

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

FALL 2004

# Women's

## HEALTH SOURCE

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# Breast Cancer Prevention: The Best Time Is Now

**R**esearchers are racing to identify the causes of—and cure for—breast cancer. But women don't want to wait. You can do something now to protect against breast cancer. You can make healthy choices that reduce your risk or strengthen your body's cancer-fighting abilities. It can be the split second it takes to reach for an apple instead of a cookie. Or mall walking 30 minutes before shopping.

## WHAT YOU CAN DO: GROCERY SHOP "EXPRESS" STYLE

Head straight for fruits and vegetables. Then reach for whole grains, and zero in on low-fat dairy products. These provide the nutrients needed to boost the body's immune system. They also remove toxins from the body and discourage the growth of cancer cells. Foods rich in anti-cancer compounds include: soybeans, tomatoes, garlic, onions, broccoli, cabbage, grapes, and citrus fruits.

## STREAMLINE COOKING TIME

Experts recommend a low-fat diet and using olive oil in place of other fats. Better yet, steam vegetables or eat them raw. Combine vegetables and fresh herbs for zesty one-pot soups or stews served with whole-grain bread or crackers. Eat fruit for dessert.

## SOCIALIZE ON THE MOVE

Walk or work out with a friend. Brisk exercise for at least a half-hour, three or more times a week reduces the risk of breast cancer. Exercise also appears to benefit women undergoing treatment, and survival rates are higher among women who exercise and eat right to maintain a lean weight.



## EARLY DETECTION: THE KEY TO BREAST HEALTH

The American Cancer Society recommends all women have annual mammograms beginning at age 40. Women at high risk for breast cancer may need to begin screening earlier and/or be screened more often. ❖

## Main Line Health Hospitals Provide Breast Expertise



Breast cancer services at Bryn Mawr, Lankenau and Paoli Hospitals offer women a multidisciplinary, coordinated

program with the latest technology and nationally-recognized experts in radiology, oncology and surgery.

Bryn Mawr Hospital opened its Comprehensive Breast Center earlier this year and Paoli Hospital's Breast Health Center premieres in October. Lankenau Hospital has a well-established breast cancer program and Breast Diagnostic Center in place.

Each center offers women an excellent choice for their breast health needs. All are equipped with advanced mammography technology, including computer-aided detection, and

provide minimally-invasive biopsy techniques such as ultrasound-guided and stereotactic procedures. Digital mammography is available at Bryn Mawr and Paoli Hospitals. An outstanding clinical staff, including dedicated nurse specialists, social workers and dietitians, provide women with a comprehensive and well-rounded approach to care.

For more information about breast health services at Bryn Mawr, Lankenau and Paoli Hospitals, please see the Take Charge Coupon on the facing page or call us at **1-866-CALL-MLH**.

# Ask Sharon: What Can Cause Breast Pain?

Breast pain can include any discomfort described as a tender lump, swelling, burning, or just pain. Some common causes for breast pain are menstruation, approach of menopause, pregnancy, puberty, or breast-feeding. Noncancerous changes to the breast tissues are commonly associated with breast pain. A lump, localized thickening, or a dimple are usually the only physical signs in most breast cancers.

Fibrocystic breast changes, mastitis—breast infection—PMS, traumatic injury, and alcoholism are all common causes of breast pain. Fibrocystic breasts, extra lumps, and bumps are very common especially as we grow older. Certain medications also may cause breast pain.

You should contact your physician if you've noticed a new lump that doesn't go away, or if you are

experiencing unexplained or persistent breast pain.

This information was researched and found at [www.breastcancer.org](http://www.breastcancer.org) and the National Library of Medicine and National Institutes of Health. ❖

Do you have a health question? Our nurse clinical counselor, is available to help find answers to your health care questions.

Contact Ask Sharon at [WHS@mlhs.org](mailto:WHS@mlhs.org) or by phone at **1-888-876-8764**.



**Sharon Register, Women's Health Source Nurse Clinical Counselor.**

# WHS Members Enjoy Second Anniversary Event

Courtesy of Lankenau Hospital, Women's Health Source distributed 100 free tickets to the Philadelphia Soul's April 24 game at the Wachovia Center to the first 50 members who called to request them. Offered in the Spring edition of the WHS newsletter, the tickets were gone in two days. Lankenau Hospital is a sponsor of the Philadelphia Soul arena football team.

Members and their guests attended a pregame reception in the center's Hall of Fame Room. Sharon Register, WHS nurse counselor, and Hilary Collins, WHS representative, hosted the evening's activities. After enjoying hors d'oeuvres, members were treated to indoor fireworks before the game. A last-minute, 52-yard field goal by the Soul gave them a win over the New York Dragons 60-58 in front of a sold-out crowd of 17,597.



