

FALL 2002

Women's

HEALTH SOURCE

Lankenau Hospital
Bryn Mawr Hospital
Paoli Memorial Hospital

*Get the
Real Facts
About* **Breast
Cancer Risks**

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*Learning to Live a
SmartHeart
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Crack Down on Chapped Lips

Fair or foul, weather often is no friend to a woman's lips. Low humidity, excessive sunlight, windy conditions, and extremely hot or cold weather can cause lips to chap. During these weather episodes, the outer layer of the lips may lose moisture and flake off.

LIP TIPS

There are many products on the market targeted toward lip care. But you don't have to go broke trying to find a cure. A few tried-and-true methods can help heal—and prevent—chapping. These various tips can keep lips moist no matter what the weather:

- ▶ Apply petroleum jelly to your lips.
- ▶ Avoid excessive sun exposure.
- ▶ Use a lip balm or lipstick that has a sunscreen or sunblock with a sun protection factor (SPF) of 15 or higher.
- ▶ Avoid licking your lips.
- ▶ Drink more than 64 ounces of fluid daily.
- ▶ Try to keep the air in your home moist. A humidifier may help.

OTHER BITING ISSUES

But don't just blame the weather. Other factors also can cause your lips—as well as the corners of your mouth—to crack. These include:

- ▶ infections
- ▶ certain medications
- ▶ ill-fitting dentures
- ▶ not getting enough vitamin B₂—or riboflavin—in your diet. This vitamin is found in a variety of foods, including lean meats, dairy products, eggs, and green, leafy vegetables.

Lips also may become red, swollen, blistered, or scaly because of an allergic reaction. Toothpastes, cosmetics, and foods can trigger these reactions.

LICKING A PERSISTENT PROBLEM

Call your doctor to schedule an appointment if your condition doesn't improve. Prescription creams may help your lips heal.



Your doctor also can help you determine the cause. If you think it may be an allergic reaction to something, stop using it right away. Try to bring it with you to your appointment. ❖

fact

Online Maternity Registration and New Parent eNews are available from Bryn Mawr, Lankenau, and Paoli Hospitals. Just visit www.mainlinehealth.org and click on the icon to follow the simple steps. It's easy and convenient.



FINDING

Pregnant? Forget About Caffeine

Experts have warned about the risk of miscarriage for pregnant women who get more than 300 milligrams of caffeine daily. But as little as 100

milligrams of caffeine a day also may increase risk—especially in the first trimester. About 1,050 women were studied. Sources included coffee, tea, chocolate, cola, and caffeine-containing medications. Coffee was the most common source of caffeine. A 5-ounce brewed cup has about 115 milligrams. Digestion speeds may have influenced results.

Obstetrics and Gynecology, Vol. 98, No. 6

Turn Up the Focus

Up to 5% of all children are affected by attention deficit hyperactivity disorder (ADHD). There are many aspects to the treatment of children who have ADHD. Medication is often used to ease symptoms. Parents and teachers may be trained in behavior management. This is an important technique that rewards children when they behave in an acceptable manner. Family counseling also is sometimes recommended.

To learn more about ADHD, check the calendar of events listed on the back cover; or to speak with a behavioral health professional, call 1-888-CARE-898.

Is Your Biological Clock Ticking?

Couples who are older than age 35 should not despair over reports of infertility. Through successful diagnoses and treatments of male and female infertility problems, many couples can find encouragement in knowing that 90% of infertility is treatable with conventional methods.

Because reproduction occurs in the female, a woman may assume she is the cause of infertility. Couples should recognize that 40% of infertility cases lie with the male, 40% with the female, and 20% with both partners.

According to Michael J. Glassner, MD, Medical Director of the Center for Reproductive Medicine at Bryn Mawr Hospital, a visit to a reproductive endocrinologist determines problems that may be affecting fertility. "A pelvic examination and transvaginal ultrasound evaluates conditions that may prevent conception," says Dr. Glassner. "Ovulatory dysfunction,

low sperm count or poor sperm motility, and fallopian tube obstruction are three general causes of infertility."

