

Women's

HEALTH SOURCE

Safeguard Your Family Against Heart Disease

PAGE 4



**Heart-Healthy
Programs for the
Entire Family**

SEE BACK
PAGE

**Need Help
Finding a Doctor?**

PAGE 7

**Understanding
the "Peri" in
Menopause**

PAGE 6

Planning an Exercise Routine That's Right for You

If you have decided to start working out, figuring out what types of activities are best for you can be a real challenge. Here are some things to consider.

WHAT ARE YOUR GOALS?

Do you want to lose weight, strengthen your muscles or bones, become more flexible—or all of these? Is keeping your heart healthy the priority? Looking at why you want to exercise can help you create a workout that will work for you.

For example, if cardiovascular fitness is what you're after, exercise that helps the heart and lungs is key. Try brisk walking, running, swimming, or bicycling.

If you'd like to shed a few pounds, brisk walking helps with that, too. In fact, according to a new study in *The Journal of*

the American Medical Association, brisk walking and other moderate physical activities can help women lose weight and keep it off just as well as more intense exercises, such as running. The key, it seems, is to work out at least 30 minutes on most days of the week. Plus, some research suggests that moderate exercisers are more likely than vigorous exercisers to continue working out in the long term.

Joann Frey, Director of Main Line Health's physical medicine department recommends, "To build bones, choose weight-bearing activities." These include stair climbing, basketball, running, walking, tennis, racquetball, jumping rope, and weight lifting. An added bonus: If you choose to lift weights, you'll be strengthening your bones and your muscles.

Need flexibility? Exercises that lengthen the muscles and encourage joints and muscles to work through their full

range of motion are the ticket. Try swimming, water aerobics, or a stretching class.

EXERCISE SAFELY

Before beginning any exercise program, check with your doctor. Also get a doctor's OK if you have heart disease, asthma, diabetes, arthritis, or any other chronic health condition. ✦



Did you know?

Main Line Health offers a variety of exercise classes led by certified instructors. For detailed information, call 1-866-CALL-MLH or visit www.mainlinehealth.org/whs.



Help WHS by Shopping

Date: Thursday, April 7

Time: 6 to 9 p.m.

Location: Blue Tulip, Paoli Shopping Center, Routes 30 and 252, Paoli

Blue Tulip, a specialty giftware and invitation shop, is hosting an evening of shopping to benefit WHS education programs.

Visit www.mainlinehealth.org/whs for more information.

Save the Date!



Last October, more than 160 WHS members enjoyed a spa-like evening of relaxation to celebrate the opening of the Paoli Hospital Breast Health Center. Providing tours of the Center were staff members: (left to right) Margaret Cook, Paoli Hospital Cancer Center, Robert Fried, MD, Medical Director, Breast Health Center, Donna Fitzpatrick-Lehnert, RN, MSN, OCN, Breast Care Coordinator, Sharon Register, RN, WHS Nurse Counselor, and JoAnn Coryell, Referral Coordinator.

Persistent Knee Pain and What to Do About It

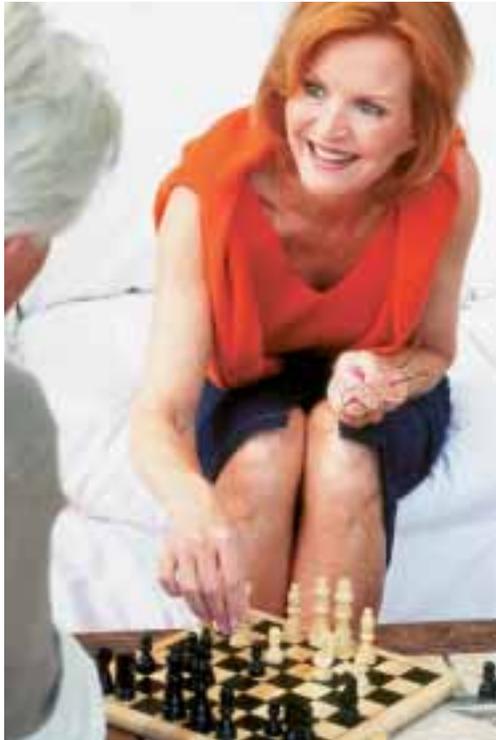
Each year, millions of people of all ages limp into doctors' offices with knee pain. The pain can be the result of an injury or can result from chronic medical conditions, including arthritis, osteoarthritis, or gout—conditions that have increased in prevalence as baby boomers and weekend warriors age.

