

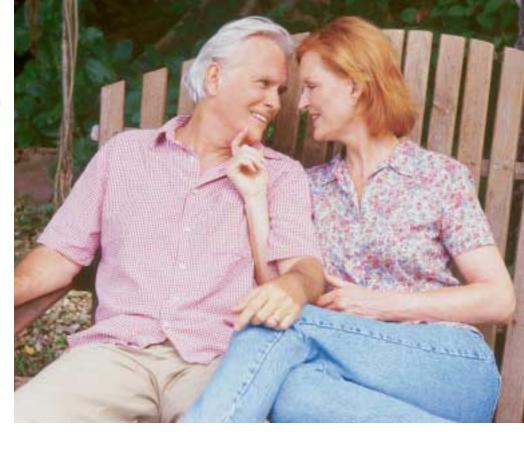
New Radiation Therapy Available for Breast Cancer

ew discoveries in cancer treatment are giving patients more options for life-saving care. The addition of Intensity Modulated Radiation Therapy (IMRT) allows physicians to deliver higher doses of radiation to target tumors more precisely, while sparing surrounding healthy tissue.

While IMRT has become a popular treatment for prostate, head, and neck cancers, it has only been introduced recently for breast cancer treatment. Currently, Main Line Health's Radiation Oncology Division at Bryn Mawr, Lankenau, and Paoli hospitals is one of the few programs in the Delaware Valley to offer IMRT for breast cancer.

"The more we are able to contour the radiation beam to the precise shape of the tumor, the less chance we have of side effects," says Richard J. Carella, MD, Main Line Health Division Chief of Radiation Oncology. "This is cuttingedge treatment in cancer care."

IMRT begins with an intensive, com-



puterized treatment planning process coordinated by a team of specially trained radiation oncology experts. An individualized treatment plan is developed for each patient and will determine if IMRT is appropriate for the patient.

Radiation Oncology services at Bryn Mawr, Lankenau, and Paoli hospitals are complemented by a full spectrum of comprehensive cancer care. Medical and surgical oncology, education and prevention services, risk assessment, and access to national clinical trials through our NCI-designated research program round out the continuum of care. <

If you would like more information about IMRT for breast cancer or other cancer services, please call **1-888-876-8764**.

benefits update

- Save \$19.95 on the purchase of a Road America roadside assistance membership. Regular list price is \$59.95 per year. Memberships are now available for only \$40.00. Call Member Services at 1-800-422-1970 to request an application.
- \$5 discount to Advanta Championships.



To A Location Near You!

Bryn Mawr Rehab Hospital Outpatient Network is expanding, with two new locations for patients to receive physical, occupational, and speech therapy services. The addition of

these services at the Main Line Health Centers in Collegeville and at Shannondell in Audubon brings the number of outpatient therapy sites operated by the network in suburbs west of Philadelphia to seven. For more information, call 1-888-REHAB-41 or check the website at www.BrynMawrRehab.org.

And the Survey Says...

Women's Health Source received high marks for overall customer satisfaction in a randomly selected sample of 10,000 Women's Health Source members. Ninety-nine percent of all respondents rated WHS as "very positive" or "positive." In addition, more than 97% feel more informed about their health and more motivated to take better care of it. WHS continues to support the health and wellness of women through education, information, and access to a clinical counselor.

Take the Scare Out of Halloween

Both imagined and real dangers lurk on Halloween. Never mind ghosts, goblins, and other things that go bump in the night. The following tips can help you keep your children safe from real Halloween hazards.

USE CAUTION WITH COSTUMES

Avoid masks or headgear that block vision, long costumes or awkward shoes that could cause a fall, and loose or non-flame-retardant material that could ignite near a candle.

Use hypoallergenic makeup for face painting instead of masks that could block vision. And don't apply makeup too close to your children's eyes.

Make sure swords and other dangerous accessories are made of cardboard or flexible material.

Mark costumes and accessories with reflective tape and provide flashlights.

SAFE TRICK-OR-TREATING

- Feed children before they go, so they won't eat any candy before you've checked their loot.
- Young trick-or-treaters should go with an adult. Older children should trick-or-treat in groups and carry change for a pay phone and an emergency contact number.
- Pick a safe and familiar neighborhood.
- Remind children never to go inside a stranger's house and only to visit houses with lights on.

