

S P R I N G  
2 0 0 9

# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE



## Under Pressure

What is stress and  
how does it affect  
your health?

# ROUNDS

Hartford Hospital's Wellness Magazine

## 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 4, 6, 20: Joy Miller

## Calendar Coordinator

Luisa Machado

## 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](http://www.harthosp.org)

## Satellite Offices

Avon Wellness Center  
100 Simsbury Road

Glastonbury Health Care Center  
704 Hebron Avenue

Wethersfield Health Care Center  
1260 Silas Deane Highway

Windsor Health Care Center  
1060 Day Hill Road

West Hartford Surgery Center  
Blue Back Square  
65 Memorial Drive

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.

## I'm Feeling Dizzy

**D**izziness is as difficult to describe as it is to diagnose. Are you lightheaded? Do you feel like you're floating? Is the world spinning around you? Or have you lost your sense of balance?

"Dizziness is a symptom, not a diagnosis," explains Marc D. Eisen, M.D., Ph.D., director of Hartford Hospital's Hearing & Balance Center, newly opened in West Hartford's Blue Back Square in conjunction with Eastern Rehabilitation Network. "It can be confusing and frustrating to discern the true complaint."

Seniors with disequilibrium (dizziness) are at particular risk for falls. Dizziness often leads sufferers to a neurologist, pulmonologist or cardiologist, although Dr. Eisen, a fellowship-trained *neurotologist* who specializes in diseases of the ear, is a good place to start. The delicate apparatus of the inner ear governs both hearing and balance. The new center offers expert audiology (hearing tests and hearing aids), a dedicated dizziness clinic, balance-function tests, vestibular therapy (provided by Eastern Rehabilitation Network) and access to other medical specialties.

An estimated 40 percent of those over 40 experience dizziness at some point in their lives. Viruses, autoimmune disease or other disorders can inflame the part of the inner ear called the *labyrinth*, a fluid-filled system that signals the brain to keep your balance when you move. Vestibular rehabilitation therapists offer techniques to help retrain your brain to restore a sense of balance.

*Vertigo* makes you feel like the world is spinning. Benign positional vertigo, which creates a brief intense episode of vertigo, is effectively treated with physical therapy. Chronic or recurrent vertigo may be caused by Ménière's disease, a debilitating disorder caused by fluid imbalance in the inner ear that causes episodic spinning vertigo, fluctuating hearing loss, ringing in the ear and a feeling of fullness in the ear. The disease, which can be treated by injecting steroids or antibiotics into the ear, tends to affect one ear at a time, but typically leads to progressive hearing loss.

Physical therapy, medications or surgery can provide relief from many hearing and balance disorders. Patients with single-sided deafness can now take advantage of an innovative bone-anchored hearing aid that conducts sound vibrations through the skull, while patients with severe to profound hearing loss in both ears can receive a cochlear implant. If you experience sudden deafness, contact your physician immediately, as hearing loss may be prevented if treated early and aggressively. "Minimally invasive new treatments can help restore hearing and balance," says Dr. Eisen. "Don't be afraid to seek help."



## HEALTH TIPS

### Nose News

More than a century ago, German chemist Alfred Kopf developed a eucalyptus-scented ointment for the relief of nasal and skin ailments. Among the first health-related products to win FDA approval, Boroleum went on the market in 1906 and still soothes redness, itchiness and soreness under the nose and nasal passages, while moisturizing and protecting chapped lips. Since 1951, the garage-sized Boroleum packaging plant has been a rare industry amid golf courses in Long Island's old-money enclave of Fishers Island, a 45-minute ferry ride from New London.

# Accutane: Attacking Acne

The incidence of acne, the most common skin disorder, is on the rise in the United States. Accutane is prescribed for severe, potentially scarring acne after other treatment options have failed. Other treatments include oral antibiotics (usually at least two different oral antibiotics), creams and, for some women, birth control pills.

While the typical patient taking Accutane is a teenager, some patients—both men and women—are older. Acne usually appears in adolescence, but one-third of adults still suffer breakouts.

Acne can be permanently cured after a course of Accutane. “At any given time, I have an average of 10 patients who are taking Accutane, and I have an extremely busy practice,” says Lisa Kugelman, M.D. “The Accutane course of therapy is 20 weeks. Approximately one-third are permanently cured after one course. Close to 100 percent are clear at the end of their 20 weeks of therapy. If acne does recur, in most cases it’s much milder, and tends not to recur during the first year.”

Accutane causes birth defects if a woman becomes pregnant while taking the medicine. “It has been on the market for over 25 years, and we know that there is no increased risk of birth defects after the medicine is stopped and is out of your system, which takes a month,” says Dr. Kugelman. “For that reason, every female of childbearing potential—including 12-year-olds and 45-year-olds—needs to be on two forms of contraception and have monthly pregnancy tests during their therapy. This is federally mandated and monitored.”

Because Accutane users have also rarely reported symptoms of depression, it is not recommended in patients who are actively depressed. “Mood changes associated with Accutane seem to be rare,” adds Dr. Kugelman. “Multiple studies have reported that the rate of depression in Accutane users is similar to the rate in the general population.”

The most common side effects are related to dryness—dry skin, chapped lips, eye irritation and dryness of the inner nasal membranes (leading to bloody noses). Side effects go away when the medicine is stopped. Accutane can also cause temporary elevations in the triglycerides or liver enzyme tests.

“Taking Accutane is a big commitment,” says Dr. Kugelman. “It requires close monitoring—monthly visits, consent forms and blood tests—and having extremely



chapped lips for 20 weeks is no fun. On the other hand, patients are glad they took it. A few patients who have a later recurrence of their acne may choose to take another course. It is considered safe to take up to three courses—beyond that, safety is unknown.”



# Stress Signals

*Ellen Dornelas, Ph.D., is shown with a patient at the Cardiac Rehabilitation Program at Hartford Hospital. Dr. Dornelas is the author of Psychotherapy With Cardiac Patients.*

## Challenges to the mind and body—lack of sleep, a demanding boss, threat of a layoff or a loved one’s illness—leave our bodies constantly on high alert.

**D**uring life’s inevitable stressful seasons, the body suffers as the mind battles anxiety or depression. A plunging stock market, job losses and terror attacks have shredded our sense of safety, awakening primal fears. Sleep eludes us, dreams turn to nightmares, and worries about the future leave us distracted or distraught. Under constant stress, the body’s normal defenses can go awry.

Although everyone experiences stress when bad things happen, even joyful events like childbirth or a new job can trigger violent physical sensations. The body abruptly releases a rush of adrenalin and the heart pounds wildly. The adrenal glands begin pumping out massive bursts of hormones that spill into the bloodstream, affecting bodily functions like breathing, heart rate and blood pressure. Acute stress signals the hypothalamus to release neurotransmitters and hormones that tense the body for *fight* or *flight*.

Over time, elevated stress hormones impair the regulation of blood sugar and blood pressure. High levels of cortisol, a stress hormone produced by the adrenal glands, raise blood glucose levels, weaken the immune system and disrupt the sleep-wake cycle. Stress and untreated depression produce subtle memory loss and attention problems as a flood of cortisol shrinks the hippocampus, the part of the brain responsible for memory.