No matter what its source, severe knee discomfort makes it hard to maintain an active lifestyle or even climb stairs, shop, or sleep at night. This type of pain is the main reason people decide to replace their knee with an artificial one.

Surgery is only a consideration after other treatments—such as exercise and medicine—have failed. It's basically a quality-of-life decision. When you can no longer do normal daily activities and all other non-operative treatments have failed, total knee replacement should be considered. The procedure has the ability to allow a person to return to their previous level of activity, including walking, swimming, golf, doubles tennis, and even skiing.

Other factors also weigh in when considering knee replacement surgery:

▶ **Your age.** Today, the operation is performed on people of all ages, and can last a very long time. While 20-year follow-up data reveals 80% survival of the knee implant, a younger person may need to undergo a second surgery later in life.



▶ **Your health.** Heart disease and other conditions should be under control before surgery. Overweight adults may need to lose weight before surgery.

▶ **Your commitment to recovery.** A strict exercise schedule is needed for several weeks after surgery. You should also prepare for surgery with a pre-operative exercise program to strengthen your knee muscles.

There are also new knee replacement procedures available, including partial knee replacements and now minimally invasive total knee replacement—where

the surgeon uses the smallest incision possible while still performing a *perfect* knee replacement. An important outcome of this procedure is improved pain management immediately following surgery. Your surgeon will advise you as to whether you are a candidate for either of these new procedures. ❖

The Joint Replacement Program at Bryn Mawr, Lankenau, and Paoli hospitals combines superior clinical care with a wellness approach to recovery, focusing on patient education.

Patients receive a comprehensive guide to knee and hip replacement which outlines each step of the presurgical, surgical, and postoperative process. In addition, pre-operative classes are held twice a month

at each campus to prepare the patient and family for the upcoming surgery. Patient amenities include private rooms, a specialized recliner chair for patient comfort, complimentary hairstylist services, and group lunches for patients and families.

For more information about the program and our monthly Joint Pain Management Seminars at each campus, call **1-866-CALL-MLH.**

The Center for Spinal Disorders Opens at Lankenau Hospital

Lankenau Hospital announces the opening of its new Center for Spinal Disorders with a nationally-renowned team of spine specialists. Scott Rushton, MD, Richard Balderston, MD, and Philip Maurer, MD, partners in Booth Bartolozzi Balderston Orthopaedics, offer a high level of expertise in all aspects of spinal reconstructive surgery, including lumbar discectomies and complex tumor surgeries, as well as minimally invasive procedures in fracture management and spinal diagnostics. The center is complemented by an aggressive research component that allows patients access to innovative procedures and motion-preserving technologies, such as lumbar and cervical disc replacement.

For more information or to make an appointment, please call **1-866-CALL-MLH.**





Safeguard Your Family Against Heart Disease

snacks, such as dried fruit and yogurt.

HELPING YOUR SIGNIFICANT OTHER

If the man in your life hasn't been to the doctor lately, encourage him to do so. The doctor can check his blood pressure, cholesterol, and other heart risk factors. He may need to see the doctor every year, or more or less often, depending on his health, age, and lifestyle.

You also can help him pay attention to his fat intake. Eating too much saturated fat raises the risk for heart disease. If he's on the go a lot, encourage him to pick a salad with low-calorie dressing instead of fries, and fresh fruit instead of sweets.

YOUR HEART NEEDS ATTENTION, TOO

Heart disease is the leading killer of women in America today. Keeping this in mind, Jeanine Romanelli, MD,

cardiologist, Main Line Health Heart Center, suggests women need to educate themselves on their risk for developing heart disease. With a family to care for, women sometimes neglect their own heart health—so make sure to talk to your doctor about your personal risk. To get started, see the sample questions listed in the "Ask Sharon" column on page 5.

One way to lower your risk for heart disease is by being more active. More than 60% of women don't get enough exercise. You should get at least 30 minutes a day, most days of the week. That's true for the man in your life, too. ❖

To learn more about heart care, visit www.mainlinehealth.org/heart.

