!**
Greet the day
with an SPF

**OUTWARD BOUND:
10 play-safe tips
for your kids**

Fire up the grill!
But read these
food-safety tips first

**Bouncing back
from joint pain**

**The heart matter
that may matter most**



Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Supporting our communities



Cornelio R. Catena, FACHE
President & CEO

Since 1890, Easton Hospital has cared for the people of Northampton County, Pa., and Warren County, N.J. Over the years, we've grown and expanded to meet the healthcare needs of the communities we serve. Today, our 369-bed facility offers a wide range of healthcare services in a safe and compassionate environment.

Over the past several years, we've invested about \$30 million in expansion and improvements to our facility, and that investment will continue this year as we enlarge our Easton Regional Cancer Center to include the most advanced linear accelerator system available today. Last year, we added 62 new doctors to our medical staff. And did you know that we partner with Drexel University Medical School and we maintain residency programs in both medicine and surgery to help prepare young doctors for service?

Certainly our patients benefit from our location at the eastern end of the Lehigh Valley. But ultimately, the whole community prospers from our presence. Whether it's through the people we employ, the local businesses we utilize or the

charities we support, Easton Hospital is committed to making our community a better place to live and work.

Please take a look at how we've given back to the community during the past year. I think you'll agree that at Easton Hospital, we put our hearts into helping patients and our lives into helping the communities we serve.

Wishing you good health,

CORNELIO R. CATENA, FACHE
President & Chief Executive Officer
Easton Hospital

COMMUNITY REPORT 2005

ER patient visits	35,600
Inpatients	12,600
Outpatient visits	243,000
Payroll (1,340 employees)	\$83,333,000
Charity and uncompensated care	\$7,410,000
Capital investments	\$19,822,000
Local media expenditures	\$843,700
Property and sales taxes	\$2,324,000
Donations and sponsorships	\$130,000
Total community investment	\$113,862,700

Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1** Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2** ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3** Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4** Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5** Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.



The heart matter that may matter most

A revealing Q&A with Easton Hospital cardiothoracic surgeons Richard Angelico, M.D., and Antonio Panebianco, M.D. What they have to say about the importance of genetics in determining your risk for cardiac disease may change your priorities.

Celebrating its 12th anniversary in 2006, the heart surgery program at Easton Hospital is home to many of the most complex and advanced heart and lung procedures available—including bypass surgery, aortic and mitral valve replacements

and repair, thoracic aneurysm repair, cardiac tumors, complications of heart attack and beating-heart surgery.

Easton Hospital, your community hospital, was first in the region to offer the MAZE procedure that corrects cardiac arrhythmia and first in the region to offer surgical ventricular restoration (SVR) for the treatment of congestive heart failure.

The heart surgery program at Easton Hospital is guided by Antonio Panebianco, M.D., Chief, Division of Cardiothoracic Surgery.

Some sobering facts

- In the United States, cardiovascular disease is the leading cause of death.
- The major risk factors for cardiovascular disease are: type 2 diabetes; high blood cholesterol; high blood pressure; metabolic syndrome (a collection of indicators including waist size, triglyceride levels and other symptoms that increase your risk of cardiac disease); overweight and obesity; physical inactivity; and smoking.
- Studies show coronary heart disease runs in families, and that the risk factors listed above only account for half of your potential risk, with genetics accounting for the other half.
- Research shows having a parent with heart disease can put children at risk as they get older, and there is an even greater risk factor among siblings.

History is not destiny! You can alleviate your risk of cardiovascular disease by making healthy lifestyle choices.

Q. HOW MUCH OF A ROLE DOES FAMILY HISTORY PLAY IN HEART DISEASE?

Dr. Panebianco: I believe 70 percent. I required my first bypass operation at age 42, after which I became a strict vegetarian. Ten years later, I needed a second bypass operation.

Today I eat what I like but I take a cholesterol-lowering 'statin' medication. Only one of my mother's eight siblings lived beyond the age of 67. They all died of heart disease.

Dr. Angelico: I take a 'statin' medication too. I have two brothers; one had bypass surgery at 52, the other at 58. My father died on the operating table of heart disease.

