

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital

FALL 2005

Women's

HEALTH SOURCE

**The Latest
on Digital
Mammography**

PAGE 2

**Special
Event!**

Explore the
"lighter side"
of menopause
at a special
event.

See page 7.

**Preventing
Holiday Stress**

PAGE 3

**Is Your Child at Risk
for Diabetes?**

PAGE 6

Learn more about WHS by visiting www.mainlinehealth.org/whs.

Mammography: The Gold Standard for Breast Cancer Detection Gets Better

You probably know that a mammogram is the most reliable method to detect breast cancer. Since its debut in 1969, this special X-ray of the breast has saved thousands of women's lives by finding abnormalities in breast tissue up to two years before they are large enough to be felt. Detecting cancer early is the key to successful treatment. More than 90 out of 100 women will be cured if their cancer is found at an early stage.

Bryn Mawr, Lankenau, and Paoli Hospitals provide a full range of mammography services. They're conveniently located in designated Breast Centers throughout the region, and no matter how busy your schedule, they offer an appointment that fits. State-of-the-art technology, experienced radiologists, and certified mammography technologists combine to offer you the best care possible for routine screenings or diagnostic studies.

Standard mammography uses low-energy X-rays and high-resolution film

The physicians of Main Line Health, committed to providing timely and expert mammography services, urge all women to abide by American Cancer Society recommendations to get annual mammograms starting at age 40.

to produce the highest detail of the breast soft tissue. Digital mammography, currently available at Bryn Mawr and Paoli Hospitals and coming to Lankenau Hospital later this year, records breast images on a very sensitive digital detector and displays them on a computer monitor.

Digital mammography makes more information about the breast available because the computer images can be

enhanced, lightened, darkened, or magnified. Our board-certified radiologists interpret or "read" the mammograms. They also use the ImageChecker® computer-aided detection system, which draws the radiologist's attention to areas that may be abnormal. In effect, this tool gives the radiologist a second look at the mammogram.

Research confirms the lifesaving benefits of mammograms. In Sweden, the largest study to date showed that screenings reduce deaths from breast cancer by 28% in women ages 40 to 69. And National Cancer Institute researchers associated 52% of late-stage breast cancers with patients' failure to have mammograms. ✦

To schedule a mammogram at one of our six convenient locations, please call **1-866-CALL-MLH.**



FINDING

significantly less depression. These benefits lingered for as long as five years.

Caregivers Find Relief from Depression

Spouses caring for a partner with Alzheimer's often suffer from depression. Some of these spouse caregivers were assigned to six counseling sessions with a therapist and to a support group. Others were assigned to "usual care"—including advice upon request and information about available resources.

Compared to the usual-care group, those assigned to counseling sessions and support groups experienced

American Journal of Psychiatry, Vol. 161, No. 5

Strategies to Prevent Holiday Stress

The stress of the festive season can make anyone the Grinch. Blame it on the intense pressure to shop, travel, host parties, and still maintain your regular work schedule.

WHAT YOU CAN DO IN ADVANCE

Make a list of what caused you stress last holiday season. If it's throwing your annual party, skip it this year. If taking on the charity food drive at work seems like too much, try sharing the responsibility. Don't obsess about making everything perfect.

"Don't pressure yourself by focusing on just one day of the season, such as Thanksgiving. Try to spread out your merrymaking over weeks or months to keep your expectations in check," says Janet Levit, Clinical Director of the American Day Treatment Center in Drexel Hill.

DURING THE HOLIDAY CRUNCH

Be ready when the season rolls around. Levit suggests following these guidelines:



▶ Don't get caught up in the pressure to buy, buy, buy. Set a spending limit and avoid adding debt. Instead, enjoy freebies, such as a neighborhood drive to see holiday decorations.

▶ Don't commit yourself to things you don't want to do. Rehearsing what you want to say can help. For example, "Mom, I know you want us to come home, but it's hard to travel with the baby. I would appreciate it if you and Dad would come to our place this year."

▶ Divorced? Fight the urge to plan expensive holiday events with your kids. Really, they just want to see you. Spend an afternoon adding photos to an album or playing outdoors. If you're without your kids during the holidays, volunteer or get together with caring friends.

▶ If a loved one is in assisted living, you may be stressed about bringing her home for the occasion. Consider gathering the family and visiting her instead.

▶ Treat yourself well with exercise, a favorite book, or a holiday movie rental. Recharging your batteries can help you stay in the spirit. ❖

Have You Seen These Lifesaving Devices?

Every year, about 400,000 Americans die of sudden cardiac arrest. This life-threatening emergency could be treated with an automated external defibrillator (AED). Maybe you've seen these portable devices mounted behind glass at the airport or in your office building.