Throw out treats with loose or broken wrappers, wrappers with pinholes in them, and homemade treats from strangers. For small children, throw out potential choking hazards, such as

gum, peanuts, and hard candies.

Identify choking hazards for young trick-or-treaters by using the small parts cylinder approved by Dr. James S. Reilly, pediatric otolaryngologist, Bryn Mawr Hospital/duPont Children's Health Program.

HALLOWEEN ALTERNATIVES

Here are some ideas for parents who have concerns about trick-or-treating:

Help plan a neighborhood Halloween party.

Invite a few of your children's friends over to watch scary movies.

Look for parties sponsored by a local mall, fire department, or community organization.

See if any area churches, synagogues, or schools are sponsoring parties. If a Halloween celebration doesn't fit in with your family's beliefs, find a party with a fall harvest theme.

For your FREE small parts cylinder, send in the coupon on the back page, visit us online at www.mainlinehealth.org/takecharge, or call us at 1-888-876-8764.

September Is Prostate Cancer Awareness Month

Encourage the men in your life to get screened for prostate cancer. Two screening tests capable of detecting prostate cancer in its early stages are: a digital rectal exam (DRE)

a blood test that tests for prostate specific antigen (PSA).

The American Cancer Society recommends that men consider having these tests beginning at age 50—or earlier if they are part of a higher risk group, such as African American or men with a

family history. Bryn Mawr, Lankenau, and Paoli Hospitals offer a prostate risk assessment program to help individuals determine their risks and make informed decisions about health care screening. Program participants meet with a certified genetic counselor and a registered nurse. If you would like more information about the risk factors for prostate cancer, the Prostate Risk Assessment Program, or treatment for prostate cancer, please call 1-888-876-8764.



FINDING

Vitamin Megadoses Don't **Help Fight Breast Cancer**

Many cancer patients take large doses of vitamins and minerals to complement treatment and strengthen their immune health. But a study of almost 300 women with breast cancer showed these super-size servings may have no beneficial effect.

During the 10-year study, a group of women received traditional therapies, such as chemotherapy. But some also took high daily doses of vitamins and minerals, including:

- beta-carotene, up to 250,000 international units
- vitamin C, up to 24 grams
- zinc, more than 50 milligrams.

The cancer in the women who took the large doses came out of remission faster than the cancer in those who didn't use them. In addition, taking large servings appeared to shorten survival time.

If you're considering taking megadoses of vitamins or minerals, check with your doctor first.

Breast Cancer Research and Treatment, Vol. 76, No. 2

Dodge the Health Risks of Secondhand Smoke

ioral problems and secondhand smoke.

- family members who smoke break the habit.
- in public places. Or politely ask nearby smokers to stop. Say something like, "I'd really appreciate it if you

wouldn't smoke. It's bad for my allergies." Ask others not to smoke around your kids. And be sure your school or day care center is smoke-free. <

The Lung Center at Paoli Hospital provides an innovative, multidisciplinary approach to treating patients with lung disease. The center provides patients with diagnosis, care, treatment, and aftercare in a single location, staffed by pulmonary specialists who are dedicated to improving patient health.

Approximately 90% of all lung cancers are thought to result from smoking. Nonsmokers who are frequently exposed to smoke also face an increased risk.

econdhand smoke can be more than a nuisance for nonsmokers—it can be deadly. Each year, an estimated 62,000 deaths are caused by heart disease, and 3,000 deaths from lung cancer. Women who live or work with smokers are more likely to develop coronary heart disease than women who are not exposed to secondhand cigarette smoke. A 10-year study of nonsmoking female nurses showed that secondhand smoke increased the nurses' heart disease risk by 71%. Women regularly exposed to secondhand smoke had a 91% greater risk of heart disease, while those occasionally exposed had a 58% greater risk.