The three primary areas of conventional infertility treatments involve fertility drugs, artificial insemination, and surgery. When conventional infertility treatments are not successful, a couple may look to advanced reproductive procedures, such as in vitro fertilization (IVF).

Dr. Glassner recommends that couples younger than age 35 should wait at least one year before consulting an infertility physician. Patients may want to seek advice within six months, however, if they are older than age 35, have failed to conceive in previous relationships, or have a history of gynecologic problems. ❖

For more information about the Center for Reproductive Medicine or to schedule an appointment, call 1-866-CALL-MLH or find it on the web at www.mainlinehealth.org.



FINDING

Fitness Levels May Help Women Prevent Sports Injury

A woman's fitness level—and not her gender, as some studies show—may increase her risk for sports injuries.

Researchers followed 352 women and 509 men who were in basic training for the U.S. Army. They assigned all trainees to one of five groups based on their fitness level.

Over the next eight weeks, researchers measured the trainees' strength, endurance, and aerobic fitness. Plus, they logged all of their injuries. Overall, the women were two times more likely to suffer an injury than the men were. But women and men in the same fitness group had similar rates of injury.

In particular, a woman's aerobic fitness—as measured by how fast she ran two miles—helped lower her risk of injury.

American Journal of Preventive Medicine, Vol. 18, No. 3S

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Quick and Easy Low-Fat Cooking

Please send a copy of this FREE booklet, a useful guide on how to reduce the fat content in your daily diet. Also, for SmartHeart healthy recipes, visit www.mainlinehealth.org/heart.

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Learn your risk with this FREE mail-in assessment that is reviewed by our genetic counselors.

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Send to: Main Line Health, Two Devon Square, Suite 110, 744 West Lancaster Avenue, Wayne, Pennsylvania 19087. Or, log on to www.mainlinehealth.org/TakeCharge.

✂ CUT ALONG THE LINE

Is Procrastination Putting You Off?

When the going gets tough, the tough get going... right? Well, maybe tomorrow.

Not surprisingly, women are more likely to put off unpleasant, difficult, or overwhelming tasks than easy or enjoyable ones. Everyone does this sometimes.

But if procrastination becomes a habit, it can quickly put a dent in important relationships. It also can lower a woman's self-esteem and cause feelings of guilt and inadequacy.

Psychologists say that procrastinators may be afraid of failing and being judged—by themselves or by others. Some are afraid of succeeding—of the competition and commitment that achievement can bring. Others want to feel in control. Putting things off is their way of saying they can't be forced to do what they don't want to do.

To speak with a behavioral health professional, call **1-888-CARE-898**.

WHY DO YOU PUT THINGS OFF?

