

WOMEN'S healthsource



Cancer, Conquered

Diagnosed with breast cancer at seven months pregnant, Jessica Shorten is now a cancer-free mother of three. Read her story on page 6.

FALL 2014 ADVANCED HEART CARE, CLOSE TO HOME |
SLEEPING SOUNDLY WITH MENOPAUSE | WHAT YOU DON'T KNOW
ABOUT LUNG CANCER | EMERGENCY CARE DESIGNED FOR KIDS



Main Line Health®

Advanced Heart Care, Close to Home

The aorta plays a vital role in the heart's functionality by distributing nutrient-rich blood throughout the body. If the aorta becomes narrowed from plaque buildup or is stretched by an aneurysm, that transportation of blood is interrupted. It takes an experienced team of cardiovascular experts to repair the damage.

Lankenau Heart Institute, part of Main Line Health, is one of only a few institutions in the nation to offer this level of expertise in diagnosing and caring for complex aortic disease. Through the Aortic Wellness program, a team of cardiothoracic surgeons, vascular surgeons, cardiologists, and diagnostic radiologists provide advanced treatment options, disease management, and rehabilitation services.

A National Expert Joins the Team

The Aortic Wellness program is led by Konstadinos Plestis, MD, who joined Lankenau Heart Institute in May as system chief of Cardiothoracic and Vascular Surgery. Dr. Plestis previously served as director of aortic surgery at



Konstadinos Plestis, MD, system chief of Cardiothoracic and Vascular Surgery, Lankenau Heart Institute

Lenox Hill Hospital. With more than 20 years of cardiovascular surgical experience, Dr. Plestis has earned a strong reputation as one of the country's leaders in the field. He and the cardiac surgery team treat a full range of aortic diseases, including:

- Aortic stenosis
- Aortic regurgitation
- Ascending aortic aneurysms
- Aortic root aneurysms

- Aortic arch aneurysms
- Descending aorta aneurysms
- Thoraco-abdominal aneurysms

"Patients with serious aortic conditions such as aneurysms may have no symptoms or only mild symptoms, including vague jaw, neck, or back pain or difficulty swallowing or breathing. We offer state-of-the-art diagnostic technology that enables us to identify and repair aortic disease at an earlier stage, with improved outcomes," says Dr. Plestis.

Lankenau Heart Institute Leads the Way

The Aortic Wellness program at the Lankenau Heart Institute builds on the collective knowledge, skills, technology, and clinical expertise of Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital. The goal is to reduce the impact of aortic disease and overall cardiovascular disease in the communities we serve.

Lankenau Heart Institute's surgical program is led by internationally renowned heart specialists. Their expertise includes groundbreaking techniques, such as beating heart and robotic coronary artery bypass grafting (CABG), minimally invasive mitral valve repair, and transcatheter valve therapies.

The number of treatment options for aortic disease is steadily increasing. In addition to long-tested surgical techniques, new endovascular and hybrid procedures are increasing the pool of patients who are candidates for repair.

"Our goal is to provide patients with complex aortic disease the most advanced treatments that modern medicine has to offer," says Dr. Plestis. ●

LANKENAU HEART INSTITUTE LOCATIONS ACROSS THE REGION

What is the Lankenau Heart Institute?

It is a clinical program of Main Line Health devoted to prevention, diagnosis, and treatment of cardiovascular disease. A networked team of medical and surgical specialists provides all aspects of care needed by people with or at high risk for cardiovascular disease. Lankenau Heart Institute physicians are located across all of Main Line Health: at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, Riddle Hospital, and many community cardiology offices.

What specialists are on the team?

All physicians on the Lankenau Heart Institute team are board-certified

cardiovascular specialists with expertise in one or more of the following areas:

- General cardiology
- Cardiac surgery
- Cardiac arrhythmia
- Heart failure
- Heart valve disease
- Aortic disease
- Interventional cardiology

For a complete list of heart care services offered through Lankenau Heart Institute, go to mainlinehealth.org/heart/services.

How do I know if a doctor is part of Lankenau Heart Institute? Visit mainlinehealth.org/heart/doctors.



Access to Expert Heart Care

To make an appointment with a Lankenau Heart Institute physician, call **1.888.876.8764**. To learn more about the advanced treatment options we offer, visit mainlinehealth.org/heart.

4 Great Lunches for Kids

If you're low on lunch-box ideas, sink your teeth into these.

When you plan healthy, balanced meals at home, you include whole grains, fruits, and vegetables with fish, lean poultry, or meat. The same rules apply when you pack a lunch for your child.

That's the ideal. Then there's reality. Children have their own ideas of what's cool, and those may not score well on nutrition. Fortunately, there are plenty of wholesome variations of children's favorites. For example, if your child doesn't like whole wheat bread, opt for whole-grain crackers, whole-grain pasta salad, or air-popped popcorn.

Most children don't get enough fruits and vegetables. Turn that around at lunchtime. Fruits and vegetables that are peeled, sliced, or bite-sized are easy to eat. As for protein, go with peanut butter, turkey, or low-fat ham.