If there's a history of heart disease in your family, this should become your driving influence to make some changes. I agree that family history may be as much as 70 percent of it when it comes to heart disease. But that's not a pre-determined end. There's much you can do to affect a change of course within that remaining 30 percent zone. And we all know what those things are—lowering cholesterol, exercising regularly, not smoking and alleviating stress.



Antonio Panebianco, M.D.

“Dr. Panebianco is the father of cardiac surgery in the Lehigh Valley. He has directly or indirectly instructed and influenced just about every surgeon who has come through this area. **He's an example to which we all aspire. His work is about meticulous attention to detail and he's absolutely dedicated to the art of cardiac surgery.** Heart surgery is something he does because he loves it. And anyone who works with him can feel this. He's an inspiration.”

—Richard Angelico, M.D., Cardiothoracic Surgeons of Easton



Richard Angelico, M.D.

“Our surgical team is dedicated to this institution, to Easton Hospital exclusively. That's different from other hospitals in the Valley, where heart specialists rotate among multiple institutions.”

Outward bound

10 play-safe tips for your kids



What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step

away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods. Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.
- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.
- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

10 must-ask questions for your next checkup

Your annual physical should be more than a quick checkup and a “See you next year.” It’s your chance to strengthen a vital partnership with your healthcare provider and assess your medical outlook. Here are some questions to ask your doctor:

1 Are all my signs normal or within accepted limits? Ask about your:

- body-mass index (BMI), which reveals if your weight is appropriate for your height
- blood pressure and pulse
- breathing to learn if your lungs are working efficiently
- skin tone and nails, whose color, texture and appearance give clues to underlying disorders

2 Is my health better, the same or worse since my last checkup?

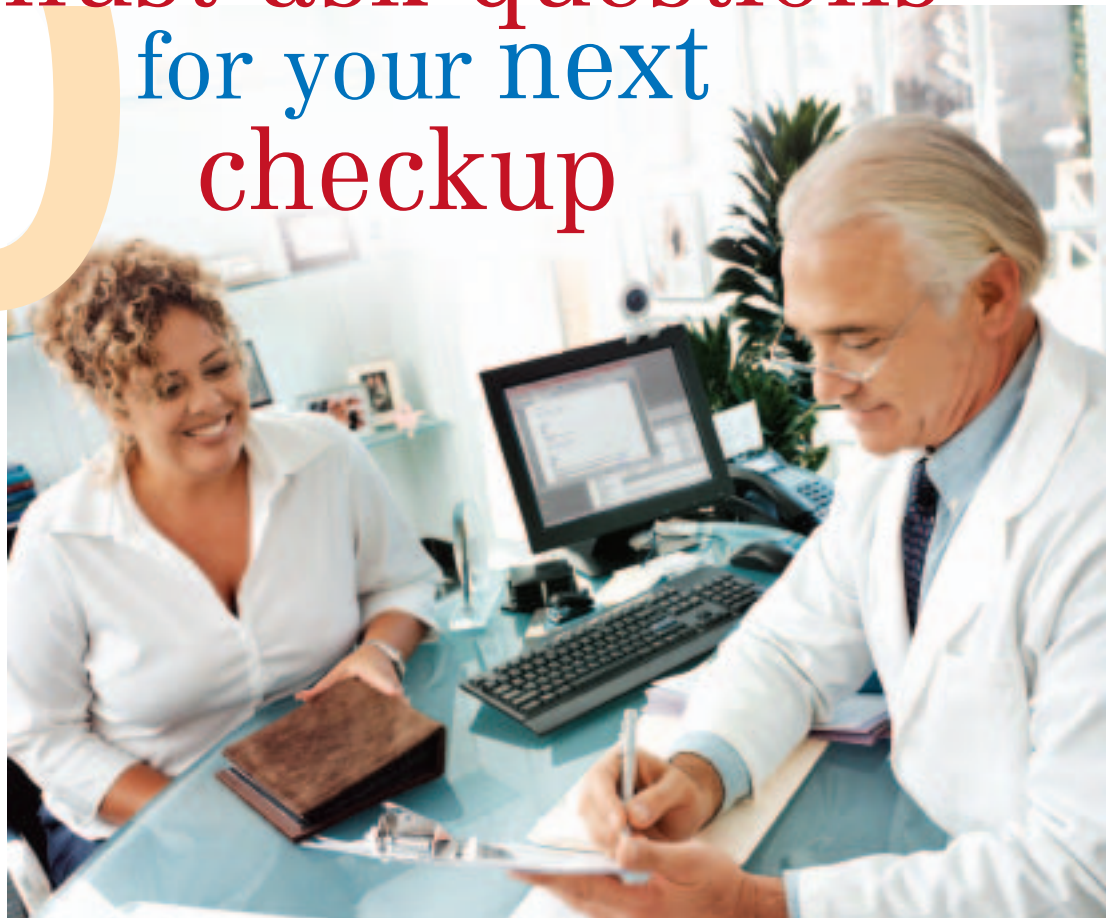
3 What are the best ways I can maintain my health or manage my condition? Ask for advice on:

- how to eat more healthfully
- how much exercise you should be getting
- how to manage stress

4 Do I have a higher than normal risk for certain illnesses? Review with your doctor:

- your family medical history
- your personal medical history, which may include a childhood history of sunburn, allergies or high fevers

5 Given my age and health, what symptoms can indicate the onset of an illness?



6 Given my medical status, what specific symptoms can indicate a health emergency?

7 What screenings should I have? Your doctor may recommend a mammogram, a bone density scan, a colonoscopy or sigmoidoscopy, a blood test for prostate cancer, a Pap test or blood tests for cholesterol and other markers for heart disease.

8 Should I be seeing a specialist for any health condition I have?

9 What new therapies or changes in treatment should I know about?

10 Should I get a flu shot in the fall? (They’re recommended for people over age 50; people in public-service jobs and those with certain health conditions.)

Mention any current symptoms or unusual feelings—physical or emotional—you may have. Never let embarrassment, fear or shame keep you from telling your doctor about a problem. Doctors are trained to handle all your medical concerns—and you won’t be the first patient with a sensitive issue.



Healthy Programs & Events

EASTON HOSPITAL



COMMUNITY HEALTH

For registration or location information for any of our Community Health programs, call (610) 250-4939.

CPR for Family and Friends

Courses are designed to provide people who are not in healthcare professions with a working knowledge of CPR.

When: Adult: Mon., August 7, 7-9:30 p.m.

Cost: \$15 per class

Heartsaver CPR

Intended for those expected to respond to emergencies in the workplace, this credential course teaches basic CPR skills.

When: Pediatric: Wed., July 26, 6-9:30 p.m.;

Adult: Thurs., July 27, 6-9:30 p.m.;

Adult and Pediatric: Sat., May 20, 8 a.m.-3:30 p.m.

Cost: \$45 per course or \$55 for combined (adult/pediatric) course

Healthcare Provider Basic Life Support (BLS)

A credential course intended for healthcare professionals who provide healthcare in a variety of settings.

When: Thurs., June 22, 8 a.m.-4:30 p.m.; or Wed., Aug. 9 and Thurs., Aug. 10, 6-10 p.m.

Cost: \$60

Healthcare Provider Renewal for BLS

Open only to licensed healthcare professionals who have previously taken an American Heart Association Healthcare Provider course.

When: Sat., May 6, 9 a.m.-12 p.m.; Wed., July 12, 6-9 p.m.; and Sat., Aug. 19, 9 a.m.-noon

Cost: \$30

Heartsaver First Aid with CPR

Credential course teaches basic CPR skills combined with first aid skills necessary to respond to emergencies in the workplace.

When: Sat., June 24, 8 a.m.-12:30 p.m.

Cost: \$50

Heartsaver AED

Credential course teaches basic CPR skills and how to use an automated external defibrillator (AED).

When: Sat., Aug. 12, 9 a.m.-1 p.m.

