

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

FALL 2006

# Women's

## HEALTH SOURCE



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and  
Hormones:  
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# What You Should Know About Atrial Fibrillation

**H**er heart fluttered with excitement.” “He felt his heart skip a beat.”

These sensations are common, but what if they happen on a regular basis? For those with a sustained irregular heartbeat called atrial fibrillation (AF), these sensations may indicate serious heart risks.



## WHAT IS ATRIAL FIBRILLATION?

A heartbeat begins with an electrical signal that tells the heart's two upper chambers—the atria—to contract first. This is followed by contraction of the ventricles, the two lower chambers.

“In people with AF, the electrical signal is fired irregularly,” says Steven Rothman, MD, electrophysiologist from the new electrophysiology lab opening this fall at Paoli Hospital. “The atria quiver weakly, and the heartbeat loses its rhythm. This can cause blood to pool in the heart and form clots, which may lead to strokes.”

## RISK FACTORS AND SYMPTOMS

AF is the most common of heartbeat abnormalities, affecting more than two million Americans. The risk rises with age, occurring in an estimated 5% of adults older than 65. Risk factors include:

- ▶ heart disease
- ▶ high blood pressure
- ▶ recent heart attack or heart surgery
- ▶ an overactive thyroid
- ▶ caffeine, tobacco, or heavy alcohol use.

In many cases, AF has no symptoms and is discovered when a patient is being treated for another condition. When symptoms do occur, they may include chest pain, sensations of a racing or fluttering pulse, dizziness, fatigue, or shortness of breath.

## TREATMENT OPTIONS

If you are diagnosed with AF, your doctor may prescribe medication to help slow down the heartbeat or a blood-thinning drug to help prevent blood clots and reduce your risk of stroke.

“In some cases, more powerful medications may be used to keep a normal rhythm, or, if the beat is too low, a pacemaker may be needed,” says Dr. Rothman. “One of the newest treatments is a catheterization procedure in which the abnormal tissue causing the irregularity can be cauterized or ablated.”

Lifestyle measures also may help, including not smoking and avoiding caffeine and alcohol. ✦

## Expanded Heart-Care Services

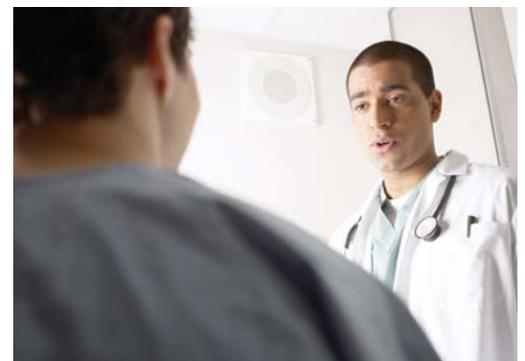
This fall, Paoli Hospital will open a state-of-the-art electrophysiology lab. The lab expands Paoli's cardiovascular program to serve patients with heart-rhythm disorders. Visit [www.mainlinehealth.org/ph](http://www.mainlinehealth.org/ph) for details.

# Robotic Surgery: Advancing the Treatment of Prostate Cancer

One of the most common treatments for prostate cancer is radical prostatectomy, or surgical removal of the prostate gland. Now, many patients can have this procedure done using the advanced robotic technology of the da Vinci® Surgical System at Bryn Mawr and Lankenau Hospitals.

According to David McGinnis, MD, Bryn Mawr Hospital urologist, the robotic procedure offers numerous benefits over

open prostatectomy, including a shorter hospital stay, less pain, less blood loss, reduced risk of scarring, and faster recovery. “The technology allows me to remove the prostate gland with extraordinary accuracy and dexterity,” he explains. “This precision enhances our ability to improve cancer control and reduces the risk of urinary incontinence and impotence following surgery.”



# Migraines and Hormones: Is There a Link?



**W**omen who suffer from throbbing migraines are thought to have overly excitable nervous systems. Common events, such as sitting in a smoky room, may act as a trigger and can put them in agony for hours or days.

## THE HORMONE CONNECTION

Most menstrual migraines tend to cluster just before and a day or two into the start of a woman's period. This is the point in a woman's cycle that her estrogen levels may fall.