Ready to start packing? Just add milk money to these four lunches:

- 1. Sort of Sushi.** Spread $\frac{1}{2}$ cup cooked brown rice on a whole wheat flour tortilla. Arrange $\frac{1}{2}$ cup cooked chicken breast strips and a couple of thin cooked broccoli spears on one end. Sprinkle lightly with reduced-sodium soy sauce. Tightly roll up and slice into 2-inch pieces. Wrap in plastic wrap. Add orange segments.
- 2. Snacker's Special.** Combine $\frac{1}{2}$ cup whole-grain toasted oat cereal, $\frac{1}{4}$ cup roasted soy nuts or peanuts, 1 cup air-popped popcorn, and $\frac{1}{4}$ cup diced dried apples in a plastic bag. Add $\frac{1}{2}$ teaspoon cinnamon and shake well. Add a bag of cherry tomatoes and a stick of string cheese.
- 3. Pita with PB and B.** Slice open two mini whole wheat pita breads. Spread 1 tablespoon peanut butter on each. Top with thin banana slices and close. Add a small peeled cucumber (cut into spears) and a container of reduced-fat ranch dressing.
- 4. Bacon Crunchers.** Lightly spread honey mustard on four whole wheat bagel chips. Cut two cooked Canadian bacon slices to fit, then place them on top of the bagel chips. Cover with baby spinach and close with bagel chips. Add a bag of strawberries. ●



3D Mammography: Clearer Detection, Fewer Tests

Digital breast tomosynthesis, also known as three-dimensional (3D) mammography, is now available at our Comprehensive Breast Centers at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital, at no additional cost to our patients.

3D mammography provides a clearer, more accurate view of the breast and allows doctors to more effectively pinpoint the size, shape, and location of any abnormalities. This can lead to better detection, fewer tests, and greater peace of mind.

While 3D mammography is recommended for all women, it's been shown to make the most difference for those ages 40 to 50, women with dense breasts, and those with a personal history of breast cancer.

To schedule your screening, call 1.888.CALL.MLH or visit mainlinehealth.org/imaging/schedule-an-appointment.

MENOPAUSE SHOULDN'T KEEP YOU FROM A GOOD NIGHT'S SLEEP

Many women have more trouble sleeping through the night as they age. "Insomnia may stem from hot flashes, because relieving them seems to improve sleep," says Beverly Vaughn, MD, gynecologist at Main Line Health and medical coordinator of the Main Line Health Menopause and You program. "In addition, women may experience a normal age-related decline in the sleep-promoting hormone progesterone."

But menopause may not be the only culprit. As a woman ages, other health conditions can affect her sleep. These include stress, depression, pain, restless leg syndrome, and sleep apnea. An important key to getting a good night's sleep, Dr. Vaughn explains, "is figuring out the pattern of your sleep problem and parsing out the likely cause or causes." Your gynecologist can then steer you toward treatment or refer you to the appropriate doctor.

Dr. Vaughn offers these tips to encourage better sleep:

- Keep your room cool and dark.
- Preserve your bedroom for sleep and sex only.
- Avoid lying awake in bed for more than 15 minutes. Instead, get up and do something boring.

Sweet Dreams

For an appointment with a Main Line Health gynecologist, call 1.888.876.8764. To view our informative Menopause and You videos, such as "Sleep Disorders," go to mainlinehealth.org/whs/menopause-and-you-video-library.

Riddle Hospital's New ED Is Open: Critical Care in a Comfortable Setting

After two years of intensive planning and renovation, the newly transformed Riddle Hospital Emergency Department (ED) is now open to the community.

"This major upgrade was a long process, but it was definitely worth the wait to provide patients and their families with expert, efficient emergency care in a state-of-the-art setting," says Michael Goodyear, DO, Riddle chief of Emergency Medicine.

Riddle's expanded ED doubles the emergency services area with cutting-edge features, including:

- New lifesaving medical technology
- 24 private treatment rooms
- A Rapid Evaluation Unit for patients with minor injuries
- Private consultation rooms for families
- Spacious, comfortable waiting area

"Our ED team suggested enhancements that help the department function more efficiently and comfortably for staff and patients, such as mobile supply cabinets

and thicker mattresses on stretchers," says Donna Cantalupi, RN, MSN, ED nurse manager. "It's a new day for emergency services at Riddle, and we're excited to showcase our new surroundings."

The ED was originally built to accommodate 22,000 patients annually, but that number is projected to rise to 50,000 in the next few years. The goal of the renovation is to significantly reduce waiting times and better serve residents of surrounding areas.

"Bottom line, we undertook this renovation for the community," says Dr. Goodyear. "Delivering advanced emergency services is our number one goal." ●

Save the Date!

Come to Fall Fest on October 11!

Health screenings, music, food, games, and the ribbon-cutting of Riddle's new ED. For details, turn to page 10 or visit mainlinehealth.org/riddle.



Lung Cancer: More Serious Than You Might Think

Every five minutes, a woman in the U.S. is told she has lung cancer.

In fact, lung cancer is the number one cancer killer of women. More people die every year of lung cancer than of breast, colon, and prostate cancers combined.

