

S U M M E R
2 0 0 6

ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

**Targeted
Therapies
Take Aim at
Cancer**



Hartford Hospital Wellness Center Going Up in Style in Blue Back Square

Rising amid the steel and concrete in West Hartford Center is Hartford Hospital's latest satellite Wellness Center, planned for completion in spring 2007. Recently "topped off" with steel, the design of the Wellness Center offers a distinctive contemporary flair in keeping with West Hartford's rich architectural tradition.

The new facility is part of the upscale 550,000-square-foot Blue Back Square—a luxury condominium, restaurant, retail, and office complex—just off I-84 in a suburban location with plenty of parking. In addition to medical and professional offices, the new facility will feature a 35,000-square-foot Healthtrax fitness center, the largest to date. Many Hartford Hospital physicians and cardiologists recommend exercise facilities for patients needing physical therapy or cardiac rehabilitation.

The new Wellness Center will offer a wide range of medical services, including the Connecticut Surgical Group's surgery center, as well as physical therapy, diagnostic testing and specialty care in conveniently located offices. The new facility joins Hartford Hospital's extended network of suburban locations in Avon, Glastonbury, Hartford, Newington, Wethersfield and Windsor.

ROUNDS

Hartford Hospital's Wellness Magazine

Hartford Hospital
80 Seymour Street
Hartford, CT 06102-5037
(860) 545-5000
Health Referral Service
(860) 545-1888 or (800) 545-7664
www.harthosp.org

Rounds Medical Advisory Board:

Adrienne Bentman, M.D.
David Crombie, M.D.
Joseph Klimek, M.D.
Andrew Salner, M.D.
Linda Taylor, M.D.

Editor: Lee Monroe
Director of Public Relations

Designer: Clare Philips

Writer: Jane Bradley

Photography: Pages 3, 4, 7-8, 20: Joy Miller
Calendar

Coordinator: Luisa Machado

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

HEALTH TIPS



Hand hygiene is the most effective way to prevent the spread of germs. While washing with plain soap and water works well to remove soil and germs, antiseptic soaps continue to kill germs after hand washing by leaving residual antibacterial chemicals on the skin. Alcohol-based instant hand sanitizers, both gels and foams, offer a quick way to disinfect hands when soap and water aren't available. Sold in personal-size bottles for pocket or purse, these products help reduce the risk of infection in homes, schools and hospitals, say the Centers for Disease Control and Prevention. Found in 2,000 dispensers throughout Hartford Hospital, instant hand sanitizers have even made their way to the gangways of cruise ships as a safeguard against shipboard stomach bugs.

To properly use alcohol-based instant hand sanitizers, cover hands with enough gel (a dollop about the size of a nickel) to get them wet, and then vigorously rub them together until they are dry, paying special attention to the nail area.

"Alcohol-based sanitizers have been shown to be less drying than soap and water for healthcare workers whose hands can become raw and irritated from frequent traditional soap and water handwashing," says Epidemiology Clinician Susan Malo-Schlegel, RN, MPH, CIC, of Hartford Hospital. "Hand sanitizer should be used on hands that are not visibly soiled, since alcohol-based foams and gels aren't intended to remove dirt."

The journal *Emerging Infectious Diseases* urges consumers to read labels carefully because some look-alike brands don't contain the recommended 60 to 70 percent alcohol concentration necessary to kill harmful microbes. Add alcohol-based hand sanitizers to emergency kits for infection control in the event a hurricane or blackout cuts off running water. Whether the active ingredient is ethyl alcohol, ethanol or isopropanol, make sure that the product's alcohol concentration is between 60 and 95 percent.

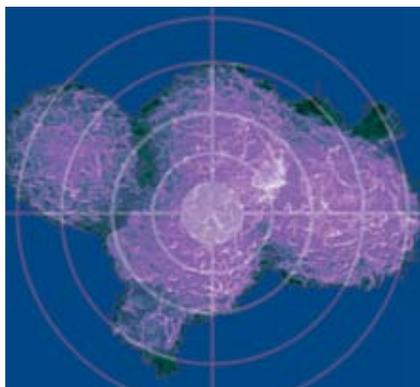
PIONEERING PROCEDURES

NEW WEAPONS TO FIGHT CANCER

Dr. Andy Salner and his team of radiation oncologists attack tumors with an arsenal of radiosurgical tools found nowhere else in Connecticut.



Targeting Cancer



The recent unraveling of the human genome has spawned an explosion in molecular targets for innovative cancer drugs. An individual's genetic blueprint comprises thousands of genes that code for a million or more different proteins—the biochemical powerhouses of the body. The new science of *proteomics*—the study of proteins within cells—is driving pioneering research into drugs aimed at the molecular mechanisms of cancer.

A tumor mass only half an inch in diameter can contain as many as a billion cells. Cancer arises when even a single renegade cell goes awry and begins to proliferate wildly, replicating snippets of faulty genetic material as it divides uncontrollably. How can doctors prevent the spread of these menacing cells throughout the body? Metastasis, with its far-flung colonies of invading cells run amok, kills many of cancer's victims.

Cancer hijacks the complex machinery of the cell by switching on errant genes that code for wayward proteins or by wrongly turning off tumor suppressor genes. Cancer researchers are investigating vaccines and novel drug therapies aimed at genes, enzymes and growth factor receptors. *Angiogenesis*—the development of a blood supply that feeds and nourishes the tumor—is yet another target for new approaches to therapy.

A revolution in knowledge has led to winning strategies for cancer treatment

“Our quest is to find drugs that impact cancer cells directly,” says Robert D. Siegel, M.D., a medical oncologist and director of Cancer Clinical Research at Hartford Hospital's Helen & Harry Gray Cancer Center. “Targeted therapies are replacing cancer drugs that bombard the body with harsh poisons in the hope of killing off cancer cells while minimizing damage to healthy cells.”

Cancer is no longer thought of as a single disease that will someday be conquered with some as yet-undiscovered chemical “magic bullet.” Proteomics is spurring revolutionary research into “designer drugs” that will shape the chemotherapy of the future. “Cells are molecular machines that reproduce and grow,” explains Dr. Siegel. “Cancer is unregulated growth that occurs when the cell loses its ‘stop’ and ‘go’ controls. The goal of drug discovery is to restore normal function to the cell, which we’re doing with varying degrees of success.”

Often combined with chemotherapy or radiation, targeted drugs shrink tumors by blocking enzymes, over-expressed proteins or growth factors that

PHYSICIAN PROFILE

Robert D. Siegel, M.D.

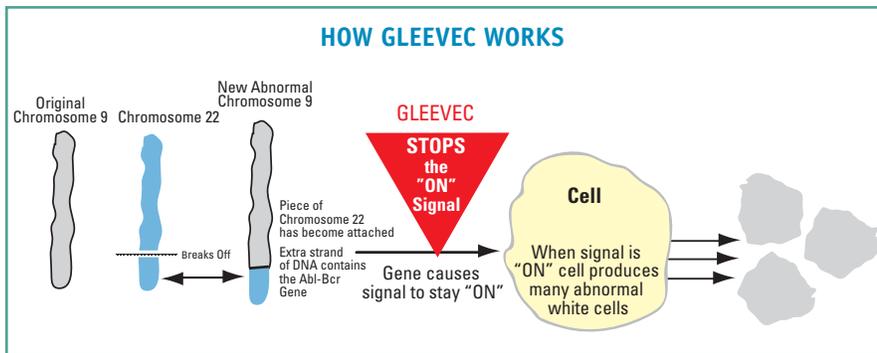
Robert D. Siegel, M.D., FACP, is a medical oncologist and medical director of the Cancer Clinical Research Program at Hartford Hospital's Helen & Harry Gray Cancer Center. He chairs the Institutional Review Board, which governs Hartford Hospital's research protocols involving human subjects in clinical trials. The Mary Mulready Sullivan Oncology Symposium, the hospital's widely attended event



for healthcare professionals, focused this year on developments in targeted therapies.