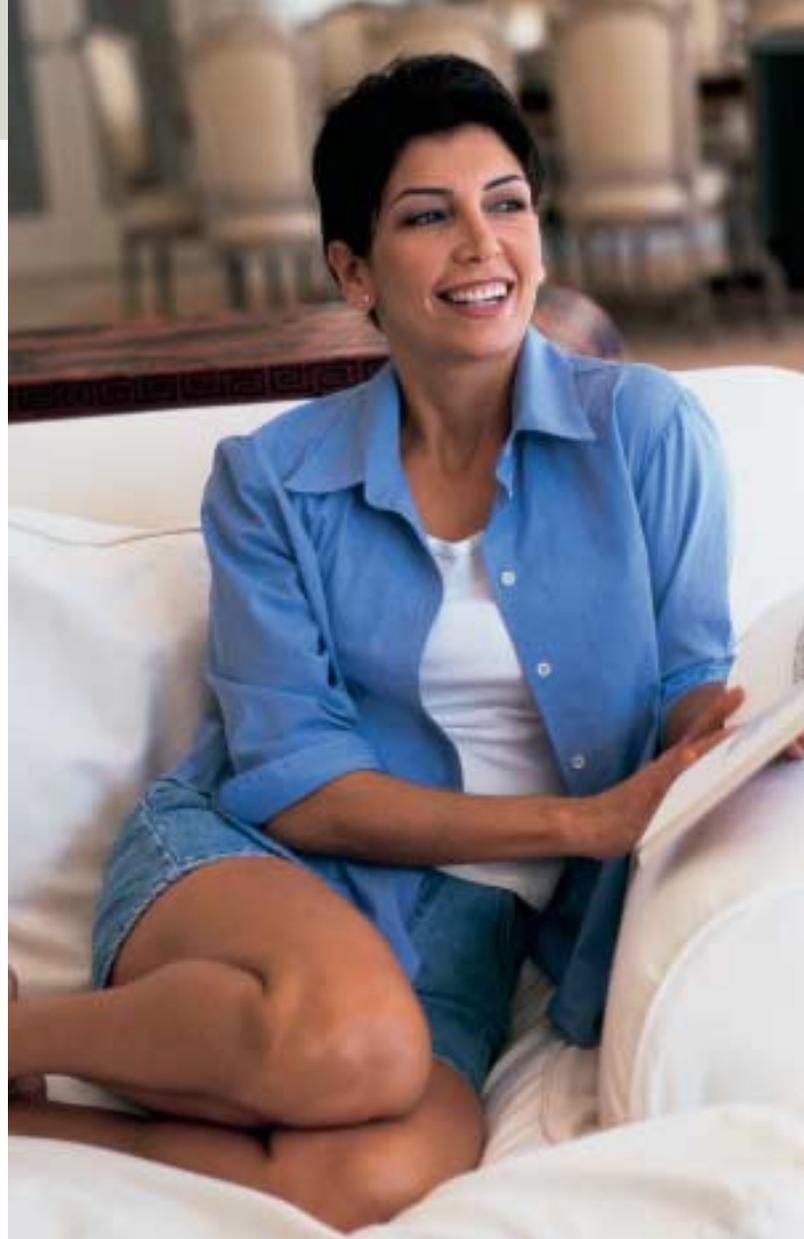
The first step in breaking this habit is to examine why you put off tasks. Consider these possibilities:

- ▶ **Disorganization.** Studies show that many procrastinators spend too much time on unimportant duties.
- ▶ **Fear or anxiety.** People who fear failure or rejection may be more likely to postpone a difficult task.
- ▶ **Not seeing a task's purpose.** This can make it easier to put off.

STRATEGIES FOR STOPPING

Once some patterns begin to emerge as to why you procrastinate, you can identify how to counteract these negative behaviors. For instance, here are some potential strategies for addressing two of the three reasons cited above:

- ▶ **Disorganization.** Take a class or read a book on time management. But be careful not to spend so much time setting priorities that you put off



the actual work that needs to be done.

- ▶ **Not seeing a task's purpose.** Figure out what does matter in your life. Setting some life goals can give seemingly unimportant tasks more value. For instance, if your goal is to “save enough to retire early,” then you may suddenly see the value in balancing your checkbook. If a task still has no value after this exercise, consider dropping it or delegating it. ✦

Chronic procrastinators rank their priorities. And then they don't do them in the way they planned. The external consequences range from library fines to lost jobs. The inner price can be a damaged self-image.



Health T I P

Sharon Register, RN, WHS clinical counselor, provides one on one consultations for your health care needs. She also guides you to the resources you need for you and your family. Let Sharon help you by contacting her at **1-888-876-8764** or by e-mail at **whs@mlhs.org**.

Bryn Mawr Hospital's recently renovated Radiation Oncology Center features an advanced radiation therapy system for treating cancers. This system consists of a new linear accelerator and state-of-the-art computer technology known as Intensity Modulated Radiation Therapy (IMRT), one of the few hospitals in the region to offer this therapy.

For more information, call **610-526-8602**.

Paoli Memorial Hospital's Diabetes Management Program can help you take charge of your health. You will learn more about your diabetes and the importance of controlling your glucose level. Our diabetes nurse specialist will help you understand diabetes, medication management, blood sugar monitoring, and the role of exercise and nutrition.

To register for this program or to learn more, call **610-648-8020**.

Lankenau Hospital has been rated one of America's top hospitals in metropolitan areas, according to a new study reported in *AARP Modern Maturity*. The study ranked Lankenau among the top 10 in three specialty areas—cardiac, pulmonary, and infectious care—and 25th for overall patient care.