“The survival rates haven’t changed significantly in the past 25 years,” says Alicia McKelvey, MD, a Main Line Health thoracic surgeon. “By the time patients have symptoms, they are typically at an advanced stage of the cancer.” As a result, all those annually diagnosed with lung cancer have just a 16 percent chance of being alive in five years.

Despite these sobering stats, lung cancer gets little attention. Its strong association with smoking—the main cause—can make it not as sympathetic.

“People sometimes think that if you smoked, you deserve it,” Dr. McKelvey says. But the truth is that anyone, even nonsmokers, can get lung cancer. Ten percent of lung cancer cases are among people who have never smoked. The leading nonsmoking cause is from radon, a toxic, colorless gas found in soil and rock. Other causes may include air pollution, genetics, and secondhand smoke.

Knowing the Signs

It can be difficult to tell if you have lung cancer, as it often has no symptoms in the early stages. However, if you experience any of the following symptoms, contact your doctor:

- A persistent cough
- Coughing up blood

- Unexplained weight loss
- Recurrent pneumonia
- New bone pain
- Increasing fatigue
- Seizures or headache

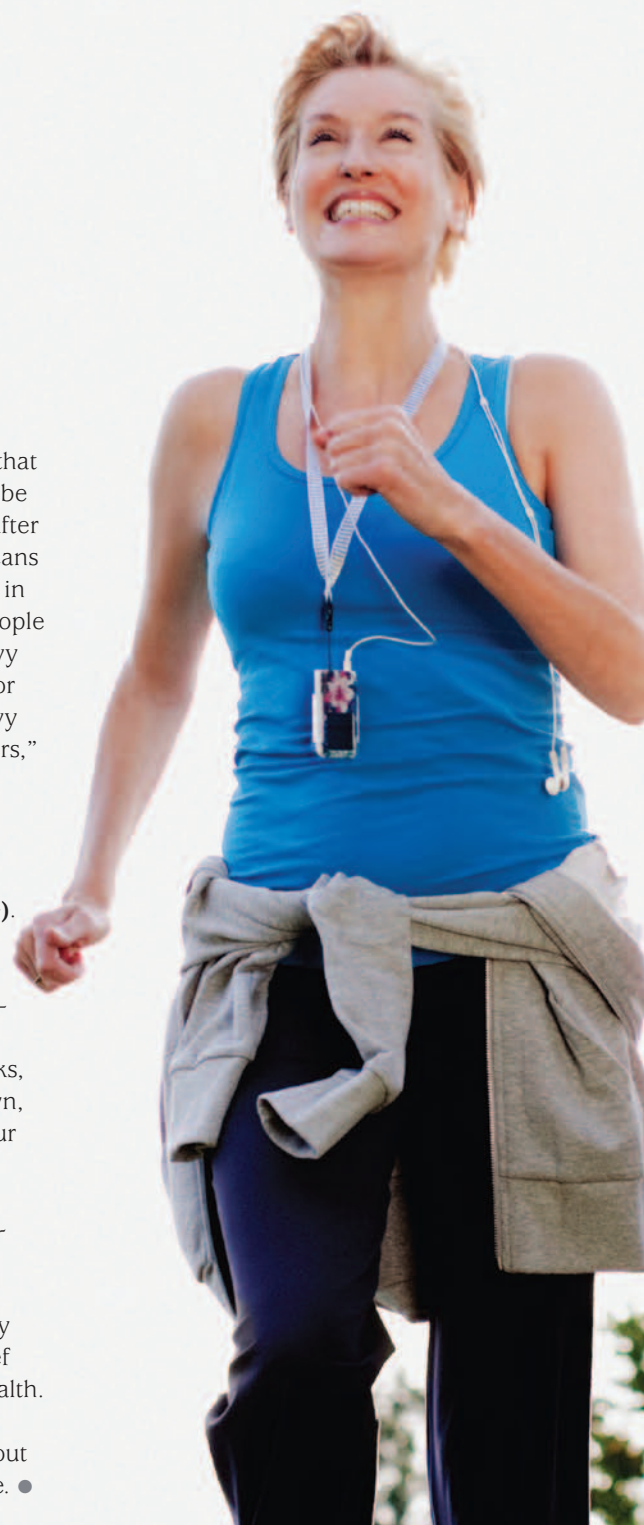
Should You Be Screened?

Late last year, the U.S. Preventive Services Task Force recommended that individuals with certain risk factors be screened annually for lung cancer after a study showed that low-dose CT scans can reduce mortality by 20 percent in high-risk patients. Those include people ages 55 to 80 with a history of heavy smoking who are current smokers or have quit in the past 15 years. Heavy smoking is defined as 30 “pack years,” with a pack year being an average of one pack a day for a year. This screening is available at Main Line Health facilities. To find a location near you, call **484.565.LUNG (5864)**.

Prevention Is Key

It’s never too late to stop smoking—quitting today can help as early as tomorrow. “Within a couple of weeks, the risk of irritant asthma goes down, and you’ll immediately improve your quality of life,” says pulmonologist Gregory Williams, MD.