After studying medicine at the Columbia University College of Physicians and Surgeons, Dr. Siegel did his internship and residency at Barnes Hospital in St. Louis, followed by a fellowship in medical oncology at Dana-Farber Cancer Institute, Harvard Medical School, and Boston's Brigham and Women's Hospital. Areas of special research interest include sarcomas, genitourinary tumors and lung tumors.

A clinical associate professor of Medicine at the University of Connecticut, he is Board-certified in internal medicine, hematology and medical oncology. Dr. Siegel is married, with three sons (one of whom is shown at right) ranging in age from 17 to 24. He enjoys cycling, hiking and golf.



unleash ravaging tumor cells. Patients at Hartford Hospital are participating in more than 30 ongoing clinical trials for experimental cancer drugs, in partnership with the Dana-Farber Cancer Institute and other national centers. “Now we can attack a specific cancer with a targeted therapy that attacks a receptor on the outside of the tumor cell,” adds Dr. Siegel. “Some drugs block growth factors, while another trial is studying an experimental anti-angiogenesis drug to shrink a lung tumor by starving its blood supply.”

Like detectives at a crime scene, researchers scrutinize blood vials and biopsies for molecular fingerprints that reveal abnormal genes. For example, women with a mutant HER-2/neu gene—a quarter of women with metastatic breast cancer—tend to have aggressive disease and poor prognosis because HER2 (human epidermal growth factor receptor) spurs cell growth. The drug Herceptin is designed to target the over-expressed growth factor by binding to the HER2 receptor, inhibiting the tumor cell’s ability to respond to growth signals.

Monoclonal antibodies are designed to harness the body’s immune system to kill tumor cells with fewer side effects than conventional chemotherapy. Rituxan, a targeted therapy for a specific type of non-Hodgkin’s lymphoma, was the first antibody approved by the Food and Drug Administration (FDA) to treat cancer, while Avastin was the first therapy approved to inhibit angiogenesis, the process by which new blood vessels develop and carry nutrients to a tumor.

The FDA continues to extend targeted therapies to a wider range

of cancers. Originally approved for colorectal cancer, Avastin has been shown to extend survival in advanced breast and lung cancers in combination with standard chemotherapy. Erbitux, a monoclonal antibody that targets the epidermal growth factor receptor (EGFR), was originally approved for head and neck cancer in combination with radiation, and has now been approved for metastatic colorectal cancer.

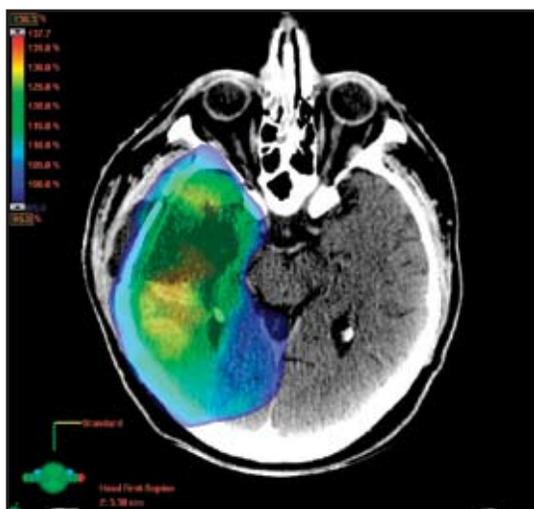
Another targeted drug is Gleevec, developed to treat a progressive blood cancer called chronic myeloid leukemia (CML). People with CML overproduce a type of abnormal white blood cells that live longer than normal cells. While most types of chemotherapy kill all fast-growing cells—both abnormal and normal—Gleevec inhibits a specific protein. “Gleevec has been unusually successful in targeting the specific genetic abnormality that causes CML,” says Dr. Siegel.

The FDA recently approved two new multitargeted drugs for advanced kidney cancer, historically resistant to standard chemotherapy. Renal cell carcinoma, by far the most common type of kidney cancer, arises from inactivation of a tumor suppression gene. Like Gleevec, two new breakthrough drugs are molecularly targeted therapies that bind to the active enzyme site of abnormal proteins. For patients who have become resistant to Gleevec, multitargeted drugs offer new treatment options.

If you would like to learn more about clinical trials at Hartford Hospital, call the Cancer Clinical Research office at (860) 545-5363.



Chuck Waldron, one of Dr. Siegel’s patients, began a course of the once-a-day chemotherapy pill *Gleevec* last November. “I take Gleevec with a meal every day just like a vitamin pill,” says Waldron, who lives and works in Massachusetts and returns to the Cancer Center for monthly check-ups. “I’m relatively lucky to have gotten chronic myeloid leukemia now instead of a just a few years ago when it would probably have required radiation and a bone marrow transplant. I’m a regular exerciser and I haven’t missed a beat. Gleevec has few side effects—some leg cramps, dehydration and stomach turmoil—and I don’t need to spend hours in the cancer center. The new drug has worked so well that I haven’t even missed a day of work.”



Trilogy: Radiation Oncology's Triple Threat

Thanks to the generosity of Hartford Hospital donors, the new Varian Trilogy linear accelerator at the Helen & Harry Gray Cancer Center is the first of its kind in Connecticut. The hospital is building on its reputation as a leader in radiation oncology with this versatile new image-guided radiation therapy (IGRT) system. Trilogy's "dynamic targeting" assures accurate beam positioning, while built-in CT ("cat scan") diagnostic imaging pinpoints tumors with digital accuracy and positions them in the high-dose area despite any internal organ movement.

Advances in low-dose, high resolution X-ray imaging, precision delivery and patient positioning are the three advantages of the Trilogy system. In addition to image guidance, the other two components of the unique triad are intensity modulated radiation therapy and stereotactic radiation therapy. Since 2003, radiation oncologists at the Cancer Center have used intensity-modulated radiation therapy (IMRT) to "shape" a dose of radiation to match the contours of a specific tumor. "We can superimpose thousands of small fields of radiation to sculpt the beam around a solid tumor," says Andrew L. Salner, M.D., director of Hartford Hospital's Cancer Program. "The prostate gland tends to move within the body, so we image the tumor before treatment every day."

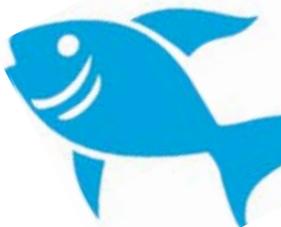
Not only is the next-generation Trilogy linear accelerator safer and more sophisticated than existing systems, it adds new options for stereotactic neurosurgical treatment. With the Trilogy system, radiation oncologists and their neurosurgical colleagues can target inoperable lesions or tumors in critical areas of the brain, using image-guided delivery and a helmet-like device that holds a patient's head completely still during radiosurgery. "We can now deliver a precisely placed, one-shot or multi-shot, extremely high dose of radiation to a tumor in the brain," says Dr. Salner. "The beam is so highly focused that sensitive structures like the optic nerve receive significantly less radiation." Even more precise than so-called "gamma knife" radiosurgery, the state-of-the-art Trilogy system minimizes radiation damage to healthy tissue.