Sustained stress can be devastating to the heart. Suppressed hostility festers into cardiovascular disease as cholesterol clogs arteries and inflammatory responses increase the stickiness of the platelets that form in blood vessels. “There is substantial evidence that acute and chronic anxiety and stress do impact the heart,” says Ellen Dornelas, Ph.D., director of Behavioral Health Programs, Preventive Cardiology, at Hartford Hospital. “Patients often complain of the ‘Sunday night blues’ in anticipation of the work week. Sudden cardiac death occurs most often on Monday morning.”

### Under Siege

Challenges to the mind and body—lack of sleep, a demanding boss, threat of a layoff or a loved one’s illness—leave our bodies constantly on high alert. Pain and inflammation may be the body’s reaction to an overactive protective system that can damage its own tissues. Infection, aging, hormones and metabolic syndrome—marked by obesity, high

cholesterol, high blood pressure and high blood sugar—spur the development of inflammation.

Destructive signaling molecules called *cytokines* spur wayward inflammatory responses, contributing to the development of depression, asthma and degenerative diseases like arthritis. Stress is believed to play a role in cardiovascular disease, diabetes, chronic pain, eczema, psoriasis and irritable bowel syndrome. NIH researchers are studying why stress hormones exacerbate the symptoms of inflammatory diseases like lupus, multiple sclerosis and rheumatoid arthritis.

“Stress does not *cause* someone to have an autoimmune disorder, but may exacerbate an underlying medical or psychological illness,” explains David F. Tolin, Ph.D., director of the Anxiety Disorders Center at the Institute of Living (IOL). “Stress hormones meant to play a defensive role can impair the immune system. Long-term stress contributes to cardiac risk, especially when someone has very little control over a high-demand job. People who describe their work as ‘highly stressful’ are more likely to have a major depressive episode.”

New research reveals a mysterious link between sleeplessness and heart disease, the leading cause of death in the United States. While nearly everyone experiences occasional insomnia, nearly 70 million people in the United States suffer from sleep disorders. Chronic sleep deprivation affects appetite and metabolism, increasing the risk of obesity, diabetes, high blood pressure, depression and heart attack.

Psychiatric disorders like anxiety, depression or post-traumatic stress disorder (PTSD) leave sufferers sleepless and especially vulnerable to stress. “Environmental stress can precipitate panic attacks, major depressive illness or schizophrenia in someone with a biological vulnerability,” says Dr. Tolin. “The onset of a mental illness often correlates with a stressful life transition.”

### Gender Bias

In women, functional magnetic resonance imaging (fMRI) has shown that stress activates the brain’s limbic system, associated with emotional responses, while men tend to show increased blood flow to the part of the brain responsible for the “fight or flight” response.

## CLINICIAN PROFILE

### David F. Tolin, Ph.D.

David F. Tolin, Ph.D., is founding director of the Anxiety Disorders Center at the Institute of Living at Hartford Hospital. He is also adjunct associate professor of psychiatry at Yale University School of Medicine. His work in the field of obsessive-compulsive disorders has been the subject of articles in the *New York Times* and *Family Circle*, as well as appearances on Good Morning America, the Today Show and the Oprah Winfrey Show.

He co-authored *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* and *Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems*.

Dr. Tolin earned his doctorate in clinical psychology at the University of Arkansas and interned in clinical psychology at Tufts University School of Medicine/VA Medical Center in Boston. Before joining the Institute of Living in 2000, he was assistant professor of psychiatry at the University of Pennsylvania School of Medicine, and director of clinical trials at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania.

Dr. Tolin specializes in the study and treatment of obsessive-compulsive disorder, post-traumatic stress disorder and panic disorder, as well as compulsive hoarding and body-focused repetitive behavior disorders such as trichotillomania. In his free time, he enjoys fly fishing and playing with his two young children.



Although most people think of a middle-aged man as the typical heart attack victim, by age 65 one in three women have some form of cardiovascular disease. Women are particularly vulnerable to stress caused by fluctuating hormones during puberty, pregnancy and menopause. Nearly half of women undergoing *in vitro* fertilization for infertility report symptoms of depression, anxiety, anger and isolation after unsuccessfully trying to become pregnant.

Sudden emotional stress, such as learning of a loved one's death, can trigger life-threatening symptoms of a heart attack. The "broken-heart syndrome," or *Takotsubo* cardiomyopathy, typically strikes grief-stricken elderly women who have no history of cardiac disease. "Takotsubo cardiomyopathy results from acute physical or emotional stress," says Paul Thompson, M.D., director of the Division of Cardiology at Hartford Hospital. "Takotsubo cardiomyopathy looks and acts just like a heart attack, but the cardiac changes often resolve within several days and the heart arteries are generally normal. It seems to be related to a surge of adrenalin or other stress hormones."

"There is evidence that stressful life events play a role in non-fatal cardiac events such as a first-time heart attack," adds Dr. Dornelas, author of *Psychotherapy With Cardiac Patients*. "Many cardiac patients who have high anxiety levels come to therapy complaining of muscle tension, headaches, back pain, sleeplessness and high blood pressure. Most people react to stressful life events with anxiety and some people are predisposed to respond to stress with heightened cardiac reactivity."

Stress affects both body and mind. "It is extremely difficult for people to practice relaxation techniques when they are acutely anxious," says Dr. Dornelas. "Similarly, people with high anxiety levels may not get much out of trying to learn to meditate or breathe slowly."

### De-Stress

Cognitive behavioral therapy, or CBT, has been shown to be an effective way to manage stress. People often respond to stress by overeating, smoking, alcohol and drug abuse, sleeping too much, avoidance and procrastinating. At Hartford Hospital's Anxiety Disorders Center, counselors talk to patients about their thoughts and feelings, helping individuals to identify cognitive distortions that leave them vulnerable to unhealthy behavior. "We help people figure out what's causing their excessive stress reaction so they can take action," says Dr. Tolin.

A recent Veterans Administration study found that the chronic stress of PTSD puts sufferers at risk for heart disease, diabetes and metabolic syndrome. PTSD triggers persistent frightening thoughts in those exposed to a threatening event or wartime ordeal. With funding from a Hartford Hospital grant and the Hospital Auxiliary, researchers at the Institute of Living purchased virtual reality equipment to simulate the sights, sounds and smells of Iraq. Combat veterans re-experience the sights and sounds of war

as a way to desensitize and integrate feelings through controlled exposure to traumatic memories. Homecoming soldiers often remain hypervigilant, reliving the war over and over in their minds. Aggravated by alcohol, prescription drug abuse, broken relationships or family tension, PTSD is emotionally, psychologically and physically damaging.

“The mind runs amok when anxiety mounts,” explains Dr. Dornelas. “There is seemingly no end to the distorted thoughts and skewed cognitions stimulated by fear. Cognitive therapy is based on a theoretical model that

hypothesizes that by changing beliefs and thoughts, people will shift perspective and become less anxious.”

