

seniority

FALL 2010

MAKING THESE THE BEST YEARS OF YOUR LIFE



THE READING HOSPITAL HELPS CANCER PATIENTS IMPROVE MOOD

Coping with cancer can be very difficult. Beyond the diagnosis and treatment, however, there is a haven of caring and support. The Reading Hospital Regional Cancer Center has programs that are specifically tailored to meet the special wellness needs of cancer patients, survivors, and caregivers.

The Image Recovery Center (IRC) is a new program that offers products and services with the cancer patient in mind. "We are here to help people who have had changes to their appearance as a result of surgery or other forms of therapy," says Aimee Todd-Pillman, PhD, Director of the wellness programs at the Regional Cancer Center.

Cancer treatments can include chemotherapy, radiation, or surgery, any of which can cause visible physical changes such as hair loss, skin discoloration, or scarring. So, while these treatments are working to cure the disease on the inside, the Image Recovery Center can help lessen the impact of changes to the outside.

"We are here to help people."

—AIMEE TODD-PILLMAN, PhD

HELPFUL OPTIONS

For women who have undergone a mastectomy, lumpectomy, or reconstructive surgery, there is a certified fitter who can assist with the selection of custom breast prostheses, as well as specially-designed bras and camisoles to flatter and support. Custom or ready-made compression garments for upper or lower extremities help reduce the swelling associated with lymphedema.

There are even intimate loungewear and swimsuit options available, to help post-surgery patients approach their leisure

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outer peace

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→ Road Run → Breast Cancer Fair → Easy Stir-Fry Chicken

make the call

To schedule an appointment, call the Image Recovery Center at **610-988-4898**. No formal referrals are required.

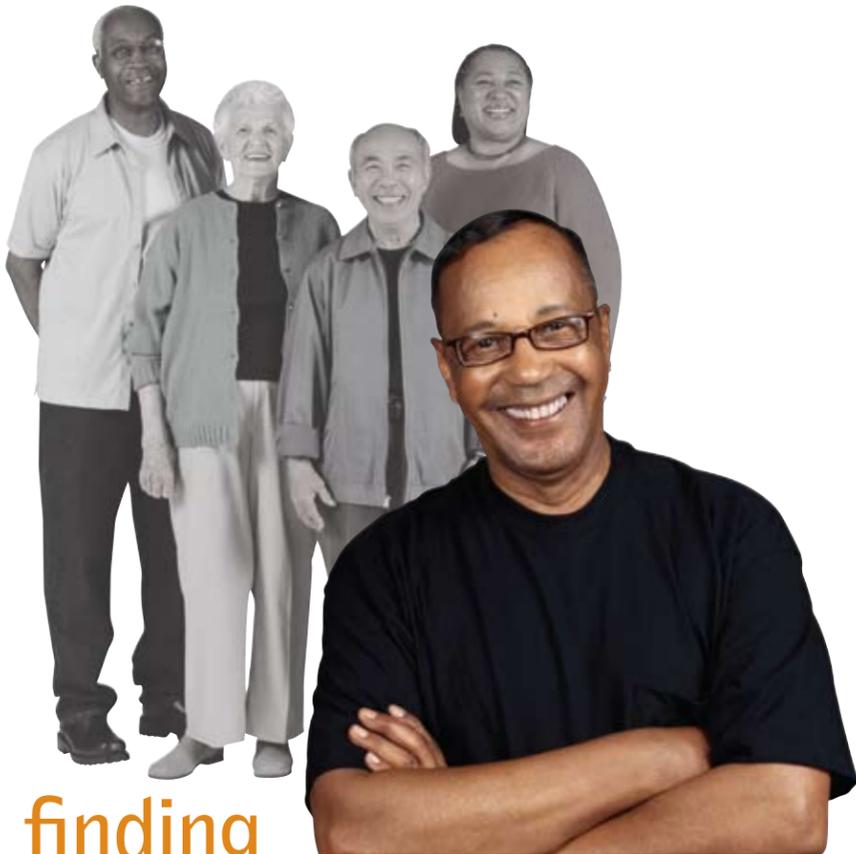
The Image Recovery Center is open Monday through Friday, from 8:30 a.m. to 5 p.m.

After-hour appointments are available if you are unable to come during the day, or if you desire extra privacy. Patients who, for physical reasons, cannot come to the Center may schedule inpatient consultations.