Did you know?

According to a recent survey conducted by the Heart Truth campaign, more women are getting the message about heart disease. But the survey also reveals that despite the increase in awareness, only 13% of women believe heart disease is their chief health threat—35% of women put breast cancer as their top concern.

Between running errands, paying bills, and maintaining the house, a woman's to-do list can reach epic lengths. Sound familiar? While some tasks can be put aside for later, one item you want to stay on top of is your family's heart health.

GOOD HABITS START EARLY ON

When it comes to preventing heart disease, it's best to start young. That's because heart disease can start as early as childhood.

Be sure to keep tabs on your child's weight. Today, about 15% of kids ages 6 to 19 are overweight. Being heavy puts adults'—and children's—hearts at risk.

To help your child lose weight or stay lean, encourage her to be active. Experts say most children should get 60 minutes of exercise daily. You can give your kids chores that get them moving, such as walking the dog.

Helping youngsters develop healthy eating habits also can help protect against future heart disease. Teach your child to eat moderate portions and choose healthy



Women and Heart Disease Initiative

WHS has partnered with the Main Line Health Heart Center in presenting *Her Loving Heart: Women Caring About Heart Disease*. This initiative educates women on reducing their families' risk for developing heart disease. Program descriptions are on the back page. Plus, you can send for your SmartHeart kit containing information on keeping the hearts you love healthy. See the TAKE CHARGE coupon on page 6.

The initiative has been partially funded by a grant awarded by the Alpha Phi Foundation.

How to Convince Your Child Never to Smoke

Most kids who start smoking do so between ages 11 to 16. Peers and the media may fuel the temptation. And if parents smoke, kids are more likely to try it themselves.

SET A GOOD EXAMPLE

If you're a smoker, try to smoke away from your kids. Or better yet, set a good example and quit. Smoke-free homes encourage youngsters to be smoke-free themselves.

It's also important to talk about smoking. Tracey Blickos, Youth Smoking Prevention Coordinator at Main Line Health, says, "You can begin with kids as young as age 5. Make it a 'house rule' that your child shouldn't start—ever. Also, make sure your child understands the negative effects of smoking.

Here are some other tactics for raising a nonsmoker:

▶ **Encourage kids to be a "good sport."** Kids who play sports are less likely to smoke.



▶ **Tame the remote.** Kids who watch five or more hours of TV a day are nearly six times more likely to start smoking than those who watch less than two hours a day.

▶ **Find ways to build your child's self-esteem.** For example, give your youngster responsibilities around the house.

WHEN YOU CATCH YOUR CHILD SMOKING

If you know your child has started to smoke, try to find out why they lit up.

Stress, peer pressure, or the need for attention may be the reason. When you know why, you can work on ways to solve the problem and help your child break the habit. ✦

If you know a teen who smokes and is interested in breaking the habit, Main Line Health offers smoking-cessation programs. For more information, call **1-866-CALL-MLH**.

Ask Sharon: Discussing Heart Disease with Your Doctor

Women look to WHS for information on specific topics that concern themselves or a family member. Many are not sure how to address a problem or what types of questions to ask their physicians. Your risk for heart disease, for example, should be discussed at a doctor's appointment. All women need to know where they stand and what they can do to help themselves.

Here are some questions to begin the discussion with your doctor:

▶ What are my personal risk factors for heart disease?

▶ What can I do to reduce my risk for developing heart disease?

▶ What are the warning signs or symptoms of heart disease?

▶ How will menopause affect my heart?

▶ What is the difference between good and bad cholesterol and what should my levels be?

▶ Based on my personal history and risk factors, what can I do to lower my risk of heart disease?

▶ Which tests are most appropriate for women in diagnosing heart disease?

▶ What are some treatments available for my particular heart condition?

If you need a physician, call **1-866-CALL-MLH** for Main Line Health Physician Referral. Ask Sharon your health question by calling **1-888-876-8764** or by e-mail at whs@mlhs.org.



Sharon Register,
Women's Health Source
Nurse Counselor.