While deep breathing or relaxation techniques can soothe anxiety, direct action can be a more potent strategy to resolve a stressful situation. “Problem-focused coping strategies relieve stress better than emotion-focused efforts,” says Dr. Tolin. “We help people stop trying so hard to feel better. Rather than simply trying to relax, they can direct their efforts toward dealing with the stressful situation by making sustainable behavioral changes.”

## STRESS RELIEF AT HARTFORD HOSPITAL

### Department of Preventive Cardiology

#### Counseling and Stress Management

*Depression, stress, anger and lack of social support pose risks to heart health ([www.hart Hosp.org/heart/RelatedServices/CounselingandStressManagement](http://www.hart Hosp.org/heart/RelatedServices/CounselingandStressManagement)) and (860) 545-3127.*

- The Henry Low Heart Center is the only heart center in Connecticut to offer full behavioral cardiology services. Patients can refer themselves for individual counseling. The program also offers classes in stress management, relaxation training and psychosocial aspects of heart disease.
- Short-term counseling (1-12 sessions)
- RISTA—Stress Reduction Program for patients with an implantable cardioverter defibrillator (ICD), Preventive Cardiology, (860) 545-3346.

The RISTA trial is a research study to test whether a stress-reduction program can improve medical outcomes and quality of life by decreasing the risk of having the type of abnormal heart rhythm that causes an ICD shock.

#### Cardiac Rehabilitation Program

*The Cardiac Rehabilitation Program at Hartford Hospital provides individualized, medically supervised exercise and education programs and counseling ([www.hart Hosp.org/heart/RelatedServices/CardiacRehabilitation](http://www.hart Hosp.org/heart/RelatedServices/CardiacRehabilitation)).*

- **Stress Management classes**—Hartford, Avon and Glastonbury.
- **Cardiac Rehabilitation Program**—Heart rates and rhythms are assessed through electrocardiogram (ECG) monitoring; fitness programs at the hospital or off-site locations.
- **Smoking Cessation**—The most comprehensive hospital-based smoking-cessation program available in Connecticut.
- **Counseling & Stress Management for Women**—Services include nutritional counseling, exercise and support groups.

### Institute of Living /Hartford Hospital

*See [www.instituteofliving.org/adC](http://www.instituteofliving.org/adC) and (860) 545-7685.*

#### Anxiety Disorder Center

Cognitive-behavioral therapy (CBT) is a proven treatment for anxiety disorders, including compulsive hoarding, generalized anxiety disorder, obsessive-compulsive behavior, panic episodes, extreme levels of anxiety and worry, post-traumatic stress, social or other phobias, trichotillomania (hairpulling) and separation anxiety. Individualized counseling, intensive (daily) outpatient therapy and virtual reality therapy can help those suffering from an anxiety disorder.

### Department of Integrative Medicine

*Increase energy, reduce stress and control pain ([www.hart Hosp.org/integrativemed](http://www.hart Hosp.org/integrativemed)) and (860) 545-4444.*

- **Acupuncture**—Applying needles to the various acupuncture points on the body stimulates the nervous system to release stress-relieving brain chemicals.
- **Reiki**—Japanese technique for stress reduction and relaxation also promotes healing.
- **Massage Therapy**—Energy work, movement therapy and massage techniques reduce stress and improve well-being.
- **Guided Imagery**—Guided imagery induces a relaxation response and reduces chronic pain by directing the imagination toward awareness of health and well-being.
- **Therapeutic Touch**—Hands-on therapy allows patients to unlock the body’s own natural healing potential.
- **Prepare for Surgery, Heal Faster™**—Peggy Huddleston’s book /CD/tape helps surgical patients overcome the stress response to enhance wound healing and recovery.
- **ART for Healing**—The creative process allows hospitalized patients to participate in their own healing.

## Wheat's Wrong: Celiac Disease

Celiac disease, an autoimmune disorder triggered by eating *gluten*, causes both gastrointestinal and non-gastrointestinal symptoms. Gluten can silently and irreversibly harm the digestive tract by causing inflammatory injury to the lining of the small intestine in those unable to digest the protein, found in cereal grains like wheat, rye and barley, but not corn and rice. Oats are generally safe, but can cause symptoms owing to contamination with other grains.

When the intestine becomes inflamed, it can't absorb food normally, and nutrients are lost through the small bowel. Celiac disease can lead to weight loss, decrease bone mineralization and cause diarrhea and iron deficiency. Sometimes the only signs are subtle—mild gastric disturbances, bloating, gas, anemia, infertility or fatigue. The only effective treatment is a lifelong gluten-free diet.

Celiac disease is so common that about one in every 100 people in the United States suffers from the autoimmune disorder. A genetic predisposition, exposure to gluten and certain infections all play a role. As many as 20 to 30 million Americans may have either no symptoms or only vague complaints that make the disorder difficult to diagnose. Celiac disease mostly afflicts people of English, Irish, Scandinavian, northern European and Algerian ancestry, and tends to run in families.

The clinical spectrum of celiac disease is so varied that there can be a long lag time between the onset of symptoms and diagnosis. The disease can usually be confirmed with antibody testing and an endoscopic biopsy performed with a flexible camera system that

allows gastroenterologists to examine and biopsy the upper intestinal tract.

“Genetic testing can be used in addition to antibody tests, endoscopy and a biopsy to confirm the diagnosis and rule out other conditions,” says Hartford Hospital gastroenterologist Paul A. Shapiro, M.D. “Many people with asymptomatic wheat sensitivity remain unaware that they have celiac disease because their complaints of bloating, diarrhea—or even heartburn—are misdiagnosed as irritable bowel syndrome (IBS) or gall bladder disease.”

“The disease is a consequence of the genetic predisposition and inadequate digestion of gluten by human intestinal cells,” adds gastroenterologist Avrum H. Blitzer, M.D. “Perhaps an infection triggers an antibody response in someone with a genetic predisposition, or it may be linked to the timing of introduction of solid food in infancy. More than half of those suffering from celiac disease don't have clear symptoms, so diagnosis is often an art. Some patients suffer from neurological problems, including difficulty with gait, neuropathy (tingling or numbness) or headaches, as well as infertility, diabetes or iron deficiency. Less than half have diarrhea.”

More and more restaurants are creating entrées that reflect growing awareness of the disorder. The Max Restaurant Group, which includes Hartford's Max Downtown and Trumbull Kitchen, Avon's Max a Mia, Glastonbury's Max Amore and Max Fish, and West Hartford's Max's Oyster Bar, offers menu choices for celiac disease sufferers—including gluten-free beer.

*Max's chef will present a selection of gluten-free recipes at a tasting event in April (see calendar, page 19).*

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

### Berry Benefits

Among the most powerful cancer-fighting foods is a small, purplish-black berry from the Amazon rain forest. University of Florida researchers showed that antioxidants in açaí (ah-sigh-ee) berries destroy cultured human cancer cells. The Brazilian berries contain vitamins A, C and E, selenium, essential fatty acids and more anti-aging flavonoids than red wine. Foods with rich, dark colors contain phytochemicals that protect against cancer.