When applied to the chest of someone in cardiac arrest, the AED analyzes the patient's heart and tells the rescuer if a shock is needed to restore a normal heartbeat. AEDs provide instructions with voice prompts as well as

written directions on a screen.

AEDs really do save lives, reports a recent study in the *New England Journal of Medicine*. Steven Rothman, MD, Chief of Cardiovascular Diseases at Lankenau Hospital, agrees. "These devices can be valuable lifesaving tools. At Lankenau, we are researching new ways to use defibrillator technology and designing new devices to prevent cardiac arrest in patients suffering from arrhythmias."

Visit www.mainlinehealth.org/lh to learn more about the Lankenau Heart Center.

Bryn Mawr Hospital

Our surgeons are now performing tonsillectomies using a technique called Powered Intracapsular Tonsillectomy, which removes about 98% of the tonsils and leaves a thin layer of tissue intact to protect the throat muscles. "This layer acts as a physiologic Band-Aid, preventing harm to the delicate throat muscles," explains Laurence V. Cramer, DO. To learn more, call 1-866-CALL-MLH.

Lankenau Hospital

Congratulations to the Lankenau Hospital Cancer Center! The Commission on Cancer (CoC) of the American College of Surgeons has granted its Three-Year Approval with Commendation to Lankenau's cancer program. The CoC sets quality-of-care standards for cancer programs. Approval by the CoC is given only to those facilities that provide the highest level of quality cancer care and undergo a rigorous evaluation. Visit the Cancer Center online at www.mainlinehealth.org/lhcc.

Paoli Hospital

The Diabetes Management Program at Paoli Hospital, recognized by the American Diabetes Association, is now available at the Main Line Health Center in Collegeville, at 599 Arcola Road. This outpatient education program helps patients achieve maximum control of their diabetes. It covers diet, exercise, blood glucose monitoring, and medication management. Recent research proved that good blood glucose control prevents or delays many complications of diabetes. To learn more, call 866-CALL-MLH.

Combat Your Knee Pain and Get Active Again

You were always on the go . . . walking, bicycling, even running. Now, when you climb stairs, sit or stand, or simply take a step, your pain can stop you in your tracks.

Perhaps you suffered a sports injury. Or maybe your knee pain developed gradually over time. Whatever the origin, the considerable pain that results from damaged cartilage makes it difficult for

people with knee injuries to maintain active lives.

If you're in your 40s or younger and knee pain has slowed you down, you may be a candidate for cartilage restoration—"one

of the most significant advances in orthopedic surgery since total joint replacement," says Kevin Freedman, MD, Medical Director of the Bryn Mawr Hospital Cartilage Restoration Program.

The procedure is performed by an orthopedic surgeon who specializes in restoration techniques to preserve, repair, and replace cartilage—the tough,

fibrous tissue that provides cushioning where bones come together to form the body's joints. If you are a candidate for cartilage restoration, your orthopedic specialist may recommend one of these procedures:

▶ **Cartilage surface repair**—

Areas of injury or wear and tear are repaired or recontoured to resolve pain and restore function.

▶ **Meniscus repair**—A tear in the meniscus is secured with sutures to preserve function.

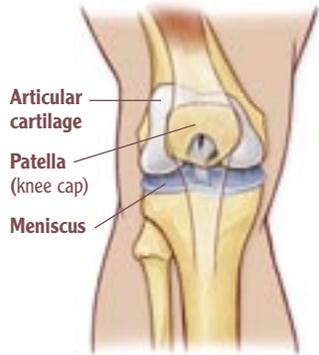
▶ **Cartilage transplant**—The meniscus or articular cartilage is replaced with donor cartilage.

Cartilage restoration is usually performed on an outpatient basis. The results have been so successful that restoration is now considered an alternative

to total joint replacement for younger patients with less extensive damage.

The first step to regain your active lifestyle is to visit an orthopedic specialist who will diagnose your pain and discuss treatment options with you. ❖

To request a brochure about cartilage restoration or make an appointment with an orthopedic specialist, call **1-866-CALL-MLH**.



FINDING

Dairy: The Key to a Slim Body?

Calcium-rich dairy foods may help women keep off excess weight.

For two years, researchers studied 54 normal-weight women ages 18 to 31. Those who consumed the most calcium from dairy foods kept off the most weight and body fat. These women also ate fewer calories than the study average of about 1,900 a day.

Calcium from nondairy sources didn't seem to make a difference.