Main Line Health offers smoking-cessation classes with high success rates. “If you try to quit cold turkey, your rate of quitting smoking is very low,” says Michael Walker, MD, chief of thoracic surgery at Main Line Health. “The best overall rate of quitting is with a program.” To learn more about classes, turn to page 10 in this issue. ●



CHANGING MINDS ABOUT LUNG DISEASE

The American Lung Association has started a program called Lung Force aimed at helping women learn more about lung cancer. The goal is to change people’s minds about what it means to have the disease so that everyone understands their risks. Lung Force also supports research that will lead to earlier detection and more personalized treatments. Learn more at www.lungforce.org.

Winning the Battle with Breast

During the third trimester of pregnancy, most expectant moms are decorating the nursery, stocking up on diapers, and getting as much rest as they can before their bundle of joy arrives. But not Jessica Shorten. At seven months pregnant, she was diagnosed with breast cancer—fighting for her life and that of her unborn baby.

Two years ago, at an appointment with Shari Senzon, MD, an OB/GYN at Paoli Hospital, Shorten, then 38 years old, mentioned a lump she felt in her right breast. During pregnancy, breasts enlarge and milk ducts grow in preparation for breastfeeding, which can cause lumps and other changes in the way breasts feel. Still, it's important to discuss anything unusual with a doctor, especially a lump on only one side.

"We take all breast complaints very seriously," says Dr. Senzon. "Just because Jessica was pregnant, I didn't want to assume it was a normal pregnancy change. I wanted to make sure she received the appropriate tests so we could make a determination."

An ultrasound performed at Paoli Hospital showed a mass in Shorten's breast. A biopsy then confirmed that she had an especially aggressive form of cancer, called HER2 positive, which required immediate treatment.



Dr. Thomas Frazier, medical director of the Comprehensive Breast Center at Bryn Mawr Hospital, and Jessica Shorten review the mammogram that discovered her cancerous tumor.

Difficult Decisions

"A tumor that is HER2 positive produces a protein that encourages it to grow at a more rapid rate," says Thomas Frazier, MD, a breast cancer surgeon and medical director of the Comprehensive Breast Center at Bryn Mawr Hospital. "The next step was to decide whether to surgically remove the tumor and wait until Jessica delivered to begin

chemotherapy, or start chemotherapy during the pregnancy to shrink the tumor and then do surgery after she delivered."

Shorten and her husband, Tim, consulted with their team of breast and OB specialists at Main Line Health. They also sought second opinions from other

"At the time I was diagnosed, it was a really difficult road. But when I found doctors I trusted, I put my health completely in their hands. I can't imagine getting better care anywhere else."

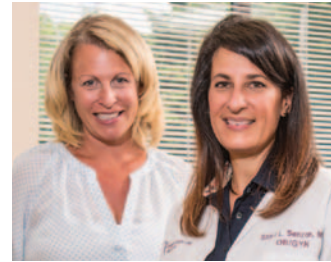


Cancer—During Pregnancy



Focused on Your Growing Family

Having a baby is a big event. Our expert staff, top-notch facilities, and comprehensive services combine to offer complete, family-centered care. Visit us at mainlinehealth.org/maternity to find an obstetrician near you. And turn to page 11 to read about our hospital tours and wide variety of maternity and parenting classes.



Jessica Shorten with Dr. Shari Senzon, her OB/GYN.

health care providers in the area. They wanted to weigh all their options and make the best decisions for Jessica, their baby, and their two sons, Callen, now age two and a half, and T.J., now age 4.

“Ultimately,” says Shorten, “we decided to continue with the team at Main Line Health. I connected with Dr. Frazier and felt like he knew exactly what he was doing. I trusted him fully, and I knew I wanted him to be the one to treat me.”

At 36 weeks pregnant, Shorten had an amniocentesis, in which doctors examined a sample of amniotic fluid to see if the baby’s lungs were developed enough for him or her to be delivered early. Unfortunately, that wasn’t the case. Because Shorten’s tumor was likely to grow quickly, Dr. Frazier and Dr. Senzon recommended that she proceed with surgery before giving birth.

“Dr. Frazier always kept me in the loop with prompt and detailed communication,” Dr. Senzon says. “There’s no one-size-fits-all approach in these kinds of situations. We consider each patient and her unique circumstances when developing a treatment plan.”

At Bryn Mawr Hospital, Dr. Frazier performed a lumpectomy, removing as much of the three-inch-wide tumor as he could. “The procedure required real teamwork among departments including surgery, obstetrics, medical oncology, and anesthesia, all working together for Jessica and her baby,” Dr. Frazier says.

Shorten also developed a close relationship with her oncologist, Sandra Schnall, MD, at Bryn Mawr Hospital, who frequently called her at home to check up on how she and her growing baby were doing. “Dr. Frazier recommended Dr. Schnall, and I’m so glad he did,” she says.

Mother of Three—And Now Cancer-Free

At 39 weeks, Shorten delivered a healthy baby boy, Wesley Parker, at Paoli Hospital. A week and a half later, she started the first of six rounds of chemotherapy. “During chemo, I got sick, and it was incredibly traumatic losing my hair,” Shorten says. “But I tried really hard not to show my kids that I was sick. I went to the gym like I always did. I made healthy food. I put makeup on. I insisted on dropping off and picking up my son from school. We just tried to stay as positive as we could.”