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and Medical Center
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Reading, PA 19612-6052



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finding hope

SUPPORT AND COPING STRATEGIES FOR PEOPLE LIVING WITH CANCER

Facing a cancer diagnosis is one of life's biggest challenges. Fortunately, The Reading Hospital Regional Cancer Center offers the Circle of Hope support group for people with cancer—whether they are newly diagnosed, undergoing treatment, facing recurrent disease, or in remission. Family, friends and caregivers are also welcome. Participants can share their feelings and experiences of cancer in a trusting environment with others who face similar challenges.

WHEN: Second Thursday of the month, 1:30–3 p.m.
Third Wednesday of the month, 6–7:30 p.m.

WHERE: The Reading Hospital and Medical Center, N-Ground Conference Room

INFO: Program is FREE. Registration encouraged. Call **610-988-HELP (4357)**.

get a *move* on

MOVEMENT, MEDITATION, AND LAUGHTER HELP TO HEAL

Tai Chi combines relaxed, gentle movements with focused breathing and meditation, and offers many health benefits. An experienced instructor guides participants through the movements at a uniform speed. No prior experience necessary.

WHEN: Wednesdays, 5:30–6:30 p.m.

WHERE: The Reading Hospital Education Center (October–April)
Leisure Park, 1901 Tulpehocken Road (May–September)

INFO: Cost is FREE. Registration encouraged. Call **610-988-HELP (4357)**.

Healing Yoga helps strengthen the immune system through movements designed to promote harmony and balance. This holistic system helps the body, mind, spirit, and emotions work together to promote health and defend against illness.

WHEN: Thursdays, 5:30–6:30 p.m.

WHERE: The Reading Hospital and Medical Center E-2 Classroom

INFO: \$10 per class. Registration required. Call **610-988-HELP (4357)**.

FLOW or Friendship, Laughter, and Openness Workout, is a winning combination of working out and playing around—done to pursue wellness, combat fatigue and balance problems, end isolation, and bolster self-esteem. A qualified facilitator leads the group through a series of movements that heal and strengthen at the body's own pace.

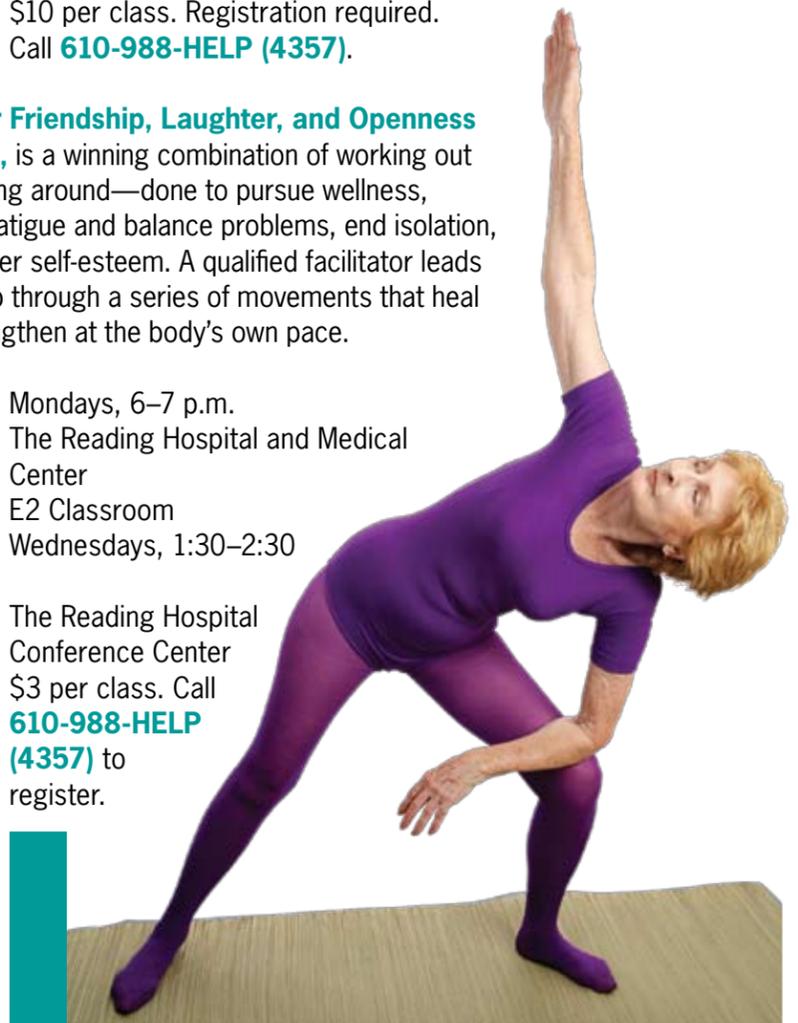
WHEN: Mondays, 6–7 p.m.