In adults, secondhand smoke also raises the risk of asthma and other respiratory problems. It also may cause miscarriage and cervical cancer in women. But children are perhaps those most vulnerable to secondhand smoke. According to Donald Peterson, MD, Main Line Health Division Chief of Pulmonary Diseases and Critical Care, "Secondhand smoke puts children at risk for asthma, bronchitis, pneumonia, ear infections, colds, sore throats, and sudden infant death syndrome." Some research has even found a connection between children's behav-

To keep you and your family healthy:

Don't let people smoke in your home or car. Help

Don't grin and bear it—move away from the haze



Get a Good Night's Rest

One out of three adults in the United States will have a sleeping problem this year. Help is available. The Sleep Medicine Centers of Main Line Health, recently recognized as Centers of Excellence by Philadelphia Magazine, are located at Lankenau Hospital, Paoli Hospital, and the Main Line Health Center in Broomall. For more information, call 610-645-3400.

The Lung Center at

Paoli Hospital treats

individuals who cope

sleep disorders,

emphysema

including sleep apnea

chronic obstructive

pulmonary disease lung cancer

lung and heart

For more information

on The Lung Center, call

610-648-1651 or visit

www.mainlinehealth.

disease.

org/lung.

with:

asthma

Easing Fears About **Congestive Heart Failure**

Heart failure occurs when the heart cannot pump enough blood to the lungs and the rest of the body, because of damage to the heart muscle. Congestive heart failure, or CHF, is the most common reason for hospitalization in Americans older than age 65.

Although coronary artery disease, prior heart attacks, and high blood pressure are the leading causes, many other conditions contribute to heart failure. These include high cholesterol and diabetes. Furthermore, the symptoms of heart failure vary greatly and may not be obvious. They can include fatigue, shortness of breath, lightheadedness, indigestion, and abdominal bloating. Heart failure responds best when detected and treated early. It is very important to know the risk factors and symptoms, and to tell your doctor about any concerns you have.

Some simple things to do to prevent CHF are:

- Monitor blood pressure and blood sugar levels
- Exercise regularly
- Avoid fatty and salty foods
- Quit smoking
- Avoid excess alcohol consumption
- Neep weight within the normal range
 There are many effective treatments for
 CHF, and the earlier treatment is started,
 the better.

INNOVATIVE HEART TREATMENT

A number of new treatments have recently emerged that can improve symptoms and activity levels in patients with weakened hearts. The Main Line Health Heart Center offers innovative treatments such as:

- new medications that reduce the pressures inside the heart and help the kidneys
- surgery to restore blood flow to the heart can now be done without stopping the already weakened heart
- surgical repair of leaking or narrowed valves, previously too risky to undertake in heart failure patients
- biventricular pacing that helps to synchronize heartbeats, and allows the entire heart to pump more efficiently
- ventricular assist devices, implantable mechanical heart pumps to help the heart pump
- human and artificial heart transplantation.

With these modern medical and surgical treatments, the outlook for patients with heart failure has never been better.

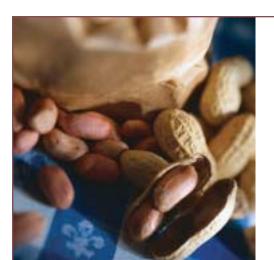
To learn more about these procedures, visit **www.mainlinehealth.org/heart**. And for more information on heart failure, or for a cardiovascular physician, call **1-866-CALL-MLH**.

Complete Cardiac Care

The Main Line Health Heart
Center's Heart Failure and
Transplant Program at Lankenau Hospital offers innovative
options to prevent and manage
all degrees of heart failure, from
asymptomatic to severe. The
program provides diagnosis and
complete care for patients with
heart failure.

Our integrated team, headed by Medical Director Walter Kao, MD, and Surgical Director Louis Samuels, MD, takes a comprehensive approach. They go beyond standard therapies to include education and nutritional, rehabilitative, and psychosocial care for each individual patient.

The Heart Failure and Transplant program continues the mission of the Main Line
Health Heart Center to provide the best and most complete care for any cardiac diagnosis.
For more information, please call **1-866-CALL-MLH.**



A Few Nuts a Day May Keep Diabetes Away

A healthy diet can help prevent type 2 diabetes. And for women, a healthy diet may be one that includes at least five servings a week of nuts or peanut butter.

A recent study followed more than 80,000 women for about 16 years. Those who ate 5 or more ounces of nuts or peanut butter each

week cut their risk of developing type 2 diabetes by about 25%, a remarkable reduction.