Journal of the American College of Nutrition, Vol. 19, No. 6

How to Know If Your Bladder Is Working Overtime

Do you urinate 13 or more times a day or two or more times a night? Does an irresistible urge to urinate ever make you wet yourself? These are possible signs of urge incontinence, or overactive bladder.

An overactive bladder, like other types of urinary incontinence, is a common problem affecting women. However, it isn't normal—and it can be treated.

"Women may suffer from three types of urinary incontinence," explains Lankenau Hospital physician Marc Toglia, MD, a urogynecologist who specializes in female pelvic floor disorders. It is important to understand which type of incontinence a woman has, as the treatment options are different for each type.

THREE TYPES OF INCONTINENCE

Stress urinary incontinence is considered the most common type among women, with leakage of urine occurring as the result of a sudden increase in intra-abdominal pressure such as coughing, sneezing, or with exercise. Stress incontinence is actually not a bladder problem but a weakness of the structure of the urethra, the tube



Read six proven-effective self-care tips recommended by Dr. Toglia for dealing with incontinence at www.mainlinehealth.org/whs.

that leads out of the bladder. Up to 30% of adult women experience stress urinary incontinence, especially after childbirth.

Urge urinary incontinence is the second most common type of incontinence. With this condition, a woman may experience urinary urgency, or the sudden need to pass urine; frequency of urination; and possibly nocturia, or waking up at night specifically to urinate. "Women typically complain that they are unable to get to the bathroom in time," explains Dr. Toglia.

Urge incontinence represents the failure of the bladder to "behave," or stay relaxed until

a woman voluntarily decides to empty her bladder. "Urge incontinence and overactive bladder symptoms such as urinary urgency and frequency occur when the bladder muscles don't obey the commands of a specialized area of the brain that inhibits involuntary bladder activity," Dr. Toglia continues. "In addition, behavioral elements such as fluid intake and diet lead to a vicious cycle that results in urinary frequency and urgency."

The third type of incontinence, overflow incontinence, is far less common in women. It results from a bladder that does not empty adequately.

DIAGNOSING INCONTINENCE

Urinary incontinence is typically managed by health care providers such as gynecologists, urologists, or specialists who have developed expertise in the area of urogynecology, which focuses on the care of female pelvic floor disorders such as urinary incontinence and pelvic organ prolapse. A basic evaluation consists of a pelvic exam, evaluation of a urine specimen, and a three-day diary of toileting habits kept by the woman at home. Some women may require more specialized tests performed in the office, such as urodynamic testing. ❖

Ask Sharon



Sharon Register,
Women's Health
Source nurse
counselor

What's the difference between cysts and tumors? Can cysts be cancerous?

A cyst is a fluid-filled sac. A tumor is a swelling.

Cysts can form in any part of the body. Most cysts are noncancerous or benign. But it's important to note that some cancers can form cancerous—malignant—cysts.

Many people believe that every tumor is cancerous. Actually, any swelling, even a large bruise or hematoma, is technically a tumor. Tumors can be cancerous or noncancerous.

Biopsy is the only way to determine if a cyst or tumor is cancerous. The biopsy procedure removes some of the affected tissue for examination under a microscope.

The WHS nurse counselor is here to help you! Contact Sharon with your question at whs@mlhs.org or 1-888-876-8764.



Type 2 Diabetes: Reduce Your Child's Risk Now

Type 2 diabetes is no longer considered an adult-only disease. With more than 15% of the nation's children obese or overweight, more and more children are developing this serious health problem. Luckily, introducing healthy habits early may prevent the disease.

In type 2 diabetes, the body either fails to produce enough insulin, the hormone that allows cells to use sugar for energy, or the body's cells are insulin resistant. As a result, sugar levels increase in the blood, harming tissues and thickening blood vessels.

"Older children and teens are more

at risk than younger children for type 2 diabetes," explains Jennifer Galasso, MD, a pediatrician at Paoli Hospital. "When kids develop this disease, they're at risk for heart disease, kidney failure, and other serious conditions earlier in life."

Most children diagnosed with type 2 diabetes are severely overweight. Obesity is measured through body mass index (BMI), a calculation based on weight and height. Your doctor can help you determine if your child's BMI is high.

"Besides obesity, experts also feel that inactivity contributes to type 2 diabetes in children," says Dr. Galasso, who also is

a registered dietitian. "While the disease usually causes no symptoms in children, those with high blood pressure or a family history of diabetes are at a higher risk of developing the disease."

A simple test can help diagnose type 2 diabetes. Your doctor can help you decide if your child should be tested.