But what causes the headaches? Estrogen levels affect brain chemicals, such as serotonin. Serotonin deficiency is thought to be the cause of migraines in most patients. About two-thirds of women with

migraines say their headaches improve after menopause, when estrogen levels become more stable.

## HOW TO STOP THE PAIN

"Wellness should be a cornerstone of treatment for all patients. This includes taking good care of your body and mind, such as developing regular sleep hours and getting adequate sleep, eating healthy foods, and not skipping meals," says Lankenau Hospital's Elliott Schulman, MD, an expert in the diagnosis and treatment of headaches.

Not only does drug therapy help end headaches, it also can be used to prevent them in the first place. Triptans, for instance, are a class of prescription drugs that are migraine-specific. They can take away the pain of headaches as well as side effects such as nausea and sensitivity to light and sound.

"Headache is a genuine medical illness that deserves appropriate treatment and recognition," says Dr. Schulman. Anyone who suffers from frequent or intense headaches should be careful not to overuse over-the-counter medications, he advises. Instead, visit your doctor's office for professional advice. ✦



## Experiencing Headaches?

Be sure to attend our free community program, "Headache Help: How to Avoid the Pain of Headaches and Migraines." See page 8 for details.

## MLH Imaging: New Technology, Convenient Locations

Whether you need an X-ray for a broken bone or a PET/CT scan to assist in treating cancer, Main Line Health Imaging (MLHI) offers state-of-the-art imaging technology, convenient locations and hours, and board-certified radiologists who are experts in their field.

MLHI uses the latest in digital technology to provide you with faster and more accurate information. The enhanced image quality from our MRI, CT scanner, PET scanner, and new PET/CT Scanner and

Open MRI results in timely diagnoses and reduces the need for additional testing.

MLHI provides 24-hour service to patients at Bryn Mawr, Lankenau, and Paoli Hospitals. Outpatient services are offered at the three hospitals as well as at the Main Line Health Centers in Lawrence Park, Collegeville, and Exton.

For an appointment at one of our locations, call **1-866-CALL-MLH** or visit us online at [www.mainlinehealth.org/imaging](http://www.mainlinehealth.org/imaging).

## The Key to Weight Loss... for Keeps

Two friends successfully lost 10 pounds. One woman did it by cutting out sweets and eating smaller portions for six weeks. Her friend cut back on calories, too, but not as severely. She also began walking and is up to about two miles, five days a week.

Flash forward two years later. Which friend do you think kept the weight off?

Study after study sides with the woman who exercises—especially if she keeps it up. Women who lose weight with diet changes alone have less than a 5% chance of keeping weight off after two years. That's compared to a 50 to 60% chance for women who also exercise.

One possible explanation: Muscle burns more calories than fat. Women who exercise may have more muscle, and so burn more calories—even at rest.



Start a healthier lifestyle today! Attend our "Prescription for Success" weight loss lecture series. Details are on page 8.

# Some Expert Advice on Car Safety Seats

Choosing, installing, and using a car seat can be confusing. Here's some need-to-know information from the National Highway Traffic Safety Administration (NHTSA) and the American Academy of Pediatrics (AAP).

## Health Tip

According to the AAP, some used car seats are still safe. Your used seat shouldn't be more than five or six years old, and it should not have been in a moderate or serious crash. In addition, a used seat should have:

- a crack-free frame
- a label with a date of manufacture and the model number
- instructions
- all its parts.

## INFANT SEATS

Infants should face backward in the back seat until they're at least 1 year old and weigh 20 pounds. You can choose between an infant-only seat and a convertible seat.

Infant-only seats are small and portable, but they can be used only until a baby weighs up to 20 or 22 pounds, depending on the model. A convertible seat is bigger and can be used longer, so it may be better for a larger baby.

According to Deborah E. Schein, MD, a pediatrician at Bryn Mawr Hospital, "Once your child is at least 1 year old and weighs at least 20 pounds, he or she can ride forward-facing. With a convertible seat, though, he or she is safest riding rear-facing until reaching the seat's height and weight limits." If you decide to turn a convertible seat to face forward, you'll need to adjust the shoulder-strap slots, seat position, and seat-belt path.



## BOOSTER SEATS

Your child's ready for a booster seat when one of the following is true:

- ▶ He reaches the weight and height limits for his seat.
- ▶ Her ears reach the seat top.
- ▶ His shoulders are above the harness slots.