Nuts, however, are high in fat. So, don't go "nuts" and eat too many. Instead, use nuts or peanut butter to replace servings of red or processed meats in your diet.

Journal of the American Medical Association, Vol. 288, No. 20



Family Medical History: Knowledge is Power

n the list of risk factors for many diseases is one you can't change—family medical history. For example, if your father or mother had heart disease, you are at higher risk for developing it than someone whose parents had healthy hearts. But this doesn't mean that there is nothing you can do to cut your risks.

KNOW YOUR RISKS

Very few diseases are simply inherited like blue eyes or curly hair. Most conditions that run in families are caused by a combination of genes and lifestyle factors, such as diet, smoking, and exercise habits. In addition to heart disease, such conditions include:

- several cancers, including those of the bowel, breast, lung, ovaries, stomach, and skin
- cataracts and glaucoma
- asthma and allergies
- diabetes
- **arthritis**
- osteoporosis
- migraine headaches.

Knowing whether a family member has had any of these conditions is important. But the more complete the information, the more useful. It's helpful to know the answers to these questions:

- ▶ How many family members were affected?
- How closely were they related?
- At what age did they become ill?
- At what age did they die?

The further back you can trace your family medical history, the better. If members of the previous generation are still alive, ask them what they remember.

Dr. Gerard F. Klinzing, System Chairman of Family Practice Medicine, and Program Director, Bryn Mawr Family Practice Residency Program, feels, "As a family doctor, it is vital to develop a partnership with my patients, working together to modify their health risks."

ACTION PLAN FOR PREVENTION

Once you know your inherited risks, there are at least three ways to help overcome them:

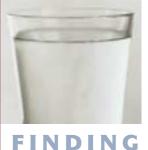
- Make healthy lifestyle choices. Stay active, eat well, manage your weight, watch your blood pressure, and don't smoke.
- ② Ask your doctor for a screening schedule—and stick to it. Screening tests are available to catch many inherited conditions, such as diabetes, heart disease, and cancer in their early stages. In the case of breast and skin cancer, regular self-examination is an important part of prevention.
- **3** Be consistent in taking any prescribed medications. If your medicines are causing side effects, talk with your doctor about possible alternatives.

By taking these steps, you can turn your family medical history into a powerful preventive tool.

KNOW?-

JOY CIIC

The Bryn Mawr Family Practice Residency Program relocated to the Main Line Health Center in the Lawrence Park Shopping Center in July. The new location provides new up-to-date facilities, proximity to specialists and services in the Center and improved accessibility for patients. For more information, call **610-325-1390**.



Do You Need Eight Glasses of Water a Day?

Maybe not. Recent evidence shows that drinking about five glasses daily is enough—unless you're in extreme heat or exercising vigorously. Water in food and other beverages counts, too.

But don't start recycling water bottles yet.

Researchers admit further studies are needed.

American Journal of Physiology: Regulatory, Integrative and Comparative Physiology, Vol. 283, No. 5

Must-Have Medical Screenings

Women have something better than a fountain of youth to help them live long and well: preventive screening tests. These help catch diseases and problems early, when they are most treatable.

The following is a chart of important screenings for women, based on the recommendations of major health organizations and U.S. government agencies. Talk to your doctor to find out which tests and what schedules are best for you. •

SCREENING	WHO NEEDS IT	WHEN
Gynecological Health		
Pelvic Exam	Women age 18 and older;	Annually for first three years, then
	sexually active women	every one to three years based on results
Heart Disease		
Blood Pressure Test	Women age 21 and older	Every one to two years based on results
Cholesterol Test	Women age 20 and older	Every five years
Diabetes		
Blood Sugar Test	Women age 45 and older;	Once at age 45, then every three years;
	pregnant women at high risk*	during pregnancy if needed
Cancer		
Pap Test	Women by age 21 or within three	Every one to three years based on results
	years of becoming sexually active	
Clinical Breast Exam	Women age 18 and older	Every three years for women ages 20 to 39;
		yearly from age 40
Mammogram (Breast X-ray)	Women age 40 and older	Every one to two years
Fecal Occult Blood Test (FOBT)	Women age 50 and older	Every one to two years
Flexible Sigmoidoscopy**	Women age 50 and older	Every five years
Colonoscopy	Women age 50 and older	Every 10 years
Double Contrast Barium Enema	Women age 50 and older	Every five years if not having
		colonoscopy or sigmoidoscopy

^{*}Pregnant women at risk for gestational diabetes include those who are older than age 25, have had the condition before, or have a family history of diabetes.