Hospital Updates

Bryn Mawr Hospital

Bryn Mawr Hospital offers an alternative to vein stripping for varicose veins. The Closure® procedure for varicose veins uses a very small catheter and radiofrequency energy to seal the saphenous vein shut. There are no stitches and most patients return to normal activity within a day or two. For medical necessity, this procedure is covered by most health insurance plans. To learn more about this new procedure, call **1-866-CALL-MLH**.

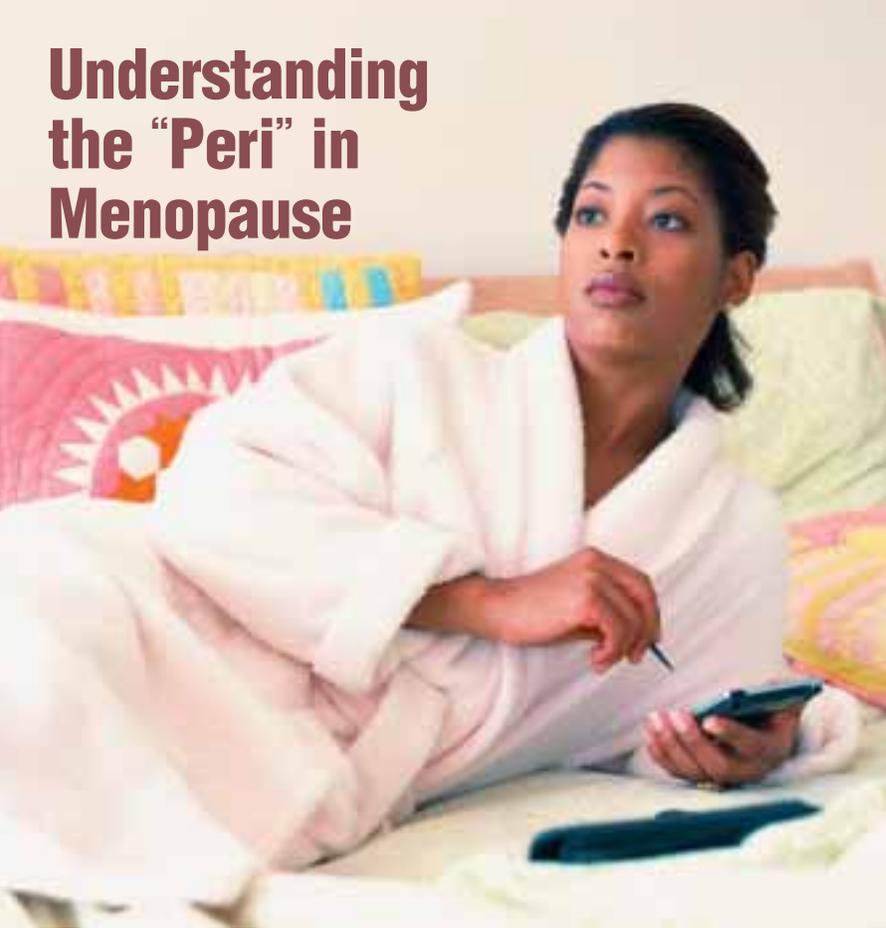
Lankenau Hospital

Lankenau Hospital is proud to announce its partnership with The Franklin Institute as a corporate sponsor of the Giant Heart exhibit. The newly refurbished exhibit, *The Giant Heart: A Healthy Interactive Experience*, is nearly double the size of the original. Lankenau clinicians donated equipment and provided consultation on the Surgical Suite section. For more information, visit www.mainlinehealth.org/heart.

Paoli Hospital

Paoli Hospital's Interventional Radiology Suite opens January 2005, offering minimally invasive outpatient treatment for a variety of common diseases and conditions. It features the most state-of-the-art interventional radiology technology in the tri-state region, including 3-D imaging for treatment of varicose veins, uterine fibroid tumors, compression fractures, peripheral vascular disease, and other conditions. For more information about the suite or to find an interventional radiologist, call **1-866-CALL-MLH**.

Understanding the “Peri” in Menopause



Though the words *perimenopausal* and *menopausal* are often used, their meaning isn't always well defined. Beverly Vaughn, MD, Medical Director for the Menopause and You program, defines perimenopause as the transitional time a woman goes through before reaching menopause.

Commonly starting around age 40, its length is variable, and its most common symptom is irregular menstrual cycles. It generally takes women four years to go through this transition. A woman is in menopause when she has not had a period for a full year.