In May 2013, Dr. Frazier performed Shorten’s double mastectomy. Since she completed her treatment two years ago, all her tests have come back cancer-free.

“At the time I was diagnosed, it was a really difficult road,” Shorten says. “But as far as cancer goes, it was just a year out of my life, and I feel so lucky.”

When I found doctors I trusted, I put my health completely in their hands and did what they told me to do.

“I can’t imagine getting better, more personalized care anywhere else,” she adds. “My case was special because I was pregnant, but I always knew I was in the best hands.” ●

Great Expectations

Common and not-so-common concerns before, during, and after pregnancy

November 1

8 a.m. to noon

Lankenau Medical Center

Are you pregnant, a new mom, or considering a baby? Attend this FREE event to learn from Main Line Health experts on pregnancy-related topics such as bladder health, sex, exercise and weight, thyroid issues, breast health, and heart health. Enjoy refreshments, get a massage, and browse baby-related vendors.

To register, call **1.866.CALL.MLH** or visit mainlinehealth.org/events.

Complete Cancer Care

Main Line Health provides a full range of services and the most up-to-date advances in the fight against cancer—all in convenient, comfortable settings close to home. Find a cancer specialist, view inspiring patient testimonials, and more at mainlinehealth.org/cancer.

Emergency Care That's Designed for Kids



You hope your child never gets hurt or becomes severely ill. But about 22 million patients ages 19 and younger are treated in U.S. emergency departments (EDs) every year.

Pediatric EDs have the expertise, equipment, and environment to offer the care young patients need. Bryn Mawr Hospital is one of only a few local hospitals with a dedicated pediatric emergency program. Pediatric emergency physicians from Nemours duPont Pediatrics team up with Bryn Mawr nurses specially trained in caring for young patients.

“At Bryn Mawr, every effort is made to fast-track children with minor illnesses or injuries so that they’re discharged within 90 minutes,” says Hazel Guinto-Ocampo, MD, chief of Pediatric Emergency Services, Nemours duPont Pediatrics at Bryn Mawr Hospital. “Bringing a child into the ED is stressful for the whole family. We try to make their visit as smooth and efficient as possible. Our pediatric patients have their own triage area and waiting room with toys and games.”

Bryn Mawr’s pediatric ED handles conditions ranging from low-grade fevers and earaches to cuts and broken bones.

But typically, the pediatric emergency team cares for more complex problems, such as a prolonged high fever or an undiagnosed illness requiring more extensive testing. Patients also have around-the-clock access to pediatric surgeons, and Nemours specialists in cardiology, diabetes, gastroenterology, plastic surgery, orthopaedics, and sports medicine are available for consultation. Children needing hospitalization can be admitted to Bryn Mawr Hospital or, if they require advanced specialty care, be transported to Nemours/Alfred I. duPont Hospital for Children.

“The community served by Main Line Health has such a strong group of primary care providers,” Dr. Guinto-Ocampo says. “And these pediatricians and family practitioners expect that when they refer patients to the pediatric ED at Bryn Mawr, they will receive exceptional care.” ●

Find a Pediatrician

From newborns to teens, we have the knowledge and hands-on training to care for the most common to the most complicated childhood ailments. Find the right pediatrician for your child at mainlinehealth.org/peds.

3 WAYS TO PROMOTE HEALTHY HABITS IN YOUR CHILD

Learning how to be healthy from a young age will help your children get the most out of their school years—and set them up for future success.

1. KEEP THEM MOVING.

Regular physical activity helps children build bones and muscles and maintain a healthy weight. Plus, exercise promotes self-esteem and helps kids stay alert in school.

Kids need at least 60 minutes of exercise a day, experts say. There are simple ways to sneak in this time. Take a longer walking route to the bus. After school, shoot some hoops or take a family bike ride.

2. MAKE THEM UNPLUG.

Most pediatricians believe that too much screen time can harm a child’s academic performance. School-age children shouldn’t get more than one to two hours of TV and computer time a day.

Offer some nonscreen options such as crafts, games, or books. Keep TVs out of your kids’ bedrooms, and set time limits for computer, smartphone, and tablet use.

3. FUEL THEM WISELY.

To help your children make healthy food choices, try these tactics:

- Avoid having too much junk food in the house. Skip the soda and limit juice.
- Practice healthy snacking: low-fat yogurt, veggies and low-fat dip, dried or fresh fruit.
- Keep offering finicky eaters nutritious items. Children may need to be exposed to a new food 10 times or more before they accept it.



Opiate Addiction on the Rise in Teen Girls

Kurt Cobain, Cory Monteith, Philip Seymour Hoffman, and ... the girl next door?

Drug overdose is now the leading cause of accidental death in the United States. Who is falling under heroin's deadly spell? There were 669,000 active heroin users in the U.S. in 2012, with the highest rate of use by young adults ages 18 to 25. More than half of first-time drug users are younger than age 18, and 53 percent of these new users are female. It seems the new face of opiate addiction looks very much like the teenage girl next door.