Menopause and You



Women's Health Source is pleased to offer "Menopause and You," an on-line resource. In collaboration with Beverly Vaughn, M.D., a specialist in Gynecology and Director of the Main Line Health Menopause Program, this site features articles

about different topics including perimenopause, nutrition, and side effects and includes links to other reliable information sources. We hope this site will offer information that helps you as you make this transition. Go to www.mainlinehealth.org/women, and click on "Our Services."



FINDING

Swaddled Babies Sleep Better

The ancient practice of swaddling is finding modern support.

Swaddling is the custom of snugly wrapping a baby in cloth or a blanket before laying her down to sleep. One study showed that swaddled babies slept more deeply, startled less often, and fell back asleep more easily than babies who weren't wrapped.

Swaddling also may help reduce the risk of Sudden Infant Death Syndrome (SIDS) by keeping babies from rolling over onto their stomachs.

To swaddle properly, follow these tips:

- Wrap a cloth or blanket securely around your baby's body.
- Keep her head uncovered.
- Leave enough room around the hips so her legs can fall open naturally.
- Check to make sure the wrap isn't too tight around her chest—this can interfere with breathing.

Pediatrics, Vol. 110, No. 6

^{**}Some doctors may recommend FOBT plus sigmoidoscopy.

Event Calendar



WHS at Advanta Championships

Join us Oct. 27th through Nov. 2nd at the WHS booth for free blood pressure screenings, nutrition and fitness tips, chair massages and more. Among others scheduled to appear are Serena Williams (ranked #1 in



the world), Lindsay Davenport, Monica Seles and Lisa Raymond!

Main Line Health Ladies' Day

Thursday, October 30, 10 a.m.
The Pavilion at Villanova University
WHS Members: \$5 discount. Purchase a minimum
of four floor seats, and for \$1 more per ticket we'll
provide lunch and a gift. For tickets and discount
information, call 1-866-TENNIS-5. For more
information, visit www.advantachampionships.com.

SMART HEART PROGRAMSFree Cardiac Risk Assessment Screenings

This 30-minute evaluation includes a lifestyle profile, HDL and total cholesterol test, glucose and blood pressure tests, a computerized printout of the results, recommendations for lifestyle enhancements, and a consultation with a health care professional.

Wednesday, September 24, 4 to 8 p.m.

Main Line Health Center-Collegeville

Thursday, October 2, 4 to 8 p.m.

Main Line Health Center-Broomall

Registration required. Call 1-866-CALL-MLH.

Redesigning the Food Guide Pyramid

Will there be changes to the food guide pyramid? What are these recommendations, and how will they change the way you eat?

October 15, 2003, 7 to 8:30 p.m.
Paoli Memorial Hospital, Potter Room
Presenter: Judy Matusky, RD, LDN
To register call 1-866-CALL-MLH.

Take Charge of Your Health!

Check the information that interests you, fill out your name and address, and send us this coupon. We'll mail you the FREE information you've requested.

- ☐ Small Parts Cylinder. This helps determine what toys, candy, and household items may be a choking hazard to your child.
- ☐ Yes, I am already a Women's Health Source Member.
- Prostate Risk Assessment Information. Information on the Prostate Risk Assessment Program, risk factors and treatments for prostate cancer.

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E-MAIL ADDRESS

Send to: Main Line Health, Two Devon Square, Suite 110, 744 West Lancaster Avenue, Wayne, Pennsylvania 19087, log on to www.mainlinehealth.org/takecharge, or call 1-888-876-8764.

Contact us at 1-866-CALL-MLH or visit www.mainlinehealth.org.

----> CUT ALONG THE LINE ----

Main Line Health

130 South Bryn Mawr Avenue Bryn Mawr, Pennsylvania 19010 Postmaster: Please deliver between August 25 and August 29.

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