Cost: \$55

ACLS Prep

This course is recommended for those wanting to take a 2-day Provider course, but who don't have a strong background in dysrhythmia recognition and pharmacology.

When: Tues., Sept. 19, 8 a.m.-noon

Cost: Included in the ACLS Provider course fee

ACLS Provider (2 days)

Prerequisites include dysrhythmia recognition ability, basic cardiac pharmacology knowledge and a current BLS card.

When: Tues., May 16 and Tues., May 23; or Fri., Sept. 22 and Fri., Sept. 29, 8 a.m.-4:30 p.m.

Cost: \$125

ACLS Renewal (1 day)

Designed for those who have taken an American Heart Association ACLS Provider course.

When: Tues., June 6, or Tues., Oct. 3, 8 a.m.-4:30 p.m.

Cost: \$75

Safe Sitter Program

A medically accurate, 12-hour program for 11- to 13-year-olds.

Cost: \$40

CHILDBIRTH

Information on pain management, medication, vaginal birth after cesarean section and physical and emotional expectations.

For registration or location information, call (610) 250-4405 or (610) 250-4939.

One-Day Childbirth Class

Includes continental breakfast and lunch.

When: Sat., May 6, June 10 or July 8, 8 a.m.-4 p.m.

Cost: \$75

Four-Week Childbirth Series

Includes snacks.

When: Wed., May 3, 10, 17 and 24; or July 5, 12, 19 and 26, 7-9 p.m.

Cost: \$50

Two-Week Childbirth Refresher Course

Appropriate for parents who've previously participated in childbirth classes.

Includes snacks.

When: Wed., May 10 and May 17; or Wed., July 12 and July 19, 7-9 p.m.

Cost: \$35

Moms in Motion

Fitness for pregnant and postnatal women taught by a certified instructor.

When: Tues. and Thurs., 6:30-7:30 p.m.

Cost: \$5 per session

Call: (610) 250-4240 for information

Breastfeeding Classes

Class includes information on how to get started, benefits of breastfeeding, positioning, the use of breast pumps and physical and emotional expectations.

When: Tues., May 9, June 13, July 11 and Aug. 8, 7-9 p.m.

Cost: \$15

DISEASE MANAGEMENT

Outpatient Medical Nutrition Therapy Program

Registered dietitians are available to help you develop a nutritional approach to treating your medical problem and improving your quality of life. All sessions are conducted privately and a physician referral or prescription is always required. Fees may be covered by your insurance.

Call: (610) 250-4585 for more information or Easton Hospital Central Scheduling at (484) 893-6789 to make an appointment

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It's difficult for many adults to distinguish the fine line between sadness and depression. But when the sufferer is a teen, the line is even more likely to get blurred. The fact is that nearly one in 10 American teens suffered from depression in 2004, according to government statistics. Adolescent angst, peer pressure, school difficulties, a family history of depression and household tension can make some teens vulnerable to the disease. Unfortunately, because teen depression is easily mistaken for an identity crisis, an "attitude" problem or "normal" hormonal changes, it often goes ignored: Of the 2.2 million depressed teens in 2004, fewer than half received treatment.

KNOW THE SIGNS

Major life events, such as a recent divorce, a move or the death of a loved one, can trigger depression. A certain adjustment period is needed, but if abnormal behavior persists for more than a few weeks, seek help for your child. Besides feeling sad and lonely, your teen may:

- consistently sleep more or less than usual
- display self-punishing behaviors such as bingeing on food, starving and self-mutilation
- withdraw from family and friends
- be chronically bored, losing interest in favorite hobbies and activities
- stop doing homework
- cry excessively
- feel little or no self-worth
- have angry outbursts or become hostile
- exhibit a radical and otherwise unexplained personality change
- have unexplained headaches or stomachaches
- have trouble paying attention in class
- threaten or attempt to run away from home
- abuse alcohol or drugs
- have thoughts of suicide

Adolescents may hide their depression by acting out. Drinking, taking drugs, smoking and skipping school may

seem like normal teenage rebellion, but in fact they're major red flags. Pay attention to your teenager's changes in behavior. If suicide is ever mentioned—even as a joke—get help immediately.