Opiates take many forms: pills, powder, liquid. They can be swallowed, smoked, snorted, or injected. Opiate use often begins with pain medications taken from medicine cabinets at home. Unfortunately, tolerance for opiates builds quickly, and a

medication habit can grow expensive in a short period of time. This is when risk is greatest for heroin use.

As an opiate compound, heroin produces similar effects to pain medications. It's also more easily accessible, especially following the increased monitoring of prescribing practices. Most importantly, it's cheaper.

But cheaper does not mean safer. In Delaware County alone, there were 52 heroin-related deaths in 2013. Main Line Behavioral Health is responding by developing specialized programming for female clients ages 18 to 25 in both inpatient and outpatient settings. We'll cover more details in the next issue of *Women's Health Source*. ●

To learn more about our addiction recovery services, call Mirmont Treatment Center at 610.744.1400.

HELP FOR SUCCESSFULLY 'AGING IN PLACE'

Watching the big game. Enjoying Sunday dinner. Gathering for the holidays. As we age, the memories that we make with friends and family usually take place at home.

But what happens when living at home independently becomes a challenge? How can we help our loved ones continue to live at home and make those memories into their 70s, 80s, and beyond?

"Aging in place" refers to the ability to age within your home using adaptive equipment and/or environmental modifications. As an occupational therapist at Bryn Mawr Rehabilitation Hospital, Matt Healy, OT, works with individuals and their families to design options for successfully and independently remaining at home. "My goal is to have my clients age in place so they can participate in meaningful daily activities to the fullest of their abilities," Healy explains.

Some tips that Healy provides for home modifications include the following:

- **Accessibility:** Measure the doorways and pathways most traveled in the home. Can the person access the room with a walker or wheelchair? In an emergency, can he or she evacuate safely?
- **Adaptability:** Assess every aspect of the person's daily routine. A long-handle sponge may be helpful if bathing becomes difficult. If stairs are a burden, consider installing a mechanical chairlift.
- **Safety:** "I cannot stress safety in the home enough," says Healy. That might mean installing grab bars in the bathroom or purchasing a bed alarm for someone who has dementia and occasionally wanders at night.

There's No Place Like Home

Bryn Mawr Rehabilitation Hospital offers home assessments by experienced occupational and physical therapists. To find out more, call **484.596.5000** or visit mainlinehealth.org/rehab.



women's health source calendar of events



REGISTRATION is required for all programs unless otherwise noted. All Main Line Health events are free unless fee is listed. To register for an upcoming event below, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes.

Angioscreen

This painless, six-minute radiation-free screening provides a look at your circulation and vascular health so you know your risk for heart disease and stroke. Fee: \$50. For an appointment, call 1.866.CALL.MLH (1.866.225.5654). Get more details at mainlinehealth.org/angioscreen.

- October 9 and 30, November 13, December 11, 1 to 7 p.m.
Lankenau Medical Center
- September 30, October 21, November 18, 1 to 7 p.m.,
Lawrence Park

Blood Pressure Screenings

Main Line Health regularly provides

free screenings at locations across the region. Visit mainlinehealth.org/events for the current list.

SmokeFREE

FREE six-session behavior modification program to help you quit smoking for good. Participants may be eligible for free nicotine-replacement therapy (patch, lozenge, or gum). Call 484.227.FREE (3733) to register.

- October 2, 9, 16, and 30;
November 6, 13, 20, 23, and 25;
December 4; 6 to 8 p.m.,
Riddle Hospital
- October 7, 14, 21, 28; November 4, 11; Bryn Mawr Hospital

- November 3, 10, 17, and 24;
December 1 and 8; 10:30 to 11:30 a.m., Main Line Health in Bryn Mawr, 933 Haverford Road

Wellness Wednesdays at Lawrence Park, Broomall

- October 8, 6 p.m.: Digital Tomosynthesis Mammography, Jennifer Sabol, MD
- October 22, noon: Life After Cancer Treatment, Aarti Shevade, MD, and Zonera Ali, MD
- November 19, 7 p.m.: How Cancer Treatment Can Affect Your Heart, Irv Herling, MD

Wellness Wednesdays at Whole Foods, Plymouth Meeting

- October 8, noon: Eating Disorders and Heart Health, Riti Patel, MD
- November 12, noon: Family Drama Around the Holidays, Alan Wofsey, MD

Wellness Wednesdays at Whole Foods, Wynnewood

- October 15, noon to 2 p.m.: Breast Health Awareness and Blood Pressure Screenings
- November 19, noon to 2 p.m.: Healthy Holiday Eating Tips
- December 17, noon to 2 p.m.: Are You Ready? Preparing for Winter

Trail Tuesdays

Lankenau Medical Center partners with the Friends of the Cynwyd Heritage Trail in Bala Cynwyd to sponsor health seminars on the third Tuesday of each month along the trail.