WHERE: The Reading Hospital and Medical Center
E2 Classroom

WHEN: Wednesdays, 1:30–2:30 p.m.

WHERE: The Reading Hospital Conference Center

INFO: \$3 per class. Call **610-988-HELP (4357)** to register.



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activities with greater self-confidence.

Specially-trained cosmetologists provide skin care and hair care services. Dr. Todd-Pillman describes the special skincare line available at the Image Recovery Center. "Our products are non-toxic and are free of harmful chemicals for patients whose skin is newly sensitive." Visitors can choose makeup, cleansers, deodorants, shampoos, sunscreen, and more. Cosmetologists also style hair for both men and women, as

well as offer styling tips for thinning hair and special care for the scalp during and after hair loss. Wig selection, fittings, shampoo, and styling are also available.



A SOOTHING TOUCH

In recent years, more physicians and healthcare providers have come to appreciate the benefits of therapeutic massage for cancer patients. The Image Recovery Center offers massage therapy to alleviate stress and anxiety, release muscle tension, and reduce pain and fatigue. A massage therapist is trained to offer a soothing touch that fosters a sense of well-being—and that

does not aggravate sensitive tissues. Full-body or partial massages are available in 15-, 30-, or 60-minute sessions.

The Reading Hospital Regional Cancer Center offers many more options designed for stress relief, personal support, and mind-body balance. (See sidebars above.) "We focus on cancer patients, but we are expanding all of our services to serve everyone. Our services promote general wellness," says Dr. Todd-Pillman.



your health abroad:

THE READING HOSPITAL AND
MEDICAL CENTER'S TRAVEL
IMMUNIZATION SERVICE

Finally taking that trip of a lifetime? Or going abroad for work? If you're heading out of the country, don't forget to plan for your health. The Reading Hospital and Medical Center Travel Immunization Service offers a complete line of services to help ensure safe and healthy travel while you're abroad.

Services include all immunizations required, as well as those highly recommended for specific destinations, current information about health conditions, and relevant global disease outbreaks, as well as recommendations for medications to be taken in advance of your trip.

If you are not sure what exactly is required for the country you're visiting, the staff at the Travel Immunization Service can offer vital health information about the region. Staffed by medical specialists with international health expertise, the Center stays up-to-date on routine, required, and recommended immunizations. Some examples of the three differing types of immunizations offered include:

Routine:

All adults should have these immunizations, regardless of any travel plans outside the United States: diphtheria, influenza, MMR booster, varicella, tetanus.

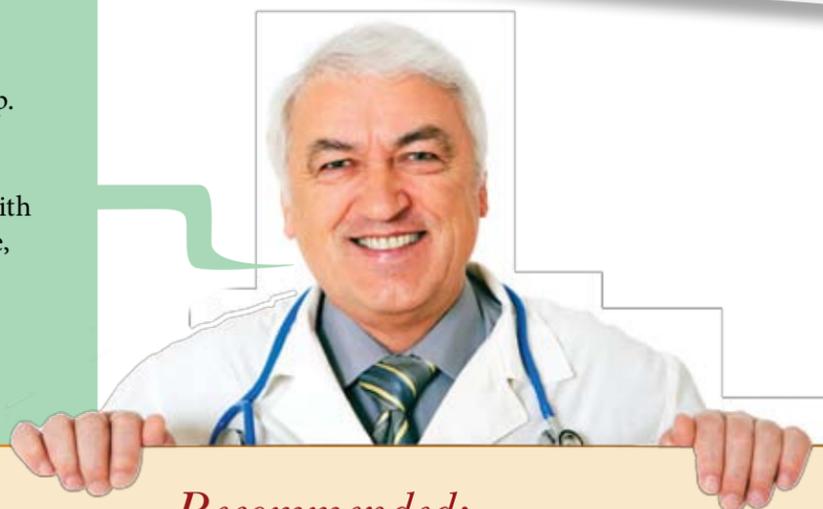
Required:

Many countries will require proof that you've had the shots listed above, as well as yellow fever and meningococcal immunizations before you can enter. Several countries in Africa and South America, specifically, might also require an international certificate verifying that you received these vaccinations from a World Health Organization (WHO)-approved institution; The Reading Hospital Travel Immunization Service is fully WHO-certified.

Recommended:

These immunizations might be recommended depending on your destination and itinerary: hepatitis A, hepatitis B, influenza, Japanese encephalitis, meningococcal, pneumococcal, polio, rabies, and typhoid.