Hartford Hospital's Radiation Oncology Department also offers brachytherapy—either permanent or temporary—for prostate cancer treatment. Permanent seed implants can be implanted into the prostate gland, where they give off radiation at a low dose rate over several weeks or months. "Temporary brachytherapy can be targeted much more precisely to spare the urethra," explains Dr. Salner. "Tiny catheters deliver highly radioactive iridium-192 seeds to the tumor. Because the computer controls how long each seed remains in each catheter—from fractions of a second up to many

seconds—we can selectively control the radiation dose to different regions of the prostate." The hospital's prostate cancer team individualizes care for each patient and helps to determine which option is best for each patient.

Brachytherapy is also used in the management of several other types of cancer. For example, women with localized breast cancer who meet specific criteria are candidates for MammoSite partial breast radiation, which can be completed in five treatment days instead of the usual six weeks. The technique utilizes high dose rate brachytherapy consisting of a twice-daily 20-minute treatment to focus on the portion of the breast at risk.

Radiation oncologists are now collaborating with medical oncologists/hematologists to bring new approaches to cancer treatment. Hartford Hospital is pioneering a radioactive cancer breakthrough called radioimmunotherapy. To deliver a dose of radiation to a tumor target, radiotherapy drugs hitch a ride on a monoclonal antibody—a protein designed to lock onto a specific area on a cell's surface. Once they acquire their molecular target, yttrium-90 or iodine-131 radioisotopes blast the cancer cell with a lethal dose of radioactivity. The FDA has approved two radioactive drugs, Zevalin and Bexxar, for patients with relapsed or recurrent Non-Hodgkin's lymphoma who have failed chemotherapy.



Dying for A Cigarette

Smokers are more likely to die in middle age than nonsmokers or those who quit, reports the *Annals of Internal Medicine*. Only nine percent of women and 14 percent of men who never smoked died between the ages of 40 and 70, compared to 26 percent of women and 41 percent of men who smoked a pack or more a day.

Safer Sex

An FDA panel recently recommended approval of Gardasil, a new vaccine against human papillomavirus (HPV), a common sexually transmitted infection. In clinical trials Gardasil was 100% effective in preventing infection with HPV strains 16 and 18, responsible for 70 percent of cervical cancer. The vaccine—given in three injections over six months—also was about 99% effective in preventing HPV strains 6 and 11, which cause 90% of genital wart cases.

No Sweat

Protein-enhanced sports drinks stave off fluid loss during warm-weather exercise, say St. Cloud State University Human Performance Lab researchers testing cyclists who exercised long enough to sweat away 2 percent of their body weight. Athletes who consumed protein drinks retained 15 percent more fluid than those who had ordinary sports drink, and 40 percent more than those who drank only water.

Mumps Jumps

As the mumps continues to spread across the Midwest, the outbreak is reaching epidemic proportions, warn the Centers for Disease Control and Prevention. Common symptoms include fever, headache and swollen salivary glands under the jaw, although hearing loss, meningitis and swollen testicles can occur. Public health officials worry that the highly contagious virus is hitching a ride on airliners.

Nocturnal Noshing

Americans filled 26 million prescriptions for the sleeping pill Ambien last year, up 53 percent since 2001. But experts at the Minnesota Regional Sleep Disorders Center warn that Ambien can spur susceptible sleepers to raid the refrigerator or go out for ice cream with no memory of events on awakening. Ambien has been linked to sleepwalking, hallucinations and even driving while asleep.

D's Day in the Sun

Harvard School of Public Health researchers say vitamin D—produced by the body during exposure to sunlight—may have potent anticancer properties. Low vitamin D levels common in the sunshine-deprived Northeast have been linked with increased cancer incidence and mortality in men, reports the *Journal of the National Cancer Institute*, while women deficient in vitamin D are at risk for osteoporosis. Vitamin D seems to inhibit the growth of malignancies, although overexposure to sun can cause skin cancer.

Breathing Boost

The latest treatment for cystic fibrosis—a concentrated salt solution inhaled through a nebulizer—offers an inexpensive, safe way to boost lung function in people with cystic fibrosis. Inhaled hypertonic saline is also an effective therapy for reducing flare-ups of the chronic lung infections that afflict people with the deadly genetic disease, according to *The New England Journal of Medicine*.

Brain Food

Eating fish regularly may improve brain function, reports the *Archives of Neurology*. Fish contains DHA, a type of omega-3 fatty acid critical to healthy brain development. Although DHA declines with age, it can be replenished, say researchers at Chicago's Rush Institute for Healthy Aging. Cognitive decline is 10 percent lower in those who eat fish at least once a week.

Beating the Odds

At Hartford Hospital, Drs. Hammond and Dougherty head the transplant team for patients whose hearts are beyond rescue.

Heart failure is the fastest-growing cardiovascular disease and the single leading cause of death in the United States. Slowly or suddenly, a diseased organ fails as end-stage heart disease looms or a massive heart attack strikes. Rare but lethal viral infections sometimes travel through the bloodstream and destroy the heart muscle.



Whether the steady decline into heart failure takes days or decades, by the time transplant candidates reach Hartford Hospital they have likely battled congestive heart disease or irreversible heart injury from coronary artery disease, heart attacks, viral infection or some other cause. Potential heart transplant patients typically have an expected survival of less than a year.

"Hartford Hospital's one-year heart transplantation survival rate is 92 percent, which exceeds national benchmarks," says James E. Dougherty, M.D., medical director of the hospital's Cardiac Transplant Program. "Without a transplant, the risk of mortality for these patients would be 100 percent. Each year, thousands more Americans would benefit from a heart transplant if more donated hearts were available."

"Transplants give heart patients a second chance at life," adds Jonathan A. Hammond, M.D., surgical director of the Cardiac Transplant Program. Transplantation is intrinsically exciting—it's incredibly gratifying and dramatic to help someone turn away from death's door."

Hartford Hospital's first transplant recipient is still alive today, 22 years after receiving a donor heart. In 1984, a heart attack destroyed more than two-thirds of Andy Buczek's heart muscle. "It was especially difficult because it came overnight," he recalls. "I said, 'Get out of here—I'm only 34 years old!'"

Heart transplantation is a multi-disciplinary effort that blends art and science, surgery and medicine, immunology and pharmacology. Dr. Dougherty attributes rising survival rates in part to a new anti-rejection drug called *cyclosporine*. "Organ transplantation is a controlled war. You're battling rejection and infection as the body tries to get rid of the new organ. Fighting rejection is a lifelong process."

"Heart transplant candidates failing while waiting for a donor organ can be bridged with a mechanical pump that can assume the function of the left or right ventricles, or both," says Dr. Hammond. "The Ventricular Assist Device (VAD) system we have—the Thoratec—has been used to resuscitate and rehabilitate completely two of our patients for more than three months each prior to their successful transplants."

THE BEAT GOES ON

Victor and Mary Campbell of Bloomfield married on February 14, 2001, while he was in Hartford Hospital awaiting a heart transplant. They chose the date—Valentine's Day—to make a public appeal for a donor heart. "We were planning to be married," recalls Victor, who was kept alive on a heart pump, "but I had been waiting on a transplant list in the hospital for three months."

On March 11, he learned that a heart had become available, donated by the family of a 25-year-old accident victim. "I'll never forget when the doctors came



in early Sunday morning to give me the news and to prepare me for surgery," Victor recalls.

"Dr. Hammond personally flew to Boston to pick up the

heart," adds Mary. "It was a perfect match. For us, it was a joyous occasion—we were so grateful."

Since receiving his new heart more than five years ago, Victor had one bout of transplant disease, successfully controlled with anti-rejection drugs. "Occasionally there are days when he doesn't feel 100 percent," says Mary, "but he's a miracle."