## Paoli Hospital Named as a 100 Top Hospital



Solucient, a leading national health care authority, has named Paoli Hospital one of the nation's 100 Top Hospitals®.

For the past 11 years, Solucient has published this annual list, which is based on nine measures, including clinical outcomes, length of stay, and growth. Solucient selects its 100 Top Hospitals from five different categories. Of the more than 1,000 facilities in the medium-sized hospital category, Paoli was one of only 20 hospitals in the nation and the only hospital in Chester

County to receive this prestigious designation.

This award recognizes Paoli as a hospital that demonstrates superior clinical, operational, and financial performance in overall service. We are honored that Paoli's commitment to excellence has been nationally recognized. For more information on this award, visit [www.mainlinehealth.org/PH](http://www.mainlinehealth.org/PH).

## 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.

- Breast health information.** Please send me more information on the breast health services at:
  - Bryn Mawr Hospital
  - Lankenau Hospital
  - Paoli Hospital
- Wound healing information.** Please send me more information on HBOT.

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

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✂ CUT ALONG THE LINE

# Help Your Children Grow Healthy Habits



“No” is probably one of the first words your child spoke. Ever since, a battle of wills has reigned. The quarrel: What you think is best for your child versus what your child wants.

Judy Matusky, registered dietitian at Main Line Health, offers this important advice: “When it comes to instilling healthy habits, several strategies can help you gain the upper hand. One is modeling wholesome behaviors yourself. For instance, children with physically active parents may be up to six times more likely to be active than children of sedentary parents.”

Just as important: Tell your children what you know about good health. And cheer them on when they make their own healthy choices. The following tactics also can help your child “grow into” two specific habits:

## EATING RIGHT

- ▶ Stock up on healthy snacks, such as yogurt, whole-grain crackers, cheese, and fruits and vegetables.
- ▶ Keep offering finicky eaters nutritious items. Children may need to be exposed to a new food up to 10 times before they accept it.
- ▶ Make meal preparation a family affair. Children usually relish dishes they help prepare. By age 5 or 6, many children can

measure ingredients, cut with a blunt knife, and use an eggbeater.

- ▶ Encourage your child to invent a meal or snack, such as trail mix. Talk about the different food groups involved and the qualities—texture, color, smell, taste—that add flavor.

## BEING ACTIVE

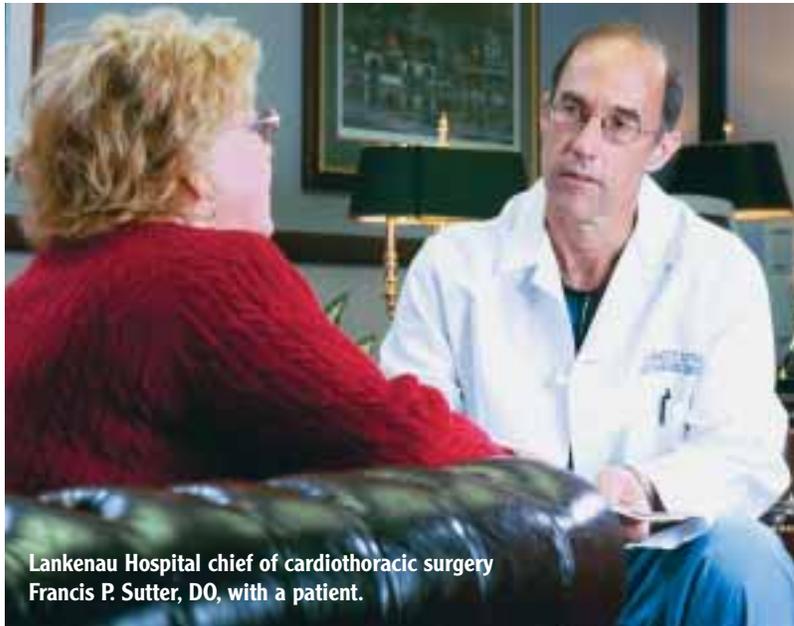
- ▶ Schedule an active family event once a week: Fly a kite, pick some apples, or hike through a forest preserve.
- ▶ Give gifts that invite activity, such as balls, jump ropes, and basketball hoops.
- ▶ Teach your children the skills they need to participate in various activities or sign them up for lessons. Children are more likely to take part in physical activities if they believe they’re capable of doing so.
- ▶ Limit children’s TV time. Children who watch TV for three or more hours after school are about three times less likely to be active than those who watch less. ❖

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To learn more about developing good habits in children, attend our free lecture **Smart Eating for Healthy Kids**—details on the back cover—or visit our Kid’s Health Resource Center at [www.mainlinehealth.org/kids](http://www.mainlinehealth.org/kids).