Planning ahead for your trip can save a lot of stress later down the road. Plan a visit to The Reading Hospital Travel Immunization Service as soon as you know your itinerary, to find out what you need to do to prepare. Some immunizations can take up to six months to complete, so advance planning is important. To schedule an appointment, call **610-988-4761**. The Center is located at the Doctors Office Building, 301 S. Seventh Ave., Suite 130, in West Reading.





the reading hospital road run

Sunday, October 10, 2010, 9 a.m.

Join us on Sunday, October 10, for the annual Reading Hospital Road Run. Winding through a scenic, tree-lined course in the Wyomissing Borough and Reading Public Museum grounds, the run will celebrate the pure joy of movement. With three convenient options for the race—a 10K, 5K Run/Walk, and 1-Mile Fun Run/Fitness Walk—the event features something for everyone. Come for the thrill of competition, form a team and run with friends, or simply join to enjoy a beautiful fall morning walk.

This year's race features live entertainment by Hat Trixx, a free high-tech wicking shirt (while supplies last), cash awards for the top winners, and free parking. Awards will be given to the top three males and females for each age group and to the first-place co-ed, all-male, and all-female teams in the 5K and 10K races.

Proceeds from the race will benefit the latest projects of the Friends of The Reading Hospital and Medical Center.

register now
For more information about the event, go to www.readinghospital.org/roadrun, call 610-988-8477, or visit Volunteer Services, located on the Ground Floor of E-Building, open weekdays from 8 a.m. to 4:30 p.m.



THE RECIPE FILE

EASY STIR-FRY CHICKEN

INGREDIENTS

- 1 pound chicken breast, washed and cubed
- 2 tablespoons olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 cup snow pea pods
- ½ cup fat-free chicken broth
- 2 tablespoons low-sodium soy sauce
- 2 cups brown rice, prepared and set aside

INSTRUCTIONS

Heat oil in a large nonstick skillet. Add the chicken and cook over medium-high heat stirring briskly. When the chicken is almost done (about 4 minutes), add the onions and garlic and continue to stir. Lower the heat to medium-low, pour in the chicken broth and bring to a boil. Add the snow peas, cover and allow to simmer for 3 minutes. Remove cover, add soy sauce and stir to blend. Serve over ½ cup warm brown rice. Serves 4.

NUTRITIONAL ANALYSIS PER SERVING

fat: 10.9 grams; calories: 339; saturated fat: 2 grams; carbohydrates: 31.8 grams; protein: 35.9 grams; cholesterol: 73.6 milligrams; sodium: 487 milligrams

pink power night



Monday, October 4, 2010, 4 p.m.
Reading Crowne Plaza, 1741 Paper Mill Road, Wyomissing

It's Ladies Night! Join The Reading Hospital for a fun-filled evening on Monday, October 4, as hundreds of women gather to celebrate the 3rd Annual Pink Power Night. With an average annual attendance of 500 guests, this year's Pink Power Night will feature informative exhibits, tasty food and raffle prizes. Morning DJ Jackie Hoffman, from local station Y102 WRFY FM, will emcee the evening, as women gather to be inspired and empowered. Interact with experts in breast health, diet and exercise, appearance counseling, and more. Unite with

other women to share questions and concerns by swapping stories in a night filled with laughter, information, and support.

Gather your friends and family members and register online for the Pink Power Night with an online donation of \$10. Registration forms can be found online at <https://www.readinghospital.org/OTH/Page.asp?PageID=OTH001620>, or by calling 610-988-HELP. Tickets are limited so register today so as not to miss out on this great evening event to promote women's health.

MIND GAMES

searchin' SAFARI

Sixteen terms found in this newsletter are hidden in the word search below. Challenge yourself by looking for them without the list.



R	D	E	A	Y	S	U	P	P	O	R	T
B	C	V	K	O	W	L	T	E	A	M	S
L	R	D	G	G	N	I	H	T	O	O	S
U	E	I	T	A	N	U	E	R	M	V	O
Q	W	E	S	B	A	F	I	T	T	E	R
N	O	I	T	A	Z	I	N	U	M	M	I
U	P	P	M	L	E	G	R	Y	A	E	H
R	K	X	Y	A	R	P	M	S	S	N	C
D	N	I	R	N	G	A	W	W	I	T	I
A	I	N	R	C	L	E	F	O	O	R	A
O	P	O	T	E	N	S	I	O	N	L	T
R	L	N	E	E	R	C	S	N	U	S	D

road run, immunization, tai chi, movement, team, pink power, support, fitter, sunscreen, wig, tension, image, soothing, yoga, balance, snow peas

ANSWERS