Helping your child reach and maintain an appropriate body weight is the best defense against type 2 diabetes. Important lifestyle measures also can help:

- ▶ Eat a low-fat, healthy diet that includes whole grains and five servings of fruits and vegetables daily.
- ▶ Exercise daily for about 30 minutes.
- ▶ Limit the number of hours spent watching TV.

Dr. Galasso notes that a second type of diabetes seen in children and unrelated to obesity is type I diabetes, where the body stops producing insulin. Children quickly show symptoms, which may include weight loss, increased thirst, and increased urination. ❖

Teaching children about good nutrition is easy

with the help of this colorful brochure. "Cooking Healthy with Young Children" is full of tips on how to encourage children to try healthy foods and includes four easy recipes. Call **1-888-876-8764** for your free copy.



FINDING

Join the Breakfast Club

In one small study, women ate a breakfast of whole-grain bran flakes with low-fat milk every day for two weeks. Then they skipped breakfast for two weeks.

Both their total and "bad" cholesterol levels were higher when they skipped breakfast. They also had lower insulin sensitivity, which raises the risk for type 2 diabetes and heart disease.

American Journal of Clinical Nutrition, Vol. 81, No. 2



WHS Event Calendar



Registration is required for all programs. Seating is limited. To register, call toll free **1-888-876-8764**. For additional program information, visit www.mainlinehealth.org/whs.

Fall Fun Fest

This fun-filled day promises something for everyone in the family! Amusement rides and games, antique car show, health and wellness expo, and a craft show will complement an appearance by the Mumpers and Star Search's Tiffany Evans. Free parking and admission. **Saturday, October 8, 11 a.m. to 5 p.m.** Lankenau Hospital campus

Preventing and Detecting Breast Cancer: Staying Healthy for Life

A panel of physician experts will answer your questions about the latest prevention strategies and risk factors for breast cancer. Speakers include Paul Gilman, MD, Lankenau Cancer Center Medical Director; Ned Carp, MD, Lankenau Cancer Center Surgical Director; and noted breast radiation oncologist Marisa Weiss, MD, founder, breastcancer.org. Free chair massages and refreshments included. Registration required. **Thursday, October 20, 7 to 8:30 p.m.** Main Line Health Center—Lawrence Park, 1991 Sproul Road, Broomall

Potty Training 101

Parents, here's your chance to prepare your child to potty train. This program will provide practical tips for evaluating your child's physical, intellectual, psychological, emotional, and social readiness to succeed at using the toilet. Refreshments will be served. **Tuesday, October 25, 6:30 to 8:30 p.m.** Pennypacker Auditorium, Bryn Mawr Hospital



No Tricks/All Treats

Children up to age 8 are invited to our second annual Safe Halloween Night, including free "trick or treating" through

the building and a costume contest. Marple Township police will share tips for keeping your Halloween safe. Check www.mainlinehealth.org/lh for details. **Wednesday, October 26, 6:30 to 8 p.m.** Main Line Health Center—Lawrence Park, 1991 Sproul Road, Broomall

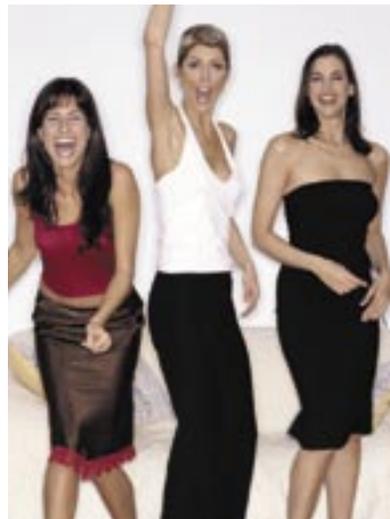
An Evening of Elegance

Before the busy holiday season arrives, pamper yourself with an evening of luxury at Lord & Taylor's. Complimentary refreshments, facials, makeovers, in-store discounts, and samples of top-line cosmetics are just some of the activities planned. **Friday, November 11, 5 to 9 p.m.** Lord & Taylor's Department Store, King of Prussia Mall

Your \$10 donation entitles you to a ticket which you can exchange for a special gift.

Lung Cancer Prevention and Treatment

In recognition of Lung Cancer Awareness Month, join Thomas J. Meyer, MD, pulmonologist at Lankenau Hospital, for an informative discussion on lung cancer treatment and prevention. FREE admission/parking in designated area. Light refreshments will be served. **Thursday, November 17, 6:30 to 8:30 p.m.** Lankenau Hospital, Auditorium



Benefit Update

Believable Balderdash

www.believablebalderdash.com
Unique beaded bracelets, necklaces, earrings, and more by Andrea Mazzenza. Members receive a free pair of earrings with a \$45 purchase.