A SmartHeart Lifestyle

Joan Frank describes the SmartHeart Lifestyle Program in one word: astonishing. She credits it with her feeling better, both physically and mentally, than she has in a long time.

"This was no easy feat, considering I was reluctant to join the program at all," says Joan, age 68. For one thing, she didn't think she could learn anything new. Since undergoing multibypass surgery in 1997, she had been exercising regularly, eating healthy foods, and even practicing yoga. For another, Joan had recently lost her husband of 45 years, Everett, and was very vulnerable. "Spending time with a group of strangers during this painful time was not something I was anxious to do," she says.

Joan admits she was wrong on both counts. Not only did she take the class, she's now one of its cheerleaders.

"SmartHeart made me better at everything I do. I am more cautious with my diet and even discovered some new recipes. I've started walking and even got back on my bike," says Joan.

Joan enjoyed the group instruction as well as the individualized attention. In her

opinion, one of the best features of the program was its system of accountability. "We had to keep a weekly log of what we ate, what we did, and how we felt,"

Joan says. To her own amazement, Joan enjoyed expressing her feelings in the group sessions.

"This program gives you the spark to reach out to people and say 'you can do it.' That's how I convinced my 38-year-old son, who also has heart problems, to enroll in SmartHeart's upcoming fall class."



SMARTHEART LIFESTYLE PROGRAM

Main Line Health's SmartHeart Lifestyle Program is for people who have, or are at high risk of developing, cardiovascular disease. Lead by a team of cardiac professionals, the year-long program combines traditional cardiac care with a mind, body, spirit approach to lifestyle changes. The program's goal is to help participants gain control of their lives, achieve optimum health, and have less need for medication and medical intervention. ❖

For more information, call **610-645-8037** or visit www.mainlinehealth.org/heart. Discount for WHS members.

Herbal Remedy May Relieve PMS

An herbal extract is being investigated as a possible treatment for premenstrual syndrome (PMS).

In one study, doctors tested the effects of tablets containing extracts of agnus castus fruit compared with a placebo. The subjects included 178 women

who suffered from PMS. They were given one 20-milligram tablet or a placebo daily for about three months.

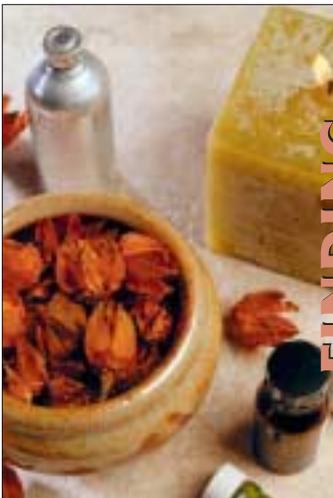
More than half of the women on agnus castus said their PMS symptoms improved by at least 50%. About one-fourth of the women on the placebo said their

symptoms improved.

The researchers think that agnus castus may control levels of a hormone called prolactin in women. This hormone may trigger some of the symptoms of PMS.

British Medical Journal,
Vol. 322, No. 7279

FINDING





Grandmothering in the New Millennium

Grandmothers will always fulfill a unique role in the lives of their grandchildren. You can give them friendship and teach them values. And you can offer your experience and knowledge of family history.

According to a recent survey, grandparents spend time with their grandchildren in a variety of different ways. This includes:

- ▶ eating together
- ▶ having sleepovers
- ▶ engaging in fitness activities
- ▶ attending religious services
- ▶ gardening
- ▶ vacationing.

Even before a child is born, grandmothers can begin building a special relationship. For instance, you might accompany your daughter or daughter-in-law to an ultrasound to view the fetus.

Technology can be a great way to nurture emo-

tional relationships with your grandchild—whether you live in the same town or different countries. Here are some ways to take advantage of technology:

- ▶ E-mail or fax letters, jokes, photographs, or words of encouragement to your grandchildren.
- ▶ Try videoconferencing. This can allow you to talk to and see each other in real time.
- ▶ Set up a website for your grandchildren to visit. You can post stories, photographs, and favorite recipes.
- ▶ Use a video camera to tape yourself walking around your home, playing with pets, or performing a task or hobby. You also can tape yourself flipping through photos while sharing family history. If you don't have a video camera, you can borrow or rent one from a local store.
- ▶ Record an audiotape of yourself reading your grandchild's favorite book. You also can record yourself singing, performing musical pieces, or just talking about current events.