CHEST PAIN: Alarming Symptom

Chest pain is often an ominous signal of coronary artery disease, leading to 2.3 million hospital admissions nationwide for acute coronary syndrome (ACS). Chest pain results from insufficient blood supply to the heart muscle. The second most common reason for emergency room visits across the United States, chest pain accounts for eight percent of Hartford Hospital emergencies. More than a million Americans experience a heart attack each year, necessitating immediate artery-opening treatment with lifesaving clot-busting drugs and balloon angioplasty.

"If you're having a heart attack, rapid intervention is critical," says Raymond McKay, M.D., an interventional cardiologist at Hartford Hospital. "But half the people admitted to hospitals for chest pain are suffering from sore muscles, stress or some other non-cardiac event. We don't have enough beds to admit everyone with chest pain, but we can't just send patients home. If they're actually having a heart attack, up to a quarter of them will die."

Until now, patients often languished for hours in the Emergency Department before spending two or three days in the hospital while physicians "ruled out" a heart attack. With the establishment of Hartford Hospital's Chest Pain Center—the first in north central Connecticut to be accredited by the Society of Chest Pain Centers—potential heart attack victims receive delay-free triage and fast-track treatment. High-risk chest pain patients are admitted to a cardiac unit, while low-risk patients go to the Chest Pain Center.

"Don't minimize chest pain," warns Dr. McKay. "Come in and stay for less than 24 hours in a friendly environment where you'll undergo electrocardiograms, diagnostic blood work and a stress test. Don't be afraid to go to the hospital in case your chest pain turns out not to be cardiac-related. Our short-stay evaluation center may reveal life-threatening coronary artery disease and prevent a severe heart attack from occurring."

Hartford Hospital's Chest Pain Center will be the beneficiary of the 2007 Black and Red Gala, the hospital's premiere fundraising event. Black & Red proceeds will provide support for public education, equipment (treadmills), paramedics/EMT training, data analysis and renovations.

Painful Feet?

Since tight or ill-fitting shoes often aggravate common foot problems, podiatrists may suggest a trip to a reputable shoe store to have your feet measured for length and width. "Many women wear stylish shoes with high heels," says Larry A. Suecof, D.P.M., a podiatric surgeon with Connecticut Surgical Group. "Although squeezing your feet into narrow shoes can exacerbate existing problems, a comfortable shoe won't cause any harm."

Particularly among women, there is a tendency to overlook the fact that after 25 years your foot may no longer be a size 7. Shoe sizes and styles vary widely, so don't go by the size marked inside the shoe but how it feels on the foot. Avoid cramming your feet into fashionably narrow high heels if you already have painful foot problems.



with good quality square-toed shoes or comfortable flats.

Foot Flaws

While poorly fitting shoes don't cause foot problems, they worsen existing conditions like Achilles tendonitis, bunions (misaligned toe joints), benign nerve growths, heel pain and "pump bump" (a bone enlargement at the back of the heel). Inflammation of the band of fibrous connective tissue that runs along the bottom of the foot, called *plantar fasciitis*, can be aggravated by shoes that lack arch support. Faulty biomechanics can cause heel pain by placing stress on the bone and soft tissues. Shoe inserts or orthotic devices may be necessary to treat pain caused by heel spurs, bony growths on the underside of the heel bone that result from strain on the muscles and ligaments of the foot.

Toe Troubles

Tight, pointy shoes with high heels can contribute to knee and back problems, shortened calf muscles, claw-like "hammer toes" or painful corns in someone genetically predisposed to structural problems. If you want to wear high heels, limit the time you wear them or alternate them

Nasty Nails...



Beware those purple-spotted creatures sporting devilish tails and evil grins, crawling creepily under hideous toenails. Looking more like escapees from Maurice Sendak's *Where the Wild Things Are* than a fungal infection, the creepy caricatures represent tiny organisms called *dermatophytes* that grow beneath fingernails and toenails.

If TV commercials are to be believed, many people spend years hiding their unsightly toenails, avoiding sandals and

open-toed shoes because of ugly, discolored nails. An estimated 35 million people in the United States harbor dermatophytes under their nails, spread by sharing nail clippers or by going barefoot in bathrooms, showers or locker rooms.

Dermatophytes are an active fungal infection that can cause discomfort and tenderness. Nail fungus infections don't go away on their own, and if left untreated, can worsen or spread to other nails. Once the fungus takes hold, it discolors and thickens nails, turning them brown, yellow or even black. Bits of dirt collect under toenails, which can become brittle, flaky and foul-smelling.

Physicians prescribe antifungal medications to treat painful or disfiguring toenail infections. Unlike superficial treatments applied to the nails,

oral medications travel through the bloodstream to root out the infection where it thrives and grows, deep in the nail bed. "The ideal Lamisil patient is a young woman with one infected nail," says Larry A. Suecof, D.P.M., a podiatric surgeon with Connecticut Surgical Group. "Lamisil is far more effective for fingernails than toenails. Unfortunately, the infection tends to recur once treatment is stopped."

"Fungal infections have a high relapse rate," explains Lisa Kugelman, M.D., a Board-certified dermatologist at Hartford Hospital. "Lamisil achieves a complete cure in no more than 70 percent of patients. The drug also has some strange potential side effects, such as causing people to lose their sense of taste."

Physicians monitor liver enzyme function over the course of

treatment because Lamisil, along with Sporanox (itraconazole) and an older medication called Griseofulvin, can potentially damage the liver. The FDA has also warned that people taking Sporanox face a small risk of developing congestive heart failure. Ask your doctor for advice if you have any underlying medical conditions.

Michigan State University clinicians report that applying Vicks VapoRub to infected nails may help clear up the fungus. While oral antifungal drugs are more effective, natural ingredients like eucalyptus, menthol and camphor have few side effects. A study at the university's foot care clinics showed that more than a third of the subjects who applied VapoRub daily reported improvement over the course of five to 16 months.

DOMINO THEORY: INSIGHTS INTO THE AUTISTIC BRAIN

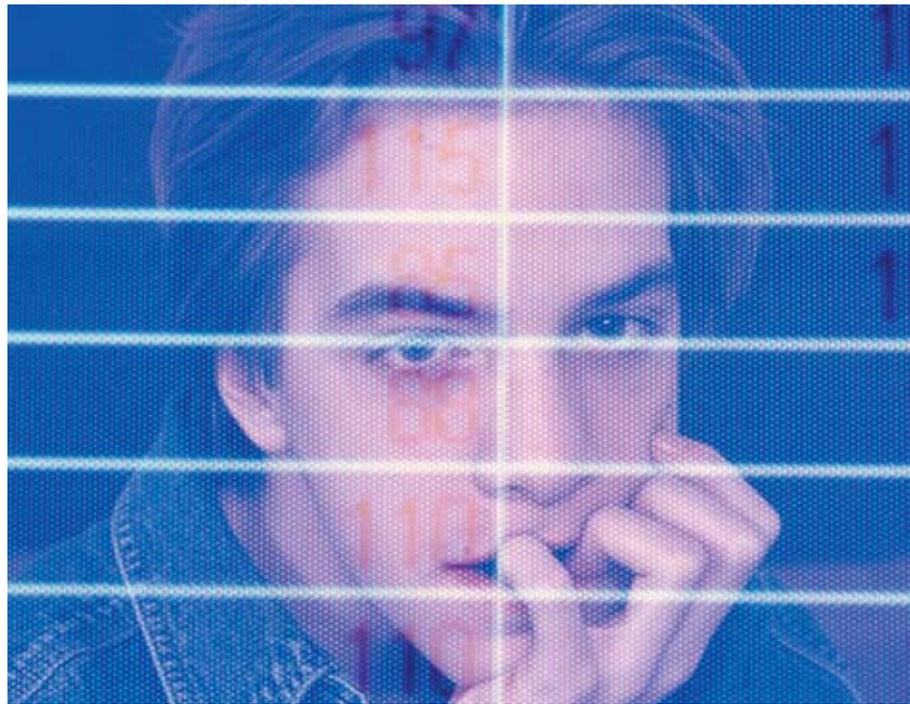
Autistic children inhabit a solitary internal world, a bleak mental prison devoid of human emotions. Kids diagnosed with an autism spectrum disorder typically are unresponsive to social cues, appear remote or preoccupied, and have difficulty expressing abstract feelings. Locked in a private sensory refuge, they seem oblivious to other people's emotions.

