

*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## Get Your Cholesterol Under Control!

Whether you've been diagnosed with high cholesterol or your cholesterol levels are normal and you want to keep them that way, here are resources that can help you. For more information on any of these programs, call 610-402-CARE.

- **Dr. Dean Ornish Program for Reversing Heart Disease® and Ornish Advantage** – These programs combine diet, exercise, stress management and group support. They are proven to reduce your risk for (and in some cases even reverse) heart disease.
- **Helwig Health and Diabetes Center** – Helwig offers individual nutrition counseling, diabetes classes, and support groups for people at risk for or living with diabetes. A multidisciplinary team of registered nurses, dietitians, nurse practitioners who are certified diabetes educators, and licensed clinical social workers provide you with guidance to help you improve your diabetes control and reduce your risk for heart disease.
- **Lipid Management Clinic** – Cardiologist Andrew Sumner, M.D., and colleagues at Lehigh Valley Heart Specialists provide screening, education and treatment for people with high cholesterol and other cardiac risk factors.
- **Healthy You Fitness Classes** – Available for all ages and levels, from lap swimming to belly dancing to FlashFit circuit training.
- **Weight Management Center** – A team of dietitians, behavioral health providers, an exercise physiologist and a bariatrician (physician who specializes in weight loss) will design a program just for you. It may include nutrition, exercise, counseling and medications if needed.
- **VIP for Life** – Our educated staff will customize a program to help you identify, understand and reduce your risks for heart disease, diabetes, stroke and peripheral vascular disease. The program includes nutrition, exercise, and stress and weight management.



**LEHIGH VALLEY  
HOSPITAL  
AND HEALTH NETWORK**

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

**[www.lvh.org](http://www.lvh.org)  
610-402-CARE**

For more information  
or for a physician referral,  
call 610-402-CARE