Many women have other perimenopausal symptoms, including hot flashes, night sweats, mood swings and vaginal dryness.

Hot flashes are sudden feelings of heat in the upper body.

They may be accompanied by chills, and usually last less than five minutes. Night sweats are flashes that occur during the night and awaken you. The cause of flashes is unclear, but they may be caused by changes in the body's temperature-regulating mechanism. Dressing in layers and avoiding triggers such as stress, cigarettes, alcohol, and spicy or hot foods are good ways to start managing flashes. Oral contraceptives—for the appropriate

candidate—have the benefit of lessening flashes and also provide contraception and regulate menstrual flow.

Women should view this time in their lives as a new beginning. It is an opportunity to reassess lifestyles and make changes that benefit your health. Here are a few suggestions:

- ▶ Quit smoking—it can cause more intense flashes, and earlier menopause.
- ▶ Exercise regularly.
- ▶ Eat well.
- ▶ Be sure your preventative screenings are up-to-date
- ▶ Have your cholesterol checked—heart disease remains the number one cause of death for women in this country.
- ▶ Play and laugh more—reduction of stress will have both short- and long-term benefits. ❖

This article is taken from our Menopause and You web-based library. Each month a new topic is posted on the WHS website to help you cope with the many aspects and challenges of menopause. Visit www.mainlinehealth.org/whs for the library of articles.

Take Charge of Your Health!

Check the information that interests you, fill out your name and address, and send us this coupon, or register online to receive this FREE information at www.mainlinehealth.org/whs.

- Cardiovascular Physician Directory
- Lankenau Center for Spinal Disorders Brochure
- SmartHeart Kit: Free heart pin, “Recipe for Heart Healthy Living” booklet, and other information
- Hip and Knee Pain Seminars

Please send information on the Outpatient Center services at:

- Collegeville
- Exton
- Lawrence Park
- Shannondell

NAME _____		TELEPHONE _____	
ADDRESS _____			
CITY _____		STATE _____	ZIP _____
E-MAIL ADDRESS _____			

Send to: Main Line Health, Southpoint One, Suite 100, Contact Center, 1160 West Swedesford Road, Berwyn, PA 19312

✂ CUT ALONG THE LINE

Main Line Health Centers: Your Neighborhood Health Care Resource

Are you new to the area? Perhaps you're searching for a physician or access to medical services closer to where you live or work? The Main Line Health Centers in Exton, Collegeville, Lawrence Park, and Shannondell offer a complete range of quality health care services for every member of your family. And best of all, they are all at convenient locations close to where you live or work.

Whether you're looking for a primary care physician; a specialist; radiology services; clinical lab services; physical, occupational, and speech therapy; or travel medicine; our outpatient centers can meet your needs. Our experienced professionals are dedicated to answering your questions and meeting your health care expectations.

Within the centers, radiology services—including general radiology, mammography, CT scans, DEXA scans, ultrasound, and MRI (Exton location only)—are provided by experienced Bryn Mawr, Lankenau, and Paoli radiologists and radiology technologists. In many cases, same-day appointments are available for radiology services.



Outpatient rehabilitation—including physical, occupational, and speech therapy—is provided by the skilled professionals of the Bryn Mawr Rehab Outpatient Network.

The centers offer convenient hours, easy patient registration, and free parking. And most health insurance plans, including HMOs and PPOs, are accepted. ❖

To learn more about the services available at the Main Line Health Centers in Collegeville, Exton, Lawrence Park, and Shannondell, call **1-866-CALL-MLH** or complete the TAKE CHARGE coupon on page 6.

Searching for a Doctor?

Finding the right doctor has just gotten easier. Our Find a Doctor web pages have been enhanced to include more search options. You can now search for doctors by proximity to a given zip code, gender, and even age. In addition, a definition section has been included to help clarify the various types of physician specialties. Once you've selected a doctor, there's a form you can complete online to expedite appointment scheduling. Next time you're searching for a doctor, visit www.mainlinehealth.org and see the difference.