Individuals with autism typically don't initiate or sustain conversations except on odd or inappropriate topics of interest to them. "One 22-year-old would only talk about TV's Nickelodeon channel," says Michal Assaf, M.D., a senior research scientist at the Olin Neuropsychiatry Research Center at the Institute of Living (IOL). "Autistic kids are fascinated with things like train schedules. You can see why it makes them targets for bullying at school. Some severely autistic children do not speak at all, while others say terrible things."

Many children with brain-based developmental disorders suffer from bewildering sensory overload that impairs brain function and triggers repetitive or ritualistic behaviors. While all autistic kids seem socially awkward, those with Asperger's Syndrome sometimes display extraordinary gifts of memory, music or mathematics. Despite their cognitive strengths, autistic people rarely grasp social nuances.

Neuroscientists at the IOL use sophisticated noninvasive tools like functional magnetic resonance imaging (fMRI) to analyze the firing of brain cells and identify anatomical or structural abnormalities in autistic individuals. Researchers studying the baffling developmental disorder hope that neuroimaging will eventually break through the invisible biological barriers that block an autistic individual's feelings and emotions. Someday, they hope to pinpoint how autism shapes social functioning in as yet uncharted regions of the brain.

Dr. Assaf's pilot project, supported by grants from Hartford Hospital and the National Alliance for Autism Research (NAAR), maps brain activity with fMRI while autistic subjects play an interactive game of dominos with investigators. For researchers, the goal of the game is to explore brain mechanisms involved in social cognition



processes such as motivation and mentalization—the ability to conceptualize someone else's thoughts and feelings. "We want to see if their brains 'light up' differently from those of healthy controls during social interactions," she explains. "To play the game, they have to take risks. They must predict what an opponent will do—and are punished or rewarded accordingly."

While using fMRI to investigate the neural networks underlying autism's cognitive impairments is not new, Dr. Assaf's groundbreaking study is attempting to correlate brain activity with predictive behavior in a social context. "No one has attempted to link brain activation associated with complex social interaction with social aspects and impairments in autism," explains Dr. Assaf. "If we can prove our hypothesis, we hope someday to be able to use this task for differential diagnosis."

Investigators will also collect a saliva sample from test subjects for later genetic analysis. While specific genes are known to raise susceptibility to the disorder, other factors apparently are at work. Even when one identical twin has autism, the other twin has only a 60 percent chance of sharing the same diagnosis. Since the difference probably lies buried somewhere in the 100 trillion synapses that make up the wiring of the brain, fMRI may someday pin down autism's elusive causes.

Dr. Assaf is enrolling autistic young adults age 12 to 30 in the investigational study. Call Karen Anderson, RN, at (860) 545-7767 for more information.



CALENDAR

Hartford Hospital Programs & Events From June 15 through September 15, 2006

Contents

Cancer Program _____	13	Nutrition Counseling _____	15
• Support Groups		• Bariatric Support Group	
Clinical Professional Programs _____	18	Professional Development _____	18
• EMS Education		Rehabilitation _____	14
• School of Allied Health		Safety Education _____	17
Diabetes Lifecare _____	13	Screenings _____	17
Domestic Violence _____	16	Special Events _____	19
Healthy Hearts _____	13	Support Groups _____	17
• Stop Smoking for Life Programs		Volunteer Services _____	15
HealthStar _____	18	• Blood Drive	
• Speaker's Bureau		Wellness/Integrative Medicine _____	15
• Mobile Mammography		• Lunch and Learn Programs	
Mental Health _____	14	Women's Health Issues _____	16-17
• Bereavement Support		• Parent Education Classes	
• Eating Disorder Education/Support		• Parent-Baby Series	
• Schizophrenia Program		• Exercise for Expectant and New Moms	
• Bipolar Disorder			

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

CANCER PROGRAM

Brain Tumor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** 1st Thursday of each month from 5:30 to 7:00 p.m. on 7/6, 8/3, 9/7—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at (860) 545-2318 for additional information or to register. FREE.

Support Groups for Women with Cancer

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

- **Breast Cancer Support Group**

3rd Thursday of each month on 6/15, 7/20, 8/17. Call Diane Ward, RN at (860) 545-3781. FREE.

- **Ovarian Cancer Support Group**

4th Tuesday of each month on 6/27, 7/25, 8/22. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

New Beginnings

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

CHES—Support for Cancer Patients

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

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** 1st Tuesday of each month from 7:00 to 9:30 p.m. on 7/11, 8/8, 9/12. Registration is not required. Call (860) 545-3790 if you have any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. **Schedule:** 4th Thursday of each month on 6/22, 7/27, 8/24. Registration required. Call (860) 545-3790. FREE.

Prostate Cancer Support Group for Women

Support for women (wives, friends, daughters, etc.) involved with prostate cancer patients. Light supper served. Registration required. Please call (860) 545-1888 for schedule. FREE.



HEALTHY HEARTS

Stop Smoking for Life Programs

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

- **Smoke Free/Why Weight?**

This is a 6-week program for those who wish to quit smoking while maintaining their weight. Meets at Hartford Hospital, 85 Jefferson Street #704. Registration is required. **Schedule:** Wednesdays from 5:00 to 6:00 p.m. from 6/15 to 9/15. FEE: \$150.

- **Breathe Easy Support Group**

A community education and relapse prevention group for smokers and ex-smokers. Facilitated by a smoking cessation specialist. **Schedule:** The first Wednesday of the month—7/5, 8/2, 9/6 from 6:00 to 7:00 p.m. at Hartford Hospital, 85 Jefferson Street #704, Hartford. FREE.

- **Individual Smoking Cessation Counseling**

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

- **Work-Site Smoking Cessation Group**

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

Counseling and Stress Management

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

Cardiac Maintenance/Wellness Exercise Program

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

Pilates

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.

Yoga

A variety of classes geared for the yoga enthusiast. Classes are held at Healthtrax Wellness Studio at Hartford Hospital's Wellness Center in Avon. Call (860) 284-1190 for schedule and registration information.

DIABETES LIFE CARE PROGRAMS

Diabetes Education Classes

Self-care education and support for adults with diabetes. Learn about diabetes and develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. Day and evening classes in English or Spanish. For more information call (860) 545-1888.

Spanish Diabetes Support Group (Amigos en Salud)—FREE

Conducted in Spanish. Carmen Aponte, DCHW (Diabetes Community Health Worker), will discuss physical activity, meal planning strategies, adherence to medications and how to meet the diabetes standards of care. Opportunity to network with other patients. **Schedule:** First Wednesday of each month on 7/5, 8/2, 9/6 from 10:00 to 11:30 a.m. in Hartford Hospital Dining Rooms A, B.

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive on-going support from other adults with diabetes. Free monthly support and education is offered at Hartford Hospital's Windsor Health Care Center. To register, call Health Referral Service at (860) 545-1888.