GETTING HELP

Although a depressed teen's symptoms may lift within months, that doesn't mean professional intervention isn't necessary. Often, the episodes return, and behavioral or drug therapy may be needed to help your child feel better.

Remember that depression, like cancer or diabetes, isn't the result of bad parenting. Parents cannot cause

their child to be depressed, but they can avert problems by keeping an eye open to abnormal behaviors and seeking help when necessary. If your child is showing signs of depression, the most important thing you can do is get professional help. Don't wait to see whether your son or daughter is going through a "passing phase."

Is your teen depressed?

Parents: Do the right thing

Teens suffering from depression need reassurance from parents that they're loved even though they may feel unworthy of love or attention. You can help your child by:

- **Showing encouragement and support.** Assure your child that you're not disappointed or angry that he or she is depressed.
- **Keeping the lines of communication open.** Listen to your teen regularly; offer help, but refrain from judging, criticizing or lecturing.
- **Reminding your teen that you're there whenever he or she needs you.**
- **Letting your child know he or she can get help, even though things may seem as if they will never get better.**
- **Not being discouraged if your teen tries to shut you out.**

Be gentle but persistent without asking too many questions.



Healthy Programs & Events

EASTON HOSPITAL

Continued from page 10

Living Well with Diabetes (ADA Diabetes Self-Management Program)

This course teaches people with diabetes how to manage their conditions and lead healthy, active lives. Fees may be covered by your insurance.

Call: (610) 250-4462 for schedule information or to register

SUPPORT GROUPS

Alzheimer's Support Group

When and where: Third Monday of each month, 2-4 p.m., at Third Street Alliance for Women & Children in Easton, or third Wednesday of each month, 6:30-8 p.m., at Country Meadows on Green Pond

Call: (610) 838-2552 for more information

Bereavement Support Group

Where: Easton Hospital Home Health and Hospice Services, 3421 Nightingale Drive, Palmer Township

Call: (610) 258-7189 for dates and times

Breast Cancer Support Group

When: Fourth Tuesday of each month, 7-8:30 p.m.

Where: Rehabilitation conference room

Call: (610) 250-4027 for more information

Cancer Survivor Support Group

When: Second Tuesday of each month, 1:30-2:30 p.m.

Where: Solarium on 3W

Call: (610) 250-4027 for more information

Diabetes Support Group

When: First Wednesday of each month, 6:30-8 p.m.

Where: ACB conference room

Call: (610) 250-4462 for more information

Surgical Weight Loss Support Group, The Weigh We Were

When: Meets the third Tuesday of each month, 7 p.m., and third Saturday of each month, 9 a.m.

Call: (610) 250-4116 for location and more information

HIV Support Group

Call: (610) 253-9868 for dates and location

ICD (Pacemaker) Support Group

When: Meets quarterly

Call: (610) 250-4984 for dates and location

Stroke Support Group

When: Third Monday of each month, 6:30-8:30 p.m.

Call: (610) 250-4283 for location

SPECIAL PROGRAMS

Easton Hospital Speakers Bureau

Healthcare professionals from Easton Hospital donate time to local organizations and civic groups in order to provide members with vital health-related information.

Call: (610) 250-4951 if you would like a speaker for your organization or group. Six weeks' advance notice is recommended.

Senior Circle

Senior Circle is committed to enriching the lives of adults 50 and above through fellowship and fun.

Call: (610) 250-8484 to learn more about Senior Circle and upcoming events

Senior Circle Radio Show

Each week, Senior Circle hosts guest speakers who discuss health-related topics and other issues that affect the lives of seniors.

When: Thursdays, 5:30-6 p.m. on radio station WEST-AM 1400

Healthy Woman Program

Today, women have many roles and are often hard-pressed to make time for themselves or their health. The Healthy Woman program provides practical information and advice you can use in a relaxing setting. Programs covering a broad range of topics are designed to help you better understand your health and improve your outlook on life.

Call: (610) 250-4555 to learn more about upcoming programs

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