Main Line Health Center Locations

Collegeville

599 Arcola Road
Collegeville, Pennsylvania
610-560-8400

Exton

Oaklands Corporate Center
Baxter Building I
491 John Young Way,
Suite 110
Exton, Pennsylvania
610-280-1500

Exton MRI

Baxter Building II
495 Thomas Jones Way,
Suite 104
Exton, Pennsylvania
610-280-6103

Lawrence Park

*Lawrence Park
Shopping Center*
1991 Sproul Road
Broomall, Pennsylvania
610-645-3700

Shannondell

10,000 Shannondell Drive
Audubon, Pennsylvania
610-728-5250



Event Calendar

Registration is required for all programs. Seating is limited. To register, call 1-866-CALL-MLH or log on to www.mainlinehealth.org/whs.

Her Loving Heart: Women Caring About Heart Disease

Check out at these informative programs below to learn how you can reduce your family's risk for heart disease.

Keeping Young Hearts Healthy

This interactive program for parents and children ages 5 to 10 teaches valuable tips for preventing heart disease in an entertaining format. **Saturday, February 5, 9 a.m. to noon**
Lankenau Hospital, Health Education Center
100 Lancaster Avenue, Wynnewood

Cooking for SmartHeart Couples

Bring your favorite sweetheart to a cooking demonstration to learn how to prepare a tantalizing heart-healthy meal. A light meal will conclude the presentation. **Monday, February 21, 6:30 to 9 p.m.**
Viking Culinary Center
One Town Place, Suite 100, Bryn Mawr
Fee: \$35/couple for WHS members; \$45/couple for non-WHS members

Healthy Living for a Woman's Healthy Heart

Medical specialists Jeanine Romanelli, MD; Judy Matusky, RD; and Lonnie Sebastian, RN; have



For additional programs, visit www.mainlinehealth.org/whs. Make sure you're on our mailing and e-mail list. Call 1-866-CALL-MLH or visit www.mainlinehealth.org/whs to join WHS for FREE.

combined efforts to provide a dynamic program on ways women can reduce their risk for developing heart disease. Cholesterol screenings will be offered on a limited basis. Register early.

Saturday, February 26, 9 a.m. to noon
Tribute Hall, 130 Grubb Road, Paoli

FREE Cardiac Risk Assessment Screening

Geared towards adults ages 35 to 55, this 30-minute evaluation includes a lifestyle profile, HDL and total cholesterol, glucose and blood pressure testing, and a consultation with a health care professional.

Saturday, March 12, 10 a.m. to 2 p.m.
Christ Lutheran Church, 7240 Walnut Street, Upper Darby

Colon Cancer Prevention and Treatment

In recognition of Colon Cancer Awareness Month, Giancarlo

Mercogliano, MD, gastroenterologist at Lankenau, will lead a discussion on new medications and supplements for colon cancer prevention and treatment. FREE admission and refreshments served.

Thursday, March 10, 6:30 to 8:30 p.m.
Lankenau Hospital, The Annenberg Conference Center

Fitness Sampler

Join us as we explore the many fitness options available. One lucky participant will win a FREE one-hour massage. **Thursday, January 27, 7 to 8:30 p.m.**
Main Line Health Center, Lawrence Park, 1991 Sproul Road, Broomall

Staying Healthy While Managing Your Diabetes

Learn about and discuss nutritional and medical issues to keep you healthy while managing your diabetes. **Thursday, March 10, 9 a.m.**
Main Line Health Center, Lawrence Park, 1991 Sproul Road, Broomall

Benefit Update

George's Restaurant

Book a special event for 15 or more people and receive a 5% discount on food and beverages.
503 W. Lancaster Avenue, Wayne
610-964-8744

Blue Tulip

A 20% discount is offered on any single item.
Paoli Shopping Center,
Routes 252 and 30, Paoli
www.bluetulip.com

Independent Financial Associates

Complimentary half-hour consultation with Christine Palmer Hennigan, ChFC.
2 W. Market Street, Suite 402
West Chester, 610-429-4020

Salon 7 Seven & Wellness Center

Half off any manicure, massage, or body wrap for first-time visit. Good any day.
1385 Boot Road, West Chester
610-696-2211
www.salon7seven.com

Remember to show your WHS membership card when taking advantage of these special benefits.

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Register now to become a member of Women's Health Source. Call 1-888-876-8764 or visit www.mainlinehealth.org/whs.

Main Line Health

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