### Pacemaker for the Brain

Deep brain stimulation improves Parkinson's disease significantly more than medication, reports the *Journal of the American Medical Association*. Implanting electrodes in the brain reduced tremors, rigidity and flailing of the limbs and improved movement and mobility, although 40% of patients suffered serious side effects, including falls. Parkinson's disease afflicts more than one million Americans.

### Pregnant Pause

Pregnant women diagnosed with breast cancer are no more likely than similar young breast cancer patients to die or suffer a recurrence, a study at the University of Texas M.D. Anderson Cancer Center found. Researchers saw no evidence that tumors grew faster in pregnant women. While radiation should be postponed until after the baby is born, ultrasound, surgery and chemotherapy can treat the cancer without harming the fetus.

### Food Fetish

Garlic doesn't only protect against digestive cancers, but all types of cancer, including breast and prostate. The National Cancer Institute says the more raw and cooked garlic someone eats, the lower the risk of stomach and colorectal cancer. One study found that middle-aged women who regularly ate garlic had a 50% lower risk of developing colon cancer. Add crushed, fresh garlic to food or take enteric-coated supplements.

# Binge, Purge, Starve

## *When to Ask for Help*



**I**n the United States, as many as 10 million women and a million men are fighting a life-and-death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with a binge eating disorder. Nationally, 46 percent of nine-year-old girls are on diets and nine percent say they have vomited to control their weight. By the time they reach their teens, many are on a roller coaster of binge eating and crash dieting.

“Eating disorders disproportionately affect women,” says Paula Holmes, MSN, CS, APRN, clinical director of the Eating Disorders Program at the Institute of Living, which offers a partial hospitalization program for adolescents and adults suffering from anorexia (restricting and/or purging to lose weight) or bulimia (binging and purging).

“Why do some people develop an eating disorder and others don’t?” asks Ms. Holmes. “Genetics is part of the explanation. Some may have mood or anxiety disorders, or substance abuse problems. Cultural and media messages also influence the drive for thinness. Most often, food is used as a way of controlling feelings.”

Cognitive-behavioral therapy, combined with individualized counseling, helps people with eating disorders rethink their perfectionism and preoccupation with body weight

and identify triggers that may cause those with bulimia and binge-eating disorder to overeat. Most eating disorders begin early in life. Counselors talk with patients about body image, helping individuals to recognize cognitive distortions that leave them vulnerable to unhealthy urges.

“Patients go on yo-yo diets and use binge eating as a way to cope with shame, depression, guilt or other emotional distress,” explains Ms. Holmes. “Bulimia is diagnosed when someone is overeating and then purging calories via induced vomiting or over-exercising, or by using laxatives, diet pills, diuretics or herbal supplements.”

Unlike other eating disorders, binge eating afflicts both men and women more equally, well into adulthood, and is widespread among people of color and all socio-economic groups. Binge-eating disorder is more prevalent than both anorexia and bulimia. According to the National Institutes of Mental Health, surveys show that up to 5 percent of Americans experience episodes of binge eating. Binge eating correlates with neurobiological risk factors for both psychiatric disorders and obesity.

Recent research reveals that more Americans are obese than overweight. Nearly two-thirds of the population is overweight or obese, and the majority are more than 20 percent above their ideal body weight. Obesity affects every organ system, disrupts endocrine function, weakens joints and contributes to diabetes, heart disease and cancer.

Binge eating—consuming unusually large amounts of food while experiencing a clear loss of control over the eating—occurs in about a quarter of obese people. People who binge have a genetic vulnerability to obesity and are substantially more likely to also have greater body dissatisfaction and higher rates of psychological problems, such as depression, than their obese peers who don’t binge eat. People may eat even when they’re not hungry because they don’t feel full, or may keep eating long after they’re full and feel disgust or shame afterward.

While overeating and inactivity account for weight gain, binge eating is driven by faulty brain circuitry, according to a new study. For some people, just looking at tasty images of food is enough to make them want to eat.

“People often use food to deal with stress,” says Ms. Holmes. “We can help them develop food plans. Exercise also helps. Overeaters Anonymous, a 12-step recovery program, can be beneficial. Breaking the cycle of binge eating and crash dieting is the first step toward emotional balance and maintaining a healthy weight.”

# Pregnancy Perils?



Hartford Hospital's OB-GYN department provides specialized care for high-risk patients, cancer patients, pregnant teens and non-English speaking women, as well as diagnostic testing and prenatal screening for genetic disorders. "Use common sense during pregnancy," urges Merwood Jones, M.D., senior attending

physician at Hartford Hospital. "Don't smoke or drink alcohol, eat properly, don't overdo exercise, wear your seat belt, keep diabetes under control and see your physician early and regularly for prenatal care. Avoid prepared foods that may be high in sodium and instead eat fresh or frozen fruits and vegetables."



## Alcohol

Never drink alcohol during pregnancy, warns Dr. Jones. A single drink a week can cause fetal alcohol effects. For a pregnant woman, no amount of alcohol is "safe" to consume. A study in *Pediatrics* found that pregnant women who drink as little as once a week are more likely to give birth to children who have behavior problems like attention deficit and conduct disorders as teenagers.

## Psychotropic medications

"A large number of pregnant women are taking antidepressant medications," says Hartford Hospital obstetrician-gynecologist Yu Ming Victor Fang, M.D. An estimated 500,000 women in the United States annually take medications for a psychiatric illness at some point during their pregnancy. Women taking psychotropic drugs when they become pregnant should not stop "cold turkey," but should consult their doctor. When psychotherapy alone is insufficient, a drug can be prescribed that is less dangerous to the baby than the risks posed by the mother's untreated mental illness.



## Canned foods

It's not just baby bottles that contain bisphenol A (BPA), under review by the FDA for a possible ban because of its potent effects on sex hormones. The chemical can leach into food from plastic-lined metal cans. Even at low doses, BPA blocks testosterone and mimics estrogen, and may damage the developing reproductive system.



## Cigarettes

Studies show that cigarette smoking doubles the risk of miscarriage, low birthweight and sudden infant death syndrome (SIDS). If you can't quit, at least cut down and enroll in one of the hospital's smoking cessation programs. Women smokers are at unique risk for pregnancy-related problems, osteoporosis, cervical cancer, impaired fertility and early menopause.

## Lead

Lead passes freely from the mother's blood to her unborn child, where it can affect the developing brain. Lead, a potent neurotoxin, is banned in paints and glazes made in the U.S., but has been found in imported products, including lipsticks.



### Cat litter

Pregnant women should wear gloves and change the cat litter daily to prevent the risk of infection by the *toxoplasmosis* parasite.



### Cell phones

Headsets worn away from the body minimize radiation exposure. Pregnant women may prefer to carry a phone in a purse rather than clipped to a belt worn next to the developing baby. *Epidemiology* published a study showing that 13,159 Danish children whose mothers used cell phones during pregnancy were significantly more likely to develop hyperactivity, inattention and emotional problems.



### Mercury

For pregnant women, the risks of eating fish contaminated with mercury, a brain-damaging neurotoxin, outweigh the heart-healthy benefits of omega-3 oils. The FDA warns women who are pregnant or trying to become pregnant to consume no more than 12 oz. of low-mercury fish weekly. Avoid king mackerel, swordfish, bluefish, tuna and lobster.