**The Survey Says ...** Results from our annual survey revealed that you believe WHS is doing a great job. A random survey of 10,000 members revealed that more than 95% of members who responded felt they are more informed about their health and are motivated to take better care of their health as a result of our newsletter. We appreciate your input and will use our survey results as a resource for planning programs and upcoming issues of our newsletter. Please know that your comments are always welcome. Keep in touch with us through e-mail at [whs@mlhs.org](mailto:whs@mlhs.org) or by calling **1-888-876-8764**. Congratulations to J. DePompeo, winner of the Topper’s Spa gift certificate, and D. Tillio, winner of the first-aid kit.

## Beating Heart Surgery: A New Lease on Life for Women with Heart Disease



Lankenau Hospital chief of cardiothoracic surgery Francis P. Sutter, DO, with a patient.

artery above and below the blockage. Blood can then bypass, or flow around, the blockage. Now, with improved technologies, bypass surgery can be done while the heart is still beating. According to Francis P. Sutter, DO, chief of cardiothoracic surgery at Lankenau Hospital, “The surgery progresses much quicker than traditional bypass surgery so that the patient is under anesthesia for a shorter

After age 60, heart disease is as big a threat to women as it is to men partly due to estrogen protecting the heart until menopause.

There are many treatments available for combating heart disease, but education and knowledge is the greatest defense. If you are told that you have coronary artery blockages, know your options.

Sometimes the best treatment for a woman is surgery to bypass one or more clogged arteries.

During bypass surgery, a blood vessel taken from the leg, chest or arm is attached to each affected

period of time. The patient awakens quicker and brighter and resumes normal activities sooner.”

It may take a while to get back your strength after this procedure. Ask your doctor when it’s safe to resume normal activities or whether you might benefit from a cardiac rehabilitation program.

Bypass surgery can’t cure heart disease, but it can be a real lifesaver. ❖

For more information on “beating heart surgery,” visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

### Recent Heart Research

Women should be aware that they are at a higher risk than men when undergoing bypass surgery. Earlier reports suggest that the female sex was an independent risk factor for higher mortality. Also, women have smaller arteries than men, so performing bypass surgery on the heart/lung machine (on-pump) can be more difficult.

But advanced technologies have lessened the risk. Dr. Sutter reports, “Recent evidence-based literature demonstrates that *beating heart surgery* may be better for women than on-pump bypass surgery. Specific benefits in women include greater chance of survival, lower respiratory complications, shortened hospital stays and increased discharges directly to home.”\*

At the Main Line Health Heart Center, our cardiothoracic surgeons perform greater than 90% of open-heart surgeries using this beating heart technique. Because of our experience with this procedure, our survival outcomes for women are consistently above the national average. For more information on our Heart Center’s outcomes, visit [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart).

\*2002 The Society of Thoracic Surgeons National Adult Cardiac Surgery Database



### Bryn Mawr Hospital

Jared Caruso, MD, has joined Main Line Health as the Director, Inpatient Pediatric Unit for the Bryn Mawr Hospital/duPont Children’s Health Program. Dr. Caruso is board certified in pediatrics. He is especially interested in the field of pediatric sedation and has developed practice protocols on this procedure. Dr. Caruso can be reached at 1-866-CALL-MLH.

### Lankenau Hospital

Lankenau Hospital Imaging Center has added a new 3 Tesla magnetic resonance imaging (MRI) system, the most powerful MRI available. The new 3T MRI, one of only a handful in the region and the only 3T equipped for breast MRI, provides greater clarity and advanced capabilities to physicians. Lankenau Imaging Center offers free, convenient parking for MRI and PET scan services. Call 610-645-3100 for more information.

### Paoli Hospital

Paoli Hospital now offers a full complement of radiology services in our Exton offices at the Oaklands Corporate Center on Route 30. Ultrasound, dexascan, mammography, general diagnostic X-rays, and CT scans are available at the Main Line Health Center at 491 John Young Way, Suite 110. MRI scans are now available at our adjacent facility, Exton MRI, 495 Thomas Jones Way, Suite 104. Radiology services are provided by Paoli Hospital radiologists and radiology technologists. To schedule an appointment for an MRI, call 610-280-6103. For all other radiology appointments, call 610-648-1414.