MENTAL HEALTH

Bereavement Support Group—Hartford

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

Schedule: From 1:00 to 2:15 p.m. on 6/26, 7/10, 7/24, 8/14, 8/28, 9/11 at 85 Jefferson St. in Room 116. Call (860) 545-2290. FREE.

Bereavement Support Group for Spouses (Age 50+)

For people 50 and older who have lost a spouse.

Schedule: 4th Tuesday of the month on 6/27, 7/25, 8/22 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700.

Bereavement Support Group for Spouses (Age 35–50)

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

Schedule: 3rd Tuesday of the month on 6/20, 7/18, 8/15 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information, call (860) 658-3700.

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

This support group is for family and friends of individuals with eating disorders. F.E.E.D. is designed to provide information about eating disorders and to create a forum where concerns of family and friends can be shared. **Schedule:** First Thursday of the month 6:00 to 7:00 p.m. on 7/6, 8/3, 9/7, at The Institute of Living's Braceland Building Activity Room (1st floor #51). Registration is **not** required. For more information, call (860) 545-7203. FREE.

Myths, Minds & Medicine Exhibit

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

Alzheimer's Family Support Group

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

Schedule: The last Monday of each month on 6/26, 7/31, 8/28 from 1:00 to 2:00 p.m. at McLean, 75 Great Pond Road, Simsbury. For information call (860) 658-3700. FREE.

Postpartum Depression Support

See description under *Women's Health*.

Schizophrenia Program

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

• **Schizophrenia Anonymous**

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

• **Schizophrenia—Introduction to the Disorder**

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month from 5:15 to 6:30 p.m. on 6/20, 7/18, 8/15.

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

• **Sibling Support Group**

Siblings of individuals who have schizophrenia, bipolar illness or a related disorder share their success and struggles in living, with or growing up with someone who has a major mental illness. Facilitated by Rick Lautenbach, Ph.D. **Schedule:** 3rd Wednesday of the month on 6/21, 7/19, 8/16 from 5:15 to 6:30 p.m.

• **Functional Implications of Schizophrenia**

Learn the impact that symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by Linda Denton, OTR/L, MS. **Schedule:** From 5:15 to 6:30 p.m. on 7/11.

• **Medication Compliance Strategies**

Perhaps the biggest family concern in dealing with schizophrenia is helping the patient follow the recommended treatment plan, particularly taking medication. Learn ways to enhance cooperation with treatment. **Schedule:** From 5:15 to 6:30 p.m. on 8/8.

• **Understanding Bipolar Disorder**

Does someone you know or love have bipolar disorder? Lawrence C. Haber, Ph.D., Director of the Family Resource Center, will discuss this disease, its causes and treatments in both adults and children and how to live with and support someone with this illness. **Schedule:** 3rd Tuesday of each month on 6/20, 7/18, 8/15 in Hartford 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 Wayne Roffer, PsyD. **Schedule:** From 5:15 to 6:30 p.m. on 9/12.

REHABILITATION

Pulmonary Rehabilitation Classes

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

Wheeling and Able Golf Classic

The Wheeling and Able Golf Classic is sponsored by Eastern Rehabilitation Network (ERN). Proceeds benefit the CT Chapter of the National Spinal Cord Injury Association. Participations in golf and sponsorship opportunities are available. Complete information can be found on ERN's web site at www.easternrehab.net. **Schedule:** Tuesday, September 12 from 8:30 a.m. to 3:30 p.m. at Lyman Orchards Golf Club, Middlefield, CT. Fee: \$150/person; \$500/foursome. Registration required. Contact Ellen Franks at (860) 667-5468.





WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Acupuncture, Reiki and Massage Therapy

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

Peggy Huddleston's Prepare for Surgery, Heal Faster™

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

Reiki Healing Touch—Level 1

Learn a gentle hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. Can be used for self-care or with family, friends and patients. **Schedule:** 9:00 a.m. to 5:00 p.m. on 6/29, 7/13, 7/27, 8/10, 8/24 or 9/14 in Hartford. **FEE:** \$150 (Hartford Hospital employees \$120; Reiki Volunteers \$75).

Baby Massage Instructor Certification

For anyone interested in becoming certified as a Newborn Baby Massage Instructor. Consists of two parts: independent home study kit and the certification session, which will be held at Hartford Hospital. Please call (860) 545-4444 for more information or to register.

Therapeutic Touch—Full Basic Class

If you would like to learn a technique that can help you and others decrease stress, ease pain, accelerate healing and enhance general well being, learn Therapeutic Touch. **Schedule:** 8/29 from 9:30 a.m. to 8:30 p.m. in Newington. **FEE:** \$150 (\$120 for HH employees); Nursing CEUs available.

Therapeutic Touch—Practice Group

Activities include meditation; discussion and hands-on exchange facilitated by Karen Kramer, certified holistic nurse working in the Cardiac ICU and an advanced practitioner, instructor and validator for the Hospitals' Therapeutic Touch Programs. **Schedule:** 6/26 from 4:30 to 6:30 p.m. (experienced users only 4:30 to 5:30; all experience levels 5:30 to 6:30) at Hartford Hospital. To register call (860) 545-1888. **FREE.**

Lunch and Learn Presentations

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

Hartford—LIVE (unless otherwise noted) presentations from 12:00 noon to 1:00 p.m. at Hartford Hospital. FREE.

6/15 Yoga for People with Special Needs

Yoga is a relaxing yet empowering exercise. Learn how yoga can be beneficial to people who have Parkinson's Disease, Multiple Sclerosis or have had a stroke. **ERC 218.**

7/6 Edgar Cayce on Dreams (video)

Psychologists and researchers weigh in on dream interpretation and analysis, telepathic and psychic dreams and the meaning of nightmares. **Dining Room A.**

7/20 Healing Connections Through Collage

In response to the "Healing Connections Through Collage" Workshop, we present this follow-up series. Bring a small pair of sharp scissors, your favorite magazines, copied family photos, postcards, etc. (pre-cutting some images will save time) and join us for creative playtime! **Dining Room A.**

8/3 Mindfulness and Meditation (video)

Jon Kabat-Zinn, Ph.D., founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, offers practical strategies for cultivating a focused, observant and relaxed mindset. **Dining Room A.**

8/17 Healing Connections Through Collage

See 7/20 for description.

9/7 Asian Health Secrets (video)

Letha Hadady, often called a walking encyclopedia on herbs, takes you on a guided tour through the herbal apothecaries of America's largest Chinatown and discusses remedies that have successfully been used for thousands of years. **Dining Room A.**

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

8/1 Mindfulness and Meditation

(video - 52 minutes)
Jon Kabat-Zinn, Ph.D., founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, offers practical strategies for cultivating a focused, observant and relaxed mindset.

9/5 Edgar Cayce on Dreams

(video - 60 minutes)
Psychologists and researchers weigh in on dream interpretation and analysis, telepathic and psychic dreams and the meaning of nightmares.

NUTRITION COUNSELING

Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition related diseases and conditions. By appointment only. Call (860) 545-1888. May be covered by insurance.

Bariatric Surgery Support Group

Required for people who are considering **weight loss surgery**. **Schedule:** From 6:00 to 8:00 p.m. in the Special Dining Room at Hartford Hospital on the following dates. To register for any of these **free** programs, call (860) 545-1888.

- 6/19 *Emily Jensen, Donor Services Coordinator, The United Way*—Keeping active in the community.
- 7/18 *Marsha Rothwell, Director of Integrative Medicine*—Benefit of Integrative Medicine before and after surgery.
- 8/22 *Rita Parisi, CEO Eastern Rehab Network*—Will discuss services available at ERN and her experience with gastric bypass surgery.