- October 21, noon to 1 p.m.
Heritage Trail, Barmouth Station, Bala Cynwyd

Women's Health Month

Featuring a brief lecture, information tables, and wellness booths. October 23, 7 to 8:30 p.m. Riddle Hospital Administrative Annex, Conference Room 1

Health Seminars at Main Line Health Center at Exton Square

November 5, 10 to 11 a.m.: Smart Heart ... Healthy Eating for Your Heart
Exton Square Mall, 154 Exton Square Parkway

Healthy Holiday Eating Strategies

November 11, 6 to 7:30 p.m. Wegman's, 50 Foundry Way, Malvern

ACAC Fitness & Wellness Center Seminars

Fee of \$10 includes lunch. Call 610.431.7000 for reservations. Ask for the Healthy Horizons sign-up.

- November 12, 11:30 a.m.: Sleep Disorders
- December 10, 11:30 a.m.: Achy Joints

Fall Fest and Emergency Department Celebration

Health screenings, fitness demonstrations, music, food, games, and the ribbon-cutting of Riddle's new ED. Visit mainlinehealth.org/riddle. October 11, 10 a.m. Riddle Hospital

Senior Suppers

For the older-than-60 crowd, this monthly event features dinner and presentations about healthy living. Suppers take place at Paoli Hospital, Potter Room, 5 p.m., and Riddle

The Delicious Side of Heart Healthy

An evening devoted to helping women feel healthy and beautiful, inside and out

November 11, 5:30 to 8 p.m.
Lankenau Medical Center,
Annenberg Conference Center

FREE event offering resources and information to help women enhance their health and well-being:

- Guest speaker: Janet Bond Brill, PhD, RDN, FAND, cardiovascular nutritionist, award-winning author, and health and fitness expert
- Q&A with Main Line Health panel of women's health specialists in nutrition and exercise, cardiology, gynecology, endocrinology, and dermatology
- Cooking demonstration with Katie Boyle of the Food Network
- Stress reduction featuring yoga and massage
- Health screenings including BMI
- Makeup and skin care tips
- Raffles, giveaways, hors d'oeuvres, and more

Register today! Visit mainlinehealth.org/whi.

Hospital, Administrative Annex, Conference Room 1, 4:30 p.m. Fee is \$7.

AT PAOLI:

- October 22: Senior Podiatry Issues
- November 20: Hip and Knee Disorders

AT RIDDLE:

- October 22: Senior Health Literacy, Kate Hyzer
- December 4: Senior Self-Defense, Jason Weisborn

“What’s Up, Doc?”

Film Series at Bryn Mawr Film Institute

The Bryn Mawr Film Institute and Bryn Mawr Hospital present this film series, which exposes the fact and fiction of how disease and health care are portrayed in film. **November 19, 7 p.m.:** “Grumpy Old Men,” introduced by Gerard Klinzing, MD

Look Good, Feel Better

Women being treated for cancer are invited to this program developed by the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Foundation; and the National Cosmetology Association. Learn the latest makeup tips as well as information on wigs, head wraps, and more. Free; to register, call **1.800.227.2345**.

October 22, 11 a.m.

Riddle Hospital Administrative Annex, Conference Room 1

Living with Cancer

Join us to learn about cancer myths with Amy Curran, MD, medical oncologist.

October 30, 6 p.m.

Main Line Health Center – Newtown Square

Breast Cancer Support and Networking Meetings

Call Vicki Hughes at **484.565.1253** for details about meetings at Paoli.

November 20 and December 18, 7 to 8:30 p.m.

Paoli Hospital, Paoli Room

Support group at Riddle meets on the first Tuesday of every month.

October 7, November 4,

December 2, 5:30 p.m.

Riddle Hospital Administrative Annex, Conference Room 2

GI Conditions: Uncovered

Featuring Keith Laskin, MD, and a cooking demonstration by a Wegman’s executive chef. **September 30, 6:30 to 7:30 p.m.** Wegman’s, 50 Foundry Way, Malvern

Diabetes and You

Designed to help you better manage diabetes. Cost covered by most insurance companies. For details, call **484.227.3769**.

October 7, 14, and 21, 6:30 p.m.

October 8, 15, and 22, 12:30 p.m.

November 4, 11, and 18, 6:30 p.m.

November 5, 12, and 19, 12:30 p.m.

December 3, 10, and 17, 12:30 p.m.

Riddle Hospital Health Center 4, Conference Room 2

Oh, My Aching Back!

Seminar will focus on the anatomy of the back, common causes of pain, and preventing injury. Non-surgical treatments for back pain will be discussed as well as innovative procedures being performed at Main Line Health hospitals. Led by Donna Levan, DPT, joint replacement educator. To register, call **610.280.2642**.

October 16, 6:30 p.m.

Chester County Library, 450 Exton Square Pkwy.

CPR Heartsaver AED

Teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification upon completion, valid for two years. Fee: \$65.

November 22, 9 a.m.

Riddle Hospital Administrative Annex, Conference Room 1

Basic First Aid Class

This Emergency Care and Safety Institute course covers basic first aid including bleeds, burns, and fractures for all ages. Participants receive a two-year certification upon completion. Fee: \$40.

December 6, 9 a.m.