### Soft plastics

Flexible vinyl products contain endocrine-disrupting chemicals called *phthalates*, banned in Europe as "toxic to reproduction." According to University of Rochester researchers, "prenatal phthalate exposure at environmental levels can adversely affect male reproductive development in humans." The Centers for Disease Control and Prevention (CDC) found that 93% of Americans have the chemicals in their bodies.



### Sugar substitutes

Pregnant women who avoid sugar should be alert to the artificial sweeteners used in diet soft drinks and sugar-free foods. The FDA says Splenda is safe, but recommends limiting consumption of NutraSweet and Equal. The American Pregnancy Association warns that Sweet 'N Low (saccharin) crosses the placenta and may remain in fetal tissue.



### Fragrances

Air fresheners and fragrances contain phthalates, linked to urogenital deformities as well as reproductive problems. Phthalates are often used in cosmetics, hairspray and shampoo to carry fragrances. Under current law, they can simply be labeled "fragrance," even though they may make up 20% or more of the product.

# CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM MARCH 15 THROUGH JUNE 15, 2009

## Contents

---

**Cancer Program** \_\_\_\_\_ 13

- Support Groups

**Clinical Professional Programs** \_\_\_\_\_ 18

- EMS Education
- School of Allied Health

**Diabetes Lifecare** \_\_\_\_\_ 14

**Domestic Violence** \_\_\_\_\_ 15

**Exercise/Wellness** \_\_\_\_\_ 15

**Healthy Hearts** \_\_\_\_\_ 13

- Stop Smoking for Life Programs

**HealthStar** \_\_\_\_\_ 15

- Speaker's Bureau
- Mobile Mammography

**Mental Health** \_\_\_\_\_ 14

- Bereavement Support
- Eating Disorder Education/Support
- Schizophrenia Program
- Bipolar Disorder

**Nutrition Counseling** \_\_\_\_\_ 17

**Professional Development** \_\_\_\_\_ 18

**Rehabilitation** \_\_\_\_\_ 14

**Safety Education** \_\_\_\_\_ 14

**Screenings** \_\_\_\_\_ 17

**Special Events** \_\_\_\_\_ 19

**Support Groups** \_\_\_\_\_ 17

**Volunteer Services** \_\_\_\_\_ 17

- Blood Drive

**Wellness/Integrative Medicine** \_\_\_\_\_ 15

- Reiki Healing Touch
- Prepare for Surgery

**Women's Health Issues** \_\_\_\_\_ 16-17

- Parent Education Classes
- Parent-Baby Series
- Exercise for Expectant and New Moms

---

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

## CANCER PROGRAM

### *Brain Tumor Survivor Support Group*

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month from 5:30 to 7:00 p.m., on 4/2, 5/7, 6/4—light dinner provided. Registration is required. Call Hillary Keller, LCSW at (860) 545-2318 to register. FREE.

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

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

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

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month, on 3/24, 4/28, 5/26. Call Marcia Caruso-Bergman, RN at (860) 545-4463. FREE.

### *CHES—Support for Cancer Patients*

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

### *New Beginnings*

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

### *Prostate Cancer Support Group*

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 9:30 p.m. on 4/7, 5/5, 6/2. Registration is not required. Call (860) 545-4594 with any questions. FREE.

### *Advanced Prostate Cancer Support Group*

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call (860) 524-2715 for schedule. FREE.

### *Look Good, Feel Better*

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment.

**Schedule:** From 11:30 a.m. to 1:00 p.m. on 3/23, 4/6, 5/4. Spanish session on 3/23 from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt at (860) 545-4184. FREE.

### *The Cancer Wellness Support Series*

This ongoing wellness support series is open to all Hartford Hospital Cancer Program patients and their caregivers. Experience wellness support through integrative medicine practices. Light refreshments. Registration is required and must be received at least 48 hours in advance for each meeting date. Space is limited. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Call (860) 545-1888 to register. FREE.

- 4/21 Tibetan Singing Bowls/Vibrational Healing
- 5/19 Tai Chi
- 6/16 Gentle Yoga



## HEALTHY HEARTS

### *Stop Smoking for Life Programs*

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

#### *Stop Smoking for Life Consultation*

This one-to-one session is the starting point for all individuals interested in quitting smoking. The initial consultation is scheduled with a licensed professional counselor who specializes in smoking cessation treatment options. You will receive comprehensive support materials, education related to medication and non-medication treatment options as well as a personalized treatment plan. Consultations are one hour and can be scheduled at Hartford Hospital or the Blue Back Square Wellness Center. FEE: \$75.

#### *Individual Cessation Counseling*

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach for smoking cessation. Meet with an experienced cessation counselor. Sessions are offered at Hartford Hospital or the Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$125 for 3 sessions or \$225 for 6 sessions.

### *Couples Cessation Counseling*

This program is recommended for couples/family members who want to quit together. Couples will meet with an experienced cessation counselor for counseling support and supervised use of FDA approved medications for nicotine dependence. Counseling sessions are offered at Hartford Hospital or the West Hartford, Blue Back Square Wellness Center. FEE: Initial consultation fee plus \$150 for 3 sessions or \$250 for 6 sessions.

### *Smoke Free for Life Support Group*

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke free. Facilitated by an experienced cessation counselor and meets weekly for six sessions. **Schedule:** Wednesdays, 6:00 to 7:00 p.m. at Blue Back Square from 3/11 to 4/15. FEE: Initial consultation fee plus \$100 for 6 sessions of group counseling.

### *Breathe Easy Relapse Prevention Support Group*

Upon completion of any of the above programs, participants may attend relapse prevention support meetings. The goal of this program is to provide on-going support for ex-smokers to maintain abstinence from tobacco. The support group meets monthly at Hartford Hospital and is free to participants who have completed a program of treatment for smoking cessation. **Schedule:** Meets at 5:30 p.m. on 4/1, 5/6, 6/3.

### *Employee Smoke Free for Life Worksite Group Support*

This program is designed for employers who want to offer a group treatment program on-site for their employees who want to quit. The group program is facilitated by an experienced cessation counselor and meets weekly for six sessions. Each group can accommodate 6–15 participants. FEE: \$1,650 for 6 on-site group sessions.

### *Stress Management for Cardiac Patients—A 6-Week Group*

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

### *Counseling and Stress Management Service—Individual Counseling*

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

## MENTAL HEALTH

### Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday, 12:30 to 1:30 p.m. at The Institute of Living, Todd Building. For more information contact Sherry Marconi at (860) 545-7202. FREE.

### Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health-Care Hospice, this program is open to families and caregivers who have lost a loved one. **Schedule:** 2nd and 4th Monday of the month from 1:00 to 2:15 p.m. on 3/23, 4/13, 4/27, 5/11, 6/8 at 85 Jefferson Street, Room 116. For more information, call (860) 545-2290. FREE.

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

For people 55 and older who have lost a spouse. **Schedule:** 4th Tuesday of the month, on 3/24, 4/28 from 10:00 to 11:30 a.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. FREE.