VOLUNTEER SERVICES

Blood Drive

The American Red Cross will conduct a blood drive on 6/21 from 11:00 a.m. to 4:00 p.m. at the Institute of Living and on 6/27 from 7:00 a.m. to 12:30 p.m. at Hartford Hospital. Call (860) 545-1888 to schedule your appointment. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

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

DOMESTIC VIOLENCE

Domestic Violence—Lifesaver Project

The Domestic Violence Prevention Program sponsors two-support groups through the Lifesaver Project. The groups are for women and children who have experienced domestic violence. **Schedule:** First Thursday of each month 7/6, 8/3, 9/7 from 6:30–8:30 p.m. Children may attend with their mothers. Call (860) 545-2796 to register or for more information.

WOMEN'S HEALTH ISSUES

The Women's Education Resource Center

Provides women with the resources necessary to find the latest information on a variety of health and medical topics in a quiet, comfortable setting. FREE.

El Grupo de Mujeres

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



The Strong Women Stay Young Program

According to Dr. Miriam Nelson, Ph.D., at Tufts University, no group in our society can benefit more from regular exercise than middle aged and older adults. Research shows working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 “no-impact” workouts starting on 9/5 in Glastonbury or Windsor, and on 9/11 in Wethersfield. Morning afternoon and evening sessions available. Call (860) 545-1888 or (800) 545-7664 for schedule and locations. FEE: \$160.

NEW! *Menopause Support Group*

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

Parent Education Classes

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

• *Babycare*

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

Avon: 6/22, 8/24

Glastonbury: 7/10, 8/14, 9/11

Hartford: 6/26, 7/18, 7/24, 8/1, 8/8, 8/28

Wethersfield: 7/12, 9/13

• *Breastfeeding with Success*

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

Avon: 8/10, 9/14

Glastonbury: 7/17

Hartford: 6/19, 7/11, 7/25, 7/31, 8/7, 8/15,

8/21, 9/12

Wethersfield: 8/9

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. Topics include choosing the right breast pump, milk collection and storage and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 7:00 to 9:00 p.m. in Avon on 7/13 and in Wethersfield on 9/14. FEE: \$20 (\$15 if taken as package).

• *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** 7/8 in Wethersfield from 9:00 a.m. to 12:00 noon. 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:** at Hartford Hospital from 9:00 a.m. to noon on 8/5. FEE: \$50.

• *Expectant Grandparents Class*

Gives grandparents the opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety concerns. **Schedule:** From 6:30 to 8:30 p.m. on 6/19, 7/31, 9/13 in Glastonbury. FREE.

• *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. **Schedule:** Wethersfield from 6:30–8:00 p.m. on 6/19, 7/17 or 8/21. FEE: \$25 per baby.

• *Maternity Tours*

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

• *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. FREE.

• *The Marvel of Multiples*

Hear first-hand accounts of what to expect when expecting multiples. This class does not replace childbirth class. Call (860) 545-1888 for schedule. FEE: \$35.

• *New Moms Group*

Join an informal gathering where health professionals help you explore the challenges of your new baby. Designed for parents of infants, birth to three months. Topics range from infant care and feeding to parent survival skills. Call for schedule. FEE: \$10 per session.

• *Preparation for Childbirth Class*

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

• *The Happiest Baby*

New babies are such a blessing, but they can also bring on sleepless nights and sometimes quite a bit of extra stress. Learn an extraordinary approach to keeping your baby happy. New parents will learn, step-by-step, how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Based on the highly effective new approach pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 6/26 in Glastonbury or 8/21 in Avon. FEE: \$65.00/couple includes class, Parent Kit, with your choice of *The Happiest Baby on the Block* VHS or DVD and *Soothing Sounds* CD—a \$40 retail value.)





- Preparation for CB-Jewish Beginnings**
 This 4-part series consists of three classes covering the birthing process and one class (*Jewish Beginnings*) where couples learn about Jewish traditions to welcome a child into the community. *Jewish Beginnings* will meet at Chai—the Center for Jewish Life in Avon and the childbirth classes will meet at the Avon Wellness Center. Call (860) 545-1888 for schedule.
- Epidural Anesthesia for Labor**
 Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is done, 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:** Thursdays from 7:00 to 8:00 p.m. 7/6, 8/3 or 9/7 at Hartford Hospital. FREE.
- Sibling Preparation**
 A class designed to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Thursday or Saturday in Hartford. FEE: \$25/family.
Pre-school—Saturday 10:00–11:00 a.m. on 7/8, 8/5, 9/9; Thursday 4:00–5:00 p.m. on 6/15
School-age—Saturday 10:00–11:00 a.m. on 7/15, 8/12, 9/9; Thursday 4:00–5:00 p.m. on 8/24. FEE: \$15 per child or \$25/family.
- Teen Prenatal Classes**
 For first-time pregnant teens up to 17 years of age. Combination of prenatal, childbirth preparation, newborn care and a maternity tour. **Schedule:** 6 weekly classes per session. Call (860) 545-1888 for schedule. FREE.

Parent–Baby Series

- Enjoying Infants Together Series**
 Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions on various parenting issues and make new friends! **Schedule:** Wethersfield from 10:00 to 11:00 a.m. Introduction on 9/6 is FREE. Series from 9/13 to 10/18. FEE: \$50 for series.
- Time for Toddlers**
 Led by a Pediatric Nurse Practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on various parenting issues. **Schedule:** Wethersfield from 11:15 a.m. to 12:15 p.m. Introduction on 9/6 is FREE. Series from 9/13 to 10/18. FEE: \$50 for series.

Exercise for Expectant and New Moms

- Prenatal Yoga**
 This six-week program is conducted by a certified prenatal yoga instructor. In Avon on Wednesday evenings from 5:30 to 6:45 p.m. Session runs from 8/16 to 9/6 or from 9/13 to 10/18. FEE: \$78 for 6-week session.
- Mama Yoga**
 Stretch, strengthen and bond with your baby in this delightful yoga workout. Learn how to incorporate your little one into traditional yoga postures. No previous yoga experience necessary. Please bring a yoga mat, baby blanket, and toys for your little one. **Schedule:** Avon—sessions run from 7/12 to 8/16 or 9/6 to 10/11 from 9:30 to 10:30 a.m. FEE: \$78.00 for six-week session.

SAFETY EDUCATION

Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with CT Safe Kids and the West Hartford Police Department to offer a free class for expectant parents. This class is free, but space is limited. Call Health Referral Services at (860) 545-1888 for schedule and to register.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children. **Schedule:** Hartford Hospital's Education and Resource Center from 6:00 to 9:00 p.m. on 6/21, 7/12, 7/26, 8/9, 8/23, 9/6. Registration is required. Call (860) 545-1888. FEE: \$30.