Don't worry if you prefer less high-tech communication. Children still love going to the zoo and out for ice cream. They also enjoy getting phone calls and letters in the mail. ❖

KNOW

DID YOU You can access our WHS directory for member benefits online at www.mainlinehealth.org.



Snoring May Affect a Woman's Heart

More than 71,000 women were studied. Self-reported "regular snorers" had a 33% higher risk of develop-

ing heart problems than non-snorers. Occasional snorers had a 20% higher risk.

What's the link? Some research suggests snoring may cause blood pressure to rise. Or some heavy snorers may have obstructive sleep apnea, which causes high blood pressure.

Journal of the American College of Cardiology, Vol. 35, No. 2

Get the REAL FACTS on Your BREAST CANCER RISKS

The reports of what might or might not put you at risk for breast cancer can leave your head spinning. Six simple questions can help clear the air.

If any of these facts concern you, talk to your doctor. For information about Main Line Health's Breast Cancer Risk Assessment and Genetics Program, call 1-888-876-8764 or see our coupon to send for your personal breast cancer risk assessment.

1 How old are you? Risk increases with age. Most breast cancer cases occur in women age 50 and older. Cancer changes develop slowly over time—from normal to more aggressive stages. For this reason, breast cancer is more common among older women.

2 When did you get your first period and when did you stop your period? Women who start menstruating before age 12 or stop after age 55, have an increased risk for developing breast cancer later in life. These women have had longer exposure to the hormone estrogen—which may be linked to breast cancer.

3 At what age did you have your first child? Women who had their first full-term pregnancy after age 30 or who have had no children have an increased risk for breast cancer.

4 How many first-degree relatives have had the disease? Many women who get breast cancer have no family history. A diagnosis of breast cancer in your sisters, daughters, or mother—especially before age 50—increases your own chances. This risk may increase more if there's a family history of breast and/or ovarian cancer.

5 Have you had any previous breast biopsies—either positive or negative? When a doctor removes a sample of tissue or cells from the breast to check for cancer, a woman is at a higher risk for breast cancer. The tests don't cause cancer by themselves, but whatever has prompted the concern might.

6 What is your race? This is the least influential factor, yet it can still help determine your risk. For example, Caucasian women are at highest risk. ❖



FINDING

Work Stress Fuels Desire for Bad Habit

Why do so many women continue to smoke despite the health warnings? One of the main reasons is work stress.

Researchers studied 275 women ages 36 to 85 to see how various life roles—such as worker, caretaker, and spouse—affected their health. Despite counseling to stop smoking, one-fourth of them were still current smokers. The scientists found that job stress played a stronger role than home stress in maintaining a chronic habit. The group at greatest risk for continued dependency was single women with high work strain.

Some women attribute smoking to mood improvement and diminished stress levels. But the exact link between job strain and smoking is unclear.

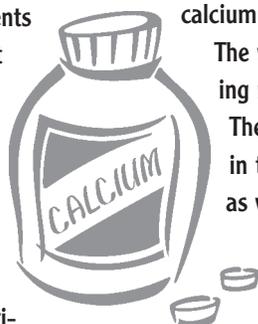
If women want to quit, they might try focusing on ways to reduce work stress. This might boost their chances of breaking the habit.

Women's Health Issues,
Vol. 11, No. 2

Calcium Supplements Are Not All Equal

Many women take calcium supplements to help protect their bones and prevent osteoporosis. But not all supplements contain the same kind of calcium. Nor do they affect the body the same way.

Eighteen women ages 45 and older took regular doses of a supplement containing calcium citrate for a set period of time. After a one-week break, the women took a second supplement. This one contained



calcium carbonate.