Riddle Hospital Administrative Annex, Conference Room 1

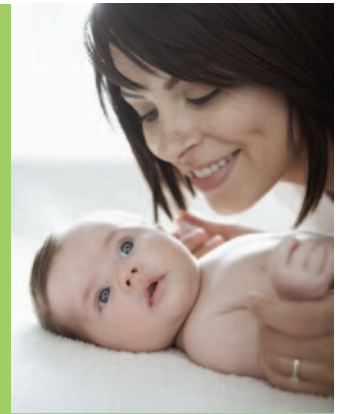
CPR Healthcare Provider

Covers CPR and obstructed airway care for adults, children, and infants and includes one- and two-person CPR. Designed for any

Make Way for Baby

We’re here to help you prepare for your newest addition, with classes including:

- Pregnancy 101
- Prepared Childbirth Series
- One Day Prepared Childbirth
- Happiest Baby
- Preparing for Multiples
- Advanced Comfort Measures
- Welcoming Baby:
 - A Family Affair
- Sibling Preparation
- Baby and You
- Prenatal Breastfeeding
- Keeping Baby Safe



Visit mainlinehealth.org/events to register for classes today.

Maternity Unit Tours

We offer free tours of the labor and delivery area, postpartum unit, and newborn nursery at our Main Line Health hospitals: Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital. Once you’ve chosen a hospital, you can register online for your delivery at mainlinehealth.org/events.

Preparing for Childbirth Series and One-Day Classes

Preparation for labor and delivery is offered in this Lamaze-type class. A tour of the hospital maternity unit is included. Schedule this class at approximately eight months of pregnancy. Class size is limited; please enroll early. Classes are available at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital.

Baby & You Series

The goal of this class is to increase confidence in new parents in caring for their baby. Class includes a visit from a practicing pediatrician affiliated with Main Line Health. Please enroll early.

Prenatal Breastfeeding

Learn the steps to successful breastfeeding. Partners encouraged to attend.

licensed/certified provider. Fee: \$75.

October 27 and 28 or December 15 and 16, 6:30 p.m.

Riddle Hospital Administrative Annex, Conference Room 1

Mature Driving National Safety Council

Addresses the specific challenges of drivers older than 55. If you need the renewal course, please attend Day 1 only and bring proof that you’ve previously attended an eight-hour course. Fee: \$15.

October 6 and 7 or December 15 and 16, 9 a.m.

Riddle Hospital Administrative Annex, Conference Room 1

Mature Driving AARP

Driver safety program addresses the specific challenges of drivers older than 55. This is a renewal course only; you must bring proof that you’ve attended an eight-hour course. Fee: \$12 for AARP members; \$14 for nonmembers.

November 12, noon

Riddle Hospital Administrative Annex, Conference Room 1

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Women's Health Source is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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NAVIGATING YOUR HEALTH CARE

3 Ways to Tame Prescription Costs

About one-third of people ages 45 to 64 take three or more prescription medicines. Here are some smart ways to manage those costs.

1. Don't stop taking your medicine.

Suddenly stopping or taking less than you're supposed to can harm your health—even if you don't feel any different.

2. Tell your doctor that you're worried about the cost.

He or she may be able to prescribe a generic or cheaper medicine. In some cases, your doctor can prescribe higher-dose pills and you can split the pills to get the dose you need.

3. Get help with medicine costs. Try these programs:

• **Medicare Extra Help program.**

If you already have prescription drug coverage through Medicare Part D and your income is limited, you may qualify for this program. It helps with prescription drug copayments and Medicare premiums. Call Social Security **(1.800.772.1213)**.

• **State Medicare Savings program.**

Some states offer additional help with Medicare expenses. Call **1.800.MEDICAR (1.800.633.4227)** or visit **www.medicare.gov**.

• **Pharmacy assistance programs.**

Many pharmaceutical companies offer free or low-cost medications. Contact the Partnership for Prescription Assistance (PPA) at **1.888.4PPA.NOW (1.888.477.2669)** or **www.pparx.org**. The PPA's services are free.



Steps to Being a Savvy Patient

Managing your health care can seem like work—so here are some “job requirements” to help you succeed.

Recruit the right team: Team members might include your physician, your pharmacist, and other health care providers. Your position? To work with them as an active partner.

Start by finding a top-notch primary care physician (PCP) to coordinate all aspects of your care and help you avoid errors and unnecessary treatments. Think about what's important to you in a doctor. Some priorities might include whether the doctor has a specialty in a condition such as diabetes or asthma, which hospital the doctor refers to, and his or her office location and hours.

Call the doctor's office and speak with a nurse or the office manager. Find out if the doctor meets your criteria and takes your health insurance. Then, schedule an initial visit with the doctor to determine if he or

she makes you feel comfortable and answers your questions in a way that's easy to understand.

Communicate clearly: Your doctor can't recognize all your concerns just by feeling your pulse. It's your job as a patient to be open about your expectations and needs. Before an appointment, write down your concerns in order of their importance to you. Discuss any sign or symptom that troubles you. Ask the doctor to explain anything you don't fully understand.

Be an informed decision maker: Any health care issue is likely to present you with several treatment options. For the best results, ask the right questions when a medical test is recommended: What are the risks of this test? Am I likely to do anything different based on the results? How much will it cost, and will my insurance cover it?

Then consider getting a second opinion. It's all part of the job. ●