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

For people age 35–55 who have lost a spouse. **Schedule:** 3rd Tuesday of the month, on 3/17, 4/21 from 7:00 to 9:00 p.m. at McLean, 75 Great Pond Road, Simsbury. To register, call (860) 658-3700. FREE.

### Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support. **Schedule:** The last Monday of each month, on 3/30, 4/27, from 1:30 to 2:30 p.m. at McLean, 75 Great Pond Road, Simsbury. For more information call (860) 658-3700. FREE.

### Myths, Minds & Medicine Exhibit

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

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

### Schizophrenia Program

#### • Schizophrenia Anonymous

A self-help support group on the AA model for individuals who have schizophrenia or a related disorder. **Schedule:** Every Thursday evening from 5:30 to 6:30 p.m. Meetings take place in the Donnelly Building 1st floor Conference Room.

#### • Functional Implications of Schizophrenia

Learn the impact symptoms of schizophrenia have on everyday living activities and pick up tips on how to help make things better at home. Facilitated by David Vaughan, LCSW. Call for schedule.

#### • Schizophrenia—Introduction to the Disorder

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month, on 4/7, 5/5, 6/2 from 5:15 to 6:30 p.m.

#### • Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** Tuesday 5/26 from 5:15 to 6:30 p.m.

#### • Support Group for Families Dealing with Major Mental Illness

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 1st and 3rd Thursday of each month, on 3/19, 4/2, 4/16, 5/7, 5/21 from 5:15 to 6:30 p.m.

#### • Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by David Vaughan, LCSW, and Kristen Gawley, PsyM. **Schedule:** 5/12 from 5:15 to 6:30 p.m.

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

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Christine Gagliardi, M.Ed, vocational counselor and Patricia Wardwell, COTA, occupational therapist. **Schedule:** 6/9 from 5:15 to 6:30 p.m.

#### Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. **Schedule:** 3rd Tuesday of each month, on 3/17, 4/21, 5/19 in Hartford from 5:15 to 6:30 p.m.

### NEW! Depression—An Introduction

For family members and friends of individuals who suffer from depression. Learn about major depression, its treatment and ways to help family members better cope with the illness. Facilitated by David Vaughan, LCSW. **Schedule:** Meets from 5:15 to 6:30 p.m. on 4/14.

## REHABILITATION

### Pulmonary Rehabilitation Classes

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

## SAFETY EDUCATION

### Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we've teamed up with *CT Safe Kids* and the West Hartford Police Department to offer a free Car Seat Safety class for expectant parents. Space is limited and registration is required. **Schedule:** 3/31 or 6/2 from 6:30 to 8:00 p.m. in West Hartford. Call (860) 545-1888 to register. FREE.

### CPR for Family and Friends: Infants and Children

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

## DIABETES LIFE CARE PROGRAMS

### Diabetes Education Classes

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

### Diabetes Support/Education Group

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

## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### Reiki Healing Touch—Level I

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 3/26, 4/9, 4/23, 5/7, 5/28, or 6/4 from 9:00 a.m. to 5:00 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

### Mindfulness-Based Stress Reduction

Stressed by life events, illness, pain, worry? This 8-week course, modeled after the original acclaimed program at the UMass Stress Reduction Clinic, has helped over 15,000 patients to better cope with the medical, psychological, and social stresses of modern life. Hosted by Randy Kaplan, Ph.D., LMFT, a psychotherapist and behavioral health administrator. **Schedule:** From 5:30 to 7:30 p.m. **Hartford:** Orientation meeting on 4/23, course runs 4/30 to 6/18. All day retreat on 6/6. **Avon:** Orientation meeting on 4/22, course runs 4/29 to 6/17. FEE: \$200 plus \$25 for materials.

### Weekly Mindfulness-Meditation Practice Group:

Come join others who have already taken the 8-week Mindfulness Based Stress Reduction series and practice mindfulness of the present moment to deal more readily with stress & illness, especially around the holidays. This group reinforces what you have learned in class in a supportive group environment. **Schedule:** 3/24 to 6/9 from 6:00 to 7:00 p.m. in Newington. Registration is required. FREE.

### 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.

### 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:** 4/4 from 9:30 a.m. to 7:00 p.m. in Newington. FEE: \$160.

### Therapeutic Touch—Intermediate Class

Expand your knowledge and practice of Therapeutic touch. You will learn the use of colors, charkas, and simultaneous treatment with another practitioner. **Prerequisite:** Basic Therapeutic Touch. **Schedule:** 6/13 from 9:30 a.m. to 8:00 p.m. in Newington. FEE: \$190.

### Therapeutic Touch Practice/Exchange

Meditation, Therapeutic Touch exchange and discussion for all Therapeutic Touch practitioners. Anyone interested in learning about Therapeutic Touch can also attend and receive a session. **Schedule:** From 4:30 to 6:00 p.m. on 4/15 in Newington, or 5/20 at Hartford Hospital.

### Vibrational Sound Healing/Tibetan Singing Bowls Level 3 Retreat

Learn how to use nine or more bowls and tingshaws for a treatment. Learn placements of bowls and how to listen to vibrations to determine progress of the healing process. **Schedule:** Held at Farmhouse by the Sea, Sagamore Beach, Cape Cod, Mass. from 5/1 to 5/3. FEE: \$175 plus \$150 for meals and room for 2 nights. Call (860) 545-4444 for more information or to register.

### Baby Massage Instructor Certification

Training class for anyone interested in becoming certified as a Newborn Baby Massage Instructor. Learn to instruct parents to massage their newborn babies, as well as the science, benefits and communication these techniques provide. Call (860) 545-4444 for schedule and more information or to register FEE: \$250.

## DOMESTIC VIOLENCE

### My Avenging Angel Workshop

Living well is the best revenge, yet moving beyond abuse is often difficult for victims of domestic violence and sexual assault. Explore ways to get your life back through writing, creativity and focusing exercises. For schedule, call (860) 545-1888. FREE.



**HealthStar**, Hartford Hospital's community health education van, brings educational information and screenings to neighborhoods around the state. Call (860) 545-3901 or toll-free at (800) 545-7664 for a listing of our scheduled programs and locations.

### Speaker's Bureau

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

### Mobile Mammography

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

## EXERCISE/WELLNESS

Additional exercise programs are listed under Women's Health on pages 16-17.

### Pilates Classes

Conditioning program that combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. FEE: \$150 for 10 mat sessions.

### NEW! Yoga for Weight Loss

Are you serious about getting healthier and ready to take action? Learn tools for stress reduction, toning and strengthening, as well as mindful eating. Join Lynn MacDonald, RYT, for a 6 week yoga series suitable for all levels of fitness and yoga experience. **Schedule:** 3/12 to 4/23 or 4/30 to 6/4 from 4:30 to 5:45 p.m. in Newington. FEE: \$90.

*The following classes are held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center. Call (860) 284-1190 for information or to register.*

### Hot Yoga

A challenging sequence of deeply held postures in an 80+ degree room. This practice increases your strength and flexibility while creating an opportunity for profound purification of the body. FEE: \$15/class.

### Adult Swim Lessons

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



## WOMEN'S HEALTH ISSUES

### *El Grupo de Mujeres*

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For information call (860) 545-2966 or (860) 545-1001. FREE.