SCREENINGS/SUPPORT GROUPS*

* Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol

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

Patient Support Groups

- Mended Hearts Support Group**
 For people who have had open heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. on 6/21, 7/19, 8/16 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.
- Transplant Patient Support Group**
 Open to all transplant recipients, their significant others, and those waiting for organ transplants. Registration is **not** necessary. First Church of Christ Congregational, 2183 Main Street, Glastonbury. **Schedule:** A picnic will take place on Saturday, July 16. Call for time and location. Call (860) 545-2142. FREE.
- Kidney Transplant Orientation Class**
 Education to assist in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. **Schedule:** 6/21, 6/29, 7/19, 8/24 from 6:00 to 8:30 p.m. in Hartford Hospital's Dining Rooms A & B. To register, call (860) 545-4368. FREE.
- ACE—Asthma Group Support**
 Education and support for patients with asthma. Learn about asthma, what triggers attacks, which medications you should take and how to control and prevent asthma attacks. **Schedule:** 4th Thursday of each month (except August) from 2:00 to 3:00 p.m. on 6/23, 7/28, 8/18 in the Brownstone Building's 1st Floor Conference Room. Registration is not required. For more information, call Noraliz Santa, RN at (860) 545-1223. FREE.
- Farmington Valley Fibromyalgia/Chronic Fatigue and Immune Dysfunction Syndrome Support Group**
 An opportunity to share helpful tips and resources, find support, education and humor. Meets in the Music Room at McLean, 75 Great Pond Road, Simsbury. **Schedule:** 3rd Monday of each month 6:30 to 8:30 p.m. or 3rd Tuesday of each month 1:00 to 3:00 p.m. Registration is not necessary. For more information call Roberta at (860) 658-6637. FREE.

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

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

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required, however. Call (860) 545-2564 for more information or to make arrangements.

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

Basic Life Support for Healthcare Providers

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

Basic Life Support for Healthcare Providers—Refresher Class

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

CPR/Heartsaver Instructor Course

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

EMT—Basic Course

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

EMT—Intermediate Course

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

EMT—Recertification Course

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

Advanced Cardiac Life Support (ACLS) —Provider Course

AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-4158 for schedule.

Advanced Cardiac Life Support (ACLS) —Refresher Course

For those who have a current card or one which has recently expired. AHA program designed for healthcare providers whose daily occupations demand proficiency in ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-4158 for schedule.

Advanced Cardiac Life Support (ACLS) —Instructor Course

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

Pediatric Advanced Life Support (PALS)—Provider Course

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

Pediatric Advanced Life Support (PALS)—Refresher Course

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

School of Allied Health

Medical Terminology

Learn Greek and Latin prefixes, suffixes and terms frequently used in medicine, including abbreviations. This self-study program is available throughout the year. For more information or to register, call (860) 545-3961

Radiation Therapy Program

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

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care for the purpose of diagnosis and treatment of disease. Contact the School of Allied Health at (860) 545-3955.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks. This is a didactic and clinical course to prepare students for jobs as phlebotomists. The next session starts on 9/7 and meets every Tuesday and Thursday from 9:00 a.m. to 12:00 noon. For more information and an application, visit our website at www.harthosp.org or call (860) 545-2611.

PROFESSIONAL DEVELOPMENT

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking. Develop communication and leadership skills, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 6/22, 7/13, 7/22, 7/27, 8/10, 8/24, 9/14. FEE: \$39 for 6-month membership.



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

Speaker's Bureau

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

Mobile Mammography

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

SPECIAL EVENTS AT HARTFORD HOSPITAL

Registration is required for each of the following events.



Weight Loss Surgery

Join Dr. Darren Tishler, director of Bariatric Surgery at Hartford Hospital as he discusses the Surgical Weight Loss Program at Hartford Hospital. Topics include Laparoscopic Gastric Bypass and the LAP-BAND procedure for weight loss. Learn who qualifies, what's involved, and about lifestyle changes after these procedures.

Schedule: From 7:00 to 8:00 p.m. in Glastonbury on July 24; in Wethersfield on August 29. For more information, call (860) 545-1888.



5th Annual Women's Fair

Join Hartford Hospital and CBS Radio for a one-day celebration for women of all ages, featuring fashion shows, cooking demonstrations, music, dancing, financial planning and chances to meet your favorite radio and TV personalities. We'll provide health risk assessments, blood pressure screenings, body mass analysis, and educational materials on stress reduction, healthy nutrition and other ways of keeping you fit and healthy. Saturday, June 24 from 10:00 am. to 4:00 p.m. at the CT Convention Center in Hartford. If you have any questions, call CBS Radio at (860) 284-9264. FREE.

Eileen Fulton in Concert

The *Standing Room Only Cabaret* at the Wadsworth Athenaeum presents "**An Evening of Cabaret Song**" starring Eileen Fulton, the Emmy award-winner star of *As The World Turns*, on July 14 at 8:00 p.m. Portion of proceeds to benefit Hartford Hospital. For tickets and prices, call (860) 282-1898 or toll free (888) 239-9992.



Run, Walk, Roll at the Riverfront Recapture

Join us for a **5K Run, 3K Walk or 1K Roll** on Saturday, September 9. Proceeds benefit *Hartford Hospital's Prostate Cancer Program*. Contact Kim Marquis at (860) 545-2969 or email at kmarquis@harthosp.org for more information.

Get Smart About Medications

Presented by Dr. Wilfred Elaba and the Geriatric Medicine Program at Hartford Hospital. Older patients take more medications than the average person and sometimes those medications may cause adverse interactions. Learn to identify symptoms that may be related to drug interactions and the importance of communicating that information to your primary care physician. June 15 from 1:00 to 3:00 p.m. at Duncaster in Bloomfield. Registration is required. Call (860) 545-1888. FREE.

*Green Beans with Extra-Virgin Olive Oil,
Slivered Almonds and Shaved Parmigiano*



Drizzle extra-virgin olive oil over grilled fish, roasted vegetables, pasta or polenta to bring out the flavor and boost the benefits to your heart. Olive oil and piquant cheeses add a tangy twist to green beans. The words “extra-virgin” on the label mean that the oil is derived from the first pressing of fresh, premium olives. Extra-virgin oils range in flavor and pungency from fruity and flavorful to bold or buttery. Color may vary from gold to green, depending on the olives.

The high content of monounsaturated fatty acids and anti-oxidative substances add up to olive oil’s healthy heart advantages. A World Health Organization study showed that olive oil protects against cardiovascular disease, while the *American Journal of Epidemiology* says olive oil controls LDL (“bad”) cholesterol levels and raises HDL (“good”) cholesterol levels.

Serve Parmigiano-Reggiano, a sweetly pungent cheese, with pasta, seafood, risotto, soups, polenta, vegetables or fruit. Sliced or shaved, the firm, moist cheese complements savory foods. Sold in a huge wheel with Parmigiano-Reggiano stamped on the rind, it should be kept refrigerated, in paper or foil (not plastic, which doesn’t allow the cheese to “breathe”).

1 – 1½ pounds of fresh green beans

½ cup slivered almonds

2 teaspoons fresh lemon juice (more to taste)

pinch of kosher salt

pinch of sugar

1 clove garlic, halved lengthwise

¼ cup extra-virgin olive oil

1 2-inch strip lemon zest, cut into thin slivers

freshly ground black pepper to taste

1 2- to 3-oz. chunk of Parmigiano-Reggiano

Snap ends off beans, wash and steam 3-5 minutes. Place in a plastic bag and refrigerate until ready to serve. Up to 15 minutes before serving, dress the green beans: Combine the lemon juice, salt, and sugar in a medium bowl. Spear both garlic halves with a dinner fork. Using this as a whisk, drizzle the oil into the lemon mixture and whisk to combine. Add the green beans, slivered almonds and zest, and toss to coat. Season with pepper. Using a vegetable peeler, shave the Parmigiano-Reggiano into paper-thin strips. Scatter over the green beans and toss gently before serving. Serve on a platter with grape tomatoes for added color. (Makes six servings)

(2 oz. cheese)

Calories: 200

Protein: 5.9 g

Carbohydrate: 11.8 g

Fiber: 3.6 g

Total fat: 15.7 g (48% monosaturated fat)

Cholesterol: 2.9 mg

Vitamin C: 12 mg

Sodium: 362 mg

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