## Digest These Facts About Diverticulosis

**I**f you're plagued by frequent indigestion—or even if you're not—you could be among the one in 10 Americans older than age 40 who has diverticulosis. Diverticulosis occurs when the inner layers of the colon balloon out through weak spots in its wall. Straining on the toilet is one possible cause. However, experts believe the main trigger is a low-fiber diet. Age-related changes in the colon can boost the risk, too.

### MANY CASES GO UNNOTICED

Diverticulosis usually causes no symptoms. Most women discover they have the condition after having tests for other problems. When symptoms do occur, though, they may include nausea, mild cramps, bloating, constipation, and diarrhea.

If you often experience any of these symptoms, talk to your doctor.

### HEALTHY HABITS OFFER HOPE

Diet is the best way to prevent—and treat—diverticulosis. Some

nutrition experts advise eating 20 to 35 grams of fiber daily from fruits, vegetables, grains, and fiber supplements that contain psyllium. Regular exercise also

may help divert diverticulosis.

Also, women with the condition should avoid foods that may irritate or get caught in the colon's bulging pouches. These include nuts; popcorn hulls; and sunflower, pumpkin, caraway, and sesame seeds.

### THESE WARNING SIGNS MEAN AN EMERGENCY

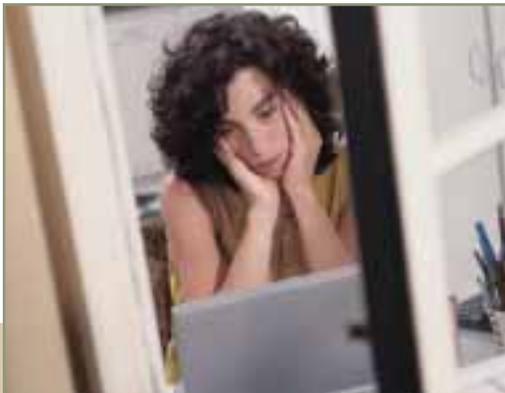
A high-fiber diet also can lessen the risk of developing diverticulitis. This condition occurs when the pouches become inflamed or infected. It eventually strikes 10 to 25% of diverticulosis sufferers.

Pain on the left side of the lower abdomen is the most common sign of diverticulitis. It also may cause fever, nausea, vomiting, chills, cramping, and constipation. Symptoms may develop gradually or occur suddenly. If you suspect diverticulitis, get emergency help right away.

Doctors usually treat mild diverticulitis with a liquid diet, antibiotics, and rest. It may clear up within a few days if treated early. Serious cases may require hospitalization and/or surgery. ❖

## Did you know?

Medium-sized apples and pears contain 4 grams of fiber. One medium tangerine has 2 grams. To learn the fiber content of other common foods, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).



### FINDING

#### Battling Depression? Help Is @ Your Fingertips

Support groups can be invaluable in helping women recover from depression—even groups without face-to-face contact. Members who logged on to an Internet support group for at least 10 hours a month were twice as likely to conquer their depression than were less frequent users.

Why choose an Internet group? For women who can't talk about personal issues in front of others, the privacy is priceless.

Importantly, the women used the group to supplement—not replace—professional care.

American Journal of Psychiatry,  
Vol. 159, No. 12

# Oxygen Therapy Can Help Chronic Wounds

A stubborn wound that won't heal can prevent you from being as active as you would like. It could even lead to complications, such as infection and amputation.

Many options are available to help heal these types of wounds, including a medical treatment called hyperbaric oxygen therapy (HBOT).

Doctors have used HBOT for more than three decades. The treatment is fairly simple: Patients lie down and relax inside a pressurized chamber that looks like a large tube. The pressure inside the chamber is 2.5 times higher than in the normal atmosphere. While inside, patients breathe in 100% oxygen for about 90 minutes, the usual length of a treatment.

## HOW IT WORKS

In HBOT, the higher pressure and concentrated oxygen allow more oxygen to enter a person's blood. This

oxygen-rich blood travels to organs and tissues in the body and improves the benefits of certain antibiotics, activates white blood cells to fight infection and promotes the healing process of chronic wounds.

## HELP FOR A VARIETY OF WOUNDS

Some of the people who may benefit from hyperbaric oxygen therapy include those with:

- ▶ foot ulcers related to diabetes—research shows HBOT may reduce the risk of amputation
- ▶ bone infections, or osteomyelitis
- ▶ wounds from radiation therapy for cancer
- ▶ skin grafts.

A series of HBOT treatments is usually needed over the course of several weeks. HBOT may be especially helpful when combined with other wound treatments.