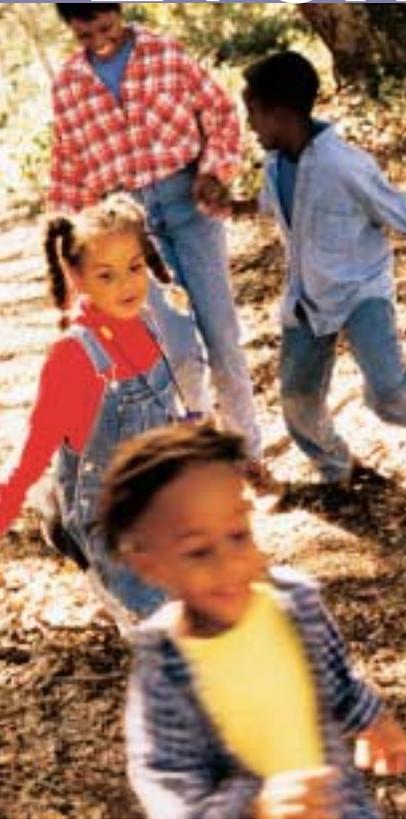
The women absorbed more of the bone-boosting mineral when they took calcium citrate.

The women had 2.5 times as much calcium in their blood when they took calcium citrate as when they took calcium carbonate.

Journal of Clinical Pharmacology, Vol. 39, No. 11

Find out if you are at risk for osteoporosis by scheduling an appointment at our FREE PIXI scan screening listed in our event calendar.

Event Calendar



Registration is required for all programs. Call **1-866-CALL-MLH** or register online at www.mainlinehealth.org.

Fitness Sampler

Yoga, Pilates, tai chi, low-impact aerobics. . . Join us as we explore the many fitness choices available. One lucky participant will win a FREE one-hour massage!

Wednesday, September 25
7 to 8:30 p.m. Registration opens at 6:30 p.m.
Paoli Memorial Hospital, Potter Room

Attention Deficit Hyperactivity Disorder: Turn Down the Static, Turn Up the Focus

Let our medical experts, Thomas J. Casey, MD, pediatrician and Nancy L. Powell, PsyD, help you to separate fact from fiction surrounding this syndrome.

Wednesday, October 8
7 to 8:30 p.m. Registration opens at 6:30 p.m.
Byrn Mawr Hospital, Pennypacker Auditorium

FREE Screenings

FREE Cardiac Risk Assessment! Learn your risk factors for heart disease. Screening includes glucose, HDL, total cholesterol, blood pressure testing, and a computer print-out of test results. Recommendations for lifestyle enhancements and a consultation with a health care professional complete the assessment.

Tuesday, October 22
5:30 to 8:30 p.m.
Jefferson HealthCARE, Lawrence Park
Appointments required.

PIXI Scans: Is Osteoporosis in Your Future?

If you are a woman between the ages of 40 and 65, who has never had a DEXA scan, register for a FREE PIXI scan, courtesy of Wyeth.

Thursday, November 7
2 to 8:30 p.m.
Paoli Memorial Hospital, Potter Room
Appointments required.

Decreasing Your Daily Dose of Stress

Learn practical strategies you can use daily to reduce or eliminate sources of stress. Dr. Bulgarelli recently completed a fellowship with Dr. Andrew Weil, and has worked closely with Dr. Dean Ornish, internationally recognized experts on integrative and preventive medicine. Make room on your calendar for this important event.

Wednesday, November 13
7 to 8:30 p.m.
Jefferson HealthCARE, Lawrence Park



Robert Bulgarelli, DO
Medical Director,
SmartHeart Lifestyle Program

Benefits Update

Members Travel invites you to save on selected cruises and tour packages to Hawaii. For details, visit www.mainlinehealth.org or call 1-800-356-2956.

New Vendors

Check www.mainlinehealth.org for the entire directory listing of exciting discounts offered by more than 60 vendors and services.

- ▼ Vermont Teddy Bears—15% discount off purchases made online.
- ▼ Wren Fellini—15% off framing purchases. For details, call **610-520-9999**.
- ▼ Strong for Life Workout Video—discounted price, \$19.95.

- ▼ Hickory Farms—15% discount off online purchases.

WHS Directory Corrections

Massage Works web address:
www.massageworks-mainline.com
Collgeville new phone number: **610-560-8400**



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Women's HEALTH SOURCE

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