Margaret Connolly, Certified Therapist

610-202-4778
Customized therapeutic massage, craniosacral therapy, prenatal and postnatal massage. Members receive 25% off your first session.

Re/Max Blue Ribbon

610-363-1486
Realtor Jennifer Hohenberger is offering a 50% discount off the cost of a home inspection to her buyers and sellers.

Falcon House Mortgages

610-924-9131
Contact Julianne Fay to receive \$150 off the processing fee of your mortgage or for free preapprovals.

Remember to mention your WHS membership when taking advantage of these special offers. Check out the complete listing of participating merchants at www.mainlinehealth.org/whs.

The Lighter Side of Menopause

Join us for a day in celebration of "the change of life." When it comes to treatment, some say laughter is the best medicine. We'll supply you with a healthy dose during a live, lighthearted sing-along with the Philadelphia cast of "Menopause The Musical." You'll also learn effective ways to bounce back from those emotional roller-coaster days, natural remedies to help restore balance and alleviate symptoms, and tips to keep your bones healthy. Best of all, you'll enlighten and empower your spirit by gathering with a group of women entering, experiencing, or surviving menopause. The change of life...let's share the journey.

Special guests: Actresses from "Menopause The Musical"
Moderator: Beverly Vaughn, MD
Physician speakers: Lisa Freedman, MD; Jeanne Meisler, MD; and Mojdeh Saberini-Williams, MD

Saturday, November 5, 8:30 a.m. to noon
Radnor Hotel, 591 E. Lancaster Avenue, St. David's
\$25/\$20 for WHS members



menopause and you
Live!

You've Got Top Hospitals in Your Area

Bryn Mawr and Lankenau Ranked Nationally by HealthGrades®



Bryn Mawr and Lankenau Hospitals have been recognized for clinical quality and performance excellence in the 2005 *Hospital Quality in America Study* by HealthGrades®, an independent health care quality company.

Bryn Mawr Hospital was honored with the HealthGrades Orthopedics Care Excellence Award™, ranking number one in Pennsylvania for Overall Orthopedic Services and receiving five-star ratings for joint replacements and hip fracture repair. A five-star rating means that a hospital scored in the top 15% or better in the nation for clinical quality.

Lankenau Hospital was honored with a 2005 Distinguished Hospital Award for Clinical Excellence,™ earning a five-star rating for Heart Attack and Heart Failure Treatment, Treatment of Stroke, and six other categories. (The full list is available on www.mainlinehealth.org/lh.) This places Lankenau among the top 5% in the nation for overall clinical excellence.



BETTER OUTCOMES MEAN BETTER CARE

Distinguished Hospitals for Clinical Excellence treat more and sicker patients with better outcomes—lower mortality and fewer complications. Hospitals on the list have risk-adjusted mortality rates that are up to 43% lower than nonrecipient hospitals in four major procedures and diagnoses, including coronary bypass surgery and treatment of heart attack,

stroke, and community-acquired pneumonia.

“We’re very proud to be recognized with these outstanding HealthGrades quality ratings, which validate our commitment to clinical excellence,” says Bryn Mawr Hospital President Andrea Gilbert. “These top ratings from an independent, objective national source are a result of many years of dedicated effort and outstanding clinical leadership on the part of the Orthopedic Program physicians and staff at Bryn Mawr Hospital.”

Lankenau Hospital President Gail Egan says, “HealthGrades has found that we’re not only achieving our goals, but performing in elite company nationwide. I’m very pleased with this recognition, which is shared by everyone affiliated with Lankenau Hospital.” ❖

THANKS FOR MAKING WHS A SUCCESS! Results from our survey to 10,000 randomly selected members revealed that more than 97 percent indicated they are motivated to take better care of their health because of our newsletter. We appreciate your input and will use the survey results as we plan programs and upcoming newsletter issues. Your comments are always welcome. Keep in touch through e-mail at whs@mlhs.org or by calling **1-888-876-8764**. And congratulations to Linda Filipone of Devon, the winner of the \$100 American Express gift certificate.



FINDING

Personality Is Key to Perfect Partnership

Researchers recently studied nearly 300 couples. They found that the happiest couples were those whose personalities were similar. “Personality” was defined by traits such as openness, agreeableness, conscientiousness, and emotional attachment.

The researchers note that the way two people handle the stresses of everyday living strongly affects how happy they are with each other. And it’s personality that largely dictates how people cope with life.

Journal of Personality and Social Psychology, Vol. 88, No. 2

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Wyeth
Pharmaceuticals

Women's
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Looking for our Event Calendar? Turn to page 7.

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

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