For more information on HBOT, check the Take Charge Coupon on page 3.



However, HBOT is not right for everyone, including those who suffer from seizures and people who take certain medications. Ask your doctor about HBOT and other options to help your wounds heal. ✦

The Wound Healing Centers at Paoli and Bryn Mawr Hospitals offer HBOT and a range of other treatments for chronic wounds. Contact the Wound Healing Center at Paoli Hospital at **610-648-1212** or the Wound Healing Center at Bryn Mawr Hospital at **610-526-8820**.



From left, Dr. Beverly Vaughn, Director of the Menopause and You Program, and Sharon Register, Women's Health Source nurse clinical counselor.

## Menopause Program a Huge Success

Women's Health Source offered a "Live Menopause and You" program at the American College in Bryn Mawr this past May. More than 80 women listened to Drs. Beverly Vaughn, Lanekau Hospital gynecologist, and Leslie Poor, Bryn Mawr Hospital cardiologist, share timely information on staying heart-healthy during menopause.

The response to this event was terrific! The following unsolicited reactions were received:

- ▶ "It was a wonderful day. My friends thanked me for registering them for it."
- ▶ "Just wanted to thank you for a fantastic program! It was fun and informative."

If you were unable to attend our program, but would like to learn more about coping with menopause, visit our Menopause and You site at [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs). You'll find more interesting articles written by Main Line Health doctors and health care professionals. You'll also find the Q & A from our event.

# Event Calendar

Registration is required for all programs. Call 1-866-CALL-MLH to register, or visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Parent Lecture: Smart Eating for Healthy Kids

Are you concerned about your child's weight and eating habits but are not sure what to do? Join us for this informative lecture, which offers advice on how families on the go can eat smarter.

Thursday, November 11, 7 to 8:30 p.m.  
Main Line Health Center—Lawrence Park  
1991 Sproul Road, Broomall

In recognition of Breast Cancer Awareness Month:

## Preventing and Detecting Breast Cancer: Staying Healthy for Life

A FREE event featuring a distinguished panel of speakers including noted breast radiation oncologist Marisa Weiss, MD; Lankenau Cancer Center Medical Director, Paul Gilman, MD; Ned Carp, MD, Director, Surgical Oncology; and Rachael Brandt, MS, CGC, genetic counselor. Refreshments served.

Thursday, October 14, 7 to 8:30 p.m.  
Main Line Health Center—Lawrence Park  
1991 Sproul Road, Broomall

## Mother and Daughter Tea

We invite women of all ages to join us and hear about the latest information on breast care, early detection, and prevention. *Sponsored by Bryn Mawr Hospital and the Main Line Chapter of the NAACP.*

Saturday, October 9, 2 to 5 p.m.  
Call for event location and registration information.

## FREE Cardiac Risk Assessment

Evaluate your risk for having heart disease by registering for this FREE 30-minute screening. Screening includes a lifestyle profile, HDL and total cholesterol, glucose and blood pressure screenings, and a consultation with a healthcare professional.

*Sponsored by the Main Line Health Heart Center.*

Thursday, October 21, 4 to 8 p.m.  
Main Line Health Center—Lawrence Park  
1991 Sproul Road, Broomall



The Heart Center invites you to participate in these festive events honoring Bryn Mawr Hospital cardiologist, Henry S. Mayer, MD:

## Sensations of the Heart Gala

Saturday, October 2, Dinner and silent auction begins at 6:30 p.m.  
The Franklin Institute, Philadelphia

## Pro-Am Golf Tournament

Tuesday, October 5, 10 a.m.  
The ACE Club, Lafayette Hill

Visit [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart) or call 610-645-8135 for details.



For additional programs, visit [www.mainlinehealth.org/whs](http://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](http://www.mainlinehealth.org/whs) to join WHS for free.

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Bryn Mawr, Pennsylvania 19010

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## Benefit Update

### Life Steps, Inc.

Thirty-dollar discount on the regular retail price of Living Family Journal. Visit [www.allaboutfamily.com/icanetwork](http://www.allaboutfamily.com/icanetwork) or call 1-800-657-9324, ext. 16.

### Sit and Be Fit

Fifteen-percent discount on Sit and Be Fit exercise videos and other products. Phone or mail orders only. 1-509-448-9438.

### ICA Magazine Clearing House

Save up to 70% on the cover price of popular magazines. Call 1-888-422-1970 to request a catalog.

### Wall Art by Charlene Eichman

Receive a 10% discount on wall art over \$200. Call 610-446-8370 for free estimate.

**Mention your WHS membership when ordering.**

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