### *The Strong Women Stay Young Program*

An exercise program for middle aged and older women. Working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 "no-impact" workouts. Call (860) 545-1888 for the schedule and to register. FEE: \$160.

## Parent Education Classes

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

### • "New Dads"—Welcome to Fatherhood

There are not many guys in the world who can actually say they were ready to be a father—or knew how to be one—before it happened. Hartford Hospital is pleased to offer two workshops for new dads. From understanding baby's needs, bonding with baby and the difference dads make in a child's life. **Schedule:** From 7:00 to 9:00 p.m. on 3/17 & 3/24 or 4/28 & 5/5 at Hartford Hospital. FEE: \$75.

### • *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$20.

**Avon:** 3/26, 5/28

**Glastonbury:** 4/13, 5/11, 6/8

**Hartford:** 4/27, 6/15

**West Hartford:** 4/6, 5/4, 6/1

**Wethersfield:** 5/13

### • *NEW! Baby Care for Adopting Parents*

Led by a pediatric nurse practitioner, this program will help adopting parents understand the unique needs of their baby and provide information on injury prevention, feeding, diapering, bathing and general care. The focus will be on babies from 0-12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 4/20 or 6/15. Call (860) 545-1888 to register. FEE: \$35.

### • *Breastfeeding with Success*

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

**Avon:** 4/9, 5/7

**Glastonbury:** 3/16, 4/20, 5/18, 6/15

**Hartford:** 3/23

**West Hartford:** 4/13, 5/11, 6/8

**Wethersfield:** 4/8, 6/10

### • *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breastfeed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding in friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 3/30 or at Hartford Hospital on 5/18. FEE: \$20.

### • *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 4/25 in West Hartford. FEE: \$50.

### • *Cesarean Birth*

If you are anticipating a Cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** Hartford Hospital from 9:00 a.m. to 12:00 noon on 4/4 or 6/13. FEE: \$50.

### • *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 4/6 or 6/1 in Glastonbury. FREE.

### • *Infant Massage*

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

### • *Pups and Babies*

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 4/15. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 3/16 at the Mandell Jewish Community Center, West Hartford or 6/8 at the Avon Wellness Center. FREE.

### • *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes demonstrations of songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 4/1 or 6/3 in Wethersfield. FEE: \$25.

### • *Maternity Tours*

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

### • *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. Please call (860) 545-8987. FREE.

### • *Preparation for Childbirth Class*

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

### • *The Happiest Baby*

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

### • *Epidural Anesthesia for Labor*

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. at Hartford Hospital on 4/2 or 6/4. FREE.

### • *Sibling Preparation*

A class designed to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Thursday or Saturday in Hartford. FEE: \$15 per child or \$25/family.

**Pre-school**—Saturday 10:00–11:00 a.m. on 4/4, 5/2, 6/6; Thursday 4:00–5:00 p.m. on 3/19, 4/16, 5/21

**School-Age**—Saturday 10:00–11:00 a.m. on 4/18, 5/16, 6/13

### **NEW! Hypnobirthing Class**

Come learn about our upcoming program called Hypnobirthing®, a 5-week class to learn the use of guided imagery, visualization, special breathing techniques, and self-hypnosis for a more comfortable birthing process. Class meets in Wethersfield at 1260 Silas Deane Highway. **Schedule:** 3/16 to 4/20, (no class 4/13) or 4/27 to 5/25 from 6:30 p.m. to 9:00 p.m. Registration is required, call (860) 545-1888. FEE: \$225.

## Parent–Baby Series

### • *Enjoying Infants Together–Morning Classes*

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions on various parenting issues and make new friends! **Schedule:** From 10:00 to 11:00 a.m. in Wethersfield. Begins on 4/1 or 5/13. FEE: \$50 for 6-week series.

### • *Time for Infants and Toddlers–Saturday Classes*

Led by a pediatric nurse practitioner, this class is for parents and children under 24 months. Learn fun, developmental activities for infants and toddlers, participate in discussions on various parenting issues and make new friends! **Schedule:** Meets in Glastonbury from 10:00 to 11:30 a.m. Call for schedule. FEE: \$15 per class.

### • *Time for Toddlers*

Led by a Pediatric Nurse Practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on various parenting issues. **Schedule:** From 11:15 a.m. to 12:15 p.m. in Wethersfield. Begins on 4/1 or 5/13. FEE: \$50 for 6-week series.

## Exercise for Expectant and New Moms

### • *Prenatal Yoga*

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** From 5:30 to 6:45 p.m. 6-week session runs 4/29 to 6/3. FEE: \$78 for the 6-week series.

### • *Stroller Fitness*

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

## VOLUNTEERS

### *Blood Drive*

The American Red Cross will conduct blood drives at Hartford Hospital in January and March. For the exact dates and to schedule your appointment, call (860) 545-1888. For other locations, call The American Red Cross at (800) GIVE LIFE.

## Volunteer Opportunities

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

### *Trauma After-Care Volunteer Training Program*

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

### *Reiki Volunteer Program*

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

## NUTRITION COUNSELING

### *Nutrition Counseling Service*

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

### *Bariatric Surgery Community Education*

Learn about the scope of obesity in America and what to do when conventional weight loss attempts fail. Join Dr. Darren Tishler, director of Hartford Hospital's Surgical Weight Loss Program, and Dr. Pavlos K. Papasavas as they discuss the surgical treatment of obesity. Benefits, risks and alternatives to the gastric bypass procedure will be covered. **Schedule:** 3:00 to 5:00 p.m. 3/24, 4/7 or 4/21, 5/5 in Hartford Hospital, Gilman Auditorium. Registration is required. Call (860) 545-1888

### *Bariatric Surgery Support Group*

Required for people who are considering *weight loss* surgery. **Schedule:** From 6:00 to 8:00 p.m. in Hartford, 560 Hudson Street. Registration is **not** required.

3/24 *Spring Clothing Swap; Discussion: Your Nutrition Profile—Jacqueline Jacques, ND*

4/21 *Exercising After Surgery—Glenn Kohrs, Health Gears Program Director*

5/19 *Maintaining Your Outer Beauty After Surgery—Connie Santelli, Aesthetician*

## SCREENINGS/SUPPORT GROUPS\*

\* Look under specific topics for additional support group listings.

### *Blood Pressure/Sugar/Cholesterol*

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

### *Patient Support Groups*

#### • *Mended Hearts Support Group*

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. on 3/18, 4/15, 5/20 at South Congregational Church, 277 Main Street (corner of Buckingham Street), Hartford. Call (860) 289-7422. FREE.

#### • *Heart Transplant Support Group*

Provides education, networking and social interaction for pre- and post-transplant patients and their families. **Schedule:** 2nd Tuesday of the month at 6:00 p.m. on 4/14, 5/12, 6/9 at Hartford Hospital's Special Dining Room. For information or to register, call (860) 545-4368. FREE.

#### • *Transplant Patient Support Group*

For all transplant recipients, their significant others, and those waiting for organ transplants. Registration is **not** necessary. First Church of Christ Congregational, 2183 Main Street, Glastonbury. **Schedule:** 4th Thursday of the month at 7:00 to 8:30 p.m. on 3/26, 4/23, 5/28. Call (860) 545-2142 to verify schedule and location. FREE.

#### • *Ostomy Support Group*

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** 3/26, 4/23, 5/28 at 7:00 p.m. at West Hartford Senior Center, 15 Starket Road. Contact Mary at (860) 568-8173 for more information. FREE.

#### • *Kidney Transplant Orientation Class*

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

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

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month 1:00 to 3:00 p.m. on 3/17, 4/21, 5/19. Registration is not necessary. Call Betty at (860) 658-2453 for more information. FREE.

Visit our web site at [www.harthosp.org](http://www.harthosp.org)

## CLINICAL PROFESSIONAL PROGRAMS

### EMS Education

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

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

**For more information on the following classes or to register on-line, visit our website at [www.harthosp.org/ems](http://www.harthosp.org/ems).**

#### **Pediatric First Aid & CPR**

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

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

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

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

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

#### **Basic Life Support for Healthcare Providers**

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

#### **Basic Life Support for Healthcare Providers—Refresher Class**

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

#### **CPR Instructor Course**

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

#### **EMT—Basic Course**

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



#### **EMT—Intermediate Course**

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

#### **EMT—Recertification Course**

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

#### **Core Instructor Program**

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

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

##### **—Provider Course**

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

##### **—Instructor Course**

AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call (860) 545-2564 for schedule and to register.

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

##### **—Provider Course**

##### **—Refresher Course**

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

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

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

#### **Baby Massage Instructor Certification**

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

### School of Allied Health

#### **Radiation Therapy Program**

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. For a schedule and an application, visit our website at [www.harthosp.org](http://www.harthosp.org) or call (860) 545-2612.

#### **Radiography Program**

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For a schedule and an application, visit our website at [www.harthosp.org](http://www.harthosp.org) or call (860) 545-2612.

#### **Phlebotomy Training Course**

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

## 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, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital on 3/26, 4/9, 4/23, 5/14, 5/28, 6/11. FEE: \$39 for 6-month membership.

Visit our web site at [www.harthosp.org](http://www.harthosp.org)

## SPECIAL EVENTS AT HARTFORD HOSPITAL

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



### **Celiac Disease/Wheat Sensitivity**

Learn about wheat sensitivity and who is at risk, what symptoms to look for and how physicians diagnose and treat this disorder. Presented by Board-certified gastroenterologists, Dr. Avrum Blitzer (*above left*) and Dr. Paul Shapiro (*on right*) and Lisa Baker, APRN from Connecticut GI. **Schedule:** Thursday, April 2 from 7:00 to 8:00 p.m. at Blue Back Square in West Hartford. Gluten-free snacks provided by MAX Restaurants. Registration is required.



### **Celebrate Life!**

This is our exciting annual **Celebration of Life** for patients, their families and friends. Share in the laughter and fun with lively entertainment and special guests. Join us on Sunday, June 14, from 12:30 to 3:30 p.m. at The Learning Corridor, 43 Vernon Street in Hartford. This is a free event but registration is required.



### **Cosmetic Enhancements Using Botox & Fillers**

Expensive cosmetic surgery may be out of the question given today's turbulent economy but there are other options. Join Dr. Alex Cech, Board-certified in plastic & reconstructive surgery, as he discusses what Botox and fillers can fix, describes how procedures are done and describes results you can anticipate from these procedures. **Schedule:** Thursday, April 30 from 7:00 to 8:00 p.m. at Blue Back Square; 65 Memorial Road, Suite 500. Registration is required.



### **Glastonbury GI Center Opens**

Our new center offers convenient access to superlative GI care, from routine screenings and common tests to advanced procedures and complex cases. The Hartford Hospital Glastonbury GI Center is at 300 Western Boulevard. Call (860) 545-1888 for more information.



### **Lunch and Learn: Creativity and Collage**

Escape for a brief time from your workday and explore your creativity through collage at this hands-on lunch and learn program. We'll use some simple collage techniques using color, shape, and direction to create a collage that you can then take with you at the end of the session. No experience necessary. **Schedule:** May 4 from 12 noon to 1:00 p.m. in Hartford Hospital Dining Room A & B. FREE. Registration is **not** required.

### **Introduction to Weight Loss Surgery**

Meet the surgeons at Hartford Hospital who perform weight loss surgeries—Dr. Pavlos Papisavas and Dr. Darren Tishler. Learn about the obesity epidemic, the weight loss procedures they perform and find out whether you could be a candidate. **Schedule:** March 25 in Wethersfield, 1260 Silas Deane Highway. Registration is required.



Serving accessories can be purchased at the Hartford Hospital Auxiliary Gift Shop.

## The Divine Pear

*The Divine Pear\** is not only pretty, but also pretty unusual in that we don't come across baked versions of the curvy fruit every day. Consider it a light and sophisticated dinner party dessert. Do the prep in advance but wait until right before you start eating dinner before popping it in the oven. The heavenly aroma will inform you and your guests that it is indeed time for dessert.

Recipes with lots of ingredients can look daunting and therefore unappealing. Here's the good news. Scrumptious main dishes, lunches, drinks, salads, soups and more can be made with very few ingredients—just four, to be exact. And when a recipe that tastes great and is easy to prepare also happens to contain just four ingredients, you know that it's going to be a winner.

### Ingredients

½ cup water

4 firm pears

½ cup small pieces dried fruit (choose 1 or more of raisins, dried cherries, dried cranberries, chopped dates, etc.)

½ cup pure maple syrup

½ teaspoon cinnamon

Preheat oven to 375 degrees F. Lightly mist an 8 x 11-inch baking dish with non-stick cooking oil spray. Place the water in the pan and set aside. Slice the pears in half lengthwise, scoop out the seeds using a melon baller, and, if desired, slice off the very top portion of the pear (including the stem). Place the pears face-up in the pan, taking care to lean them against each other as needed in order to keep them from tilting over too much. Fill the pear cavities with the dried fruit and set aside.

Place the maple syrup and the cinnamon in a small bowl and mix well. Drizzle the mixture over the dried fruit in each of the cavities, and over the top surface of all of the pears.

Cover with foil and bake for 1 hour or until the pears are very soft. Let cool 5 minutes and serve.

*Yield: 4 to 8 servings*

**The Divine Pear à la Mode:** Serve each pear topped with a scoop of vegan vanilla ice cream or other light-flavored vegan ice cream.

Calories: 180

Carbohydrate: 47 g

Protein: < 1 g

Total fat: 0.25\*

Sodium: 5 mg\*

Fiber: 4 g

Potassium: 299 mg

\* negligible, naturally occurring

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

*\*From Glastonbury nutritionist and chef Maribeth Abrams' forthcoming book, 4-Ingredient Vegan, available for pre-order on Amazon.com.*

**HH** HARTFORD  
HOSPITAL  
80 SEYMOUR STREET  
HARTFORD, CT 06102-5037

Non Profit  
Organization  
U.S. Postage  
PAID  
Hartford, CT  
Permit No. 4361