A seat belt alone won't protect your child until he stands about 4'9" tall and is at least 8 years old. Until then, use a booster seat.

## SAFETY TIPS FOR INSTALLATION AND USE

When installing a safety seat, make sure it's buckled in tightly enough. Tighten the seat belt if the seat moves more than 1 inch from side to side or toward the front of the car.

Every time you put your child into a safety seat, buckle your child in snugly. That means using the right harness slots and tucking blankets in only after adjusting the harness straps. ❖

## Did you know?

The NHTSA rates child safety seats in five categories: ease of assembly, accurate labeling, understandable instructions, ease of installation, and securing the child. Visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs) for a link to the NHTSA's latest ratings for

several seats.

Not sure you've correctly installed your child's safety or booster seat? Check it at a child safety seat inspection station.

To find a local station, go to [www.seat-check.org](http://www.seat-check.org), or call 1-866-SEAT-CHECK.



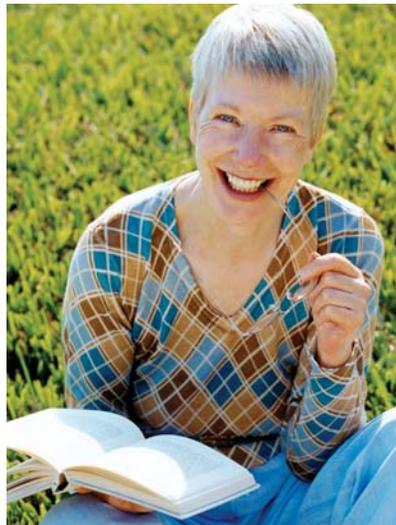
# Knee Replacement Surgery: Top Questions Answered

If your orthopedic physician has recommended a knee replacement to help you reclaim your active lifestyle, you likely have questions about new trends and technologies in knee surgery. Ultimately, your orthopedic surgeon will recommend the best approach to help you achieve the best possible outcome, but the following top patient questions, and answers from Main Line Health orthopedic surgeons, may help guide your decision-making.

## Q. What are the benefits of minimally invasive knee surgery?

**A.** The advantages of minimally invasive surgery are the size of the incision and the way the knee is accessed. The traditional surgery involves an incision of 8 to 10 inches. The minimally invasive incision is 3 to 4 inches, with less disturbance to the quadriceps muscle and tendons. The result is generally a faster recovery with less pain.

Because the actual resurfacing of the knee is the same in both procedures, both knee replacements are expected to be just as effective. Unless there is an overriding reason, such as scarring or obesity, to perform the traditional surgery, most people who are candidates



for knee replacement would benefit from the minimally invasive approach.

—*Matthew Lorei, MD, Bryn Mawr Hospital*

## Q. Should I wait as long as possible?

**A.** The artificial knees of today are a lot sturdier than those of the past. Patients ask me all the time, “Shouldn’t I wait as long as possible to get my knee or knees replaced?” If knee pain is severe and interfering with your mobility, you have more to gain from new knees than from putting up with your old ones.

Today’s replacement knees can last 10 to 20 years. Knee replacements may

open up new avenues for you to improve your overall health—including increased mobility. Walking and routine physical activity are credited with helping people reduce their risk for heart disease, diabetes, and stroke.

—*Laurence R. Wolf, MD, Lankenau Hospital*

## Q. What’s new in post-operative pain management?

**A.** Until recently, the most effective post-operative pain management tools were narcotic medications. Narcotics, however, can sometimes make patients feel groggy or nauseated or cause other side effects.

An innovation in non-narcotic pain relief is helping many knee replacement patients move on to recovery more quickly and comfortably after surgery. The new development is called the On-Q® Pain Buster® System. It delivers a local anesthetic directly to the surgical site during the first few days following surgery. We are seeing excellent results without the disadvantages that can result from narcotics.

—*Robert Ruggiero, Sr., MD, Paoli Hospital*

For details on upcoming joint pain seminars, call **1-866-CALL-MLH** or visit [www.mainlinehealth.org](http://www.mainlinehealth.org).

## Knee Replacement Option for Women

For women who are considering a total knee replacement, a new product was unveiled last spring: a gender-specific knee prosthetic. The Gender Solutions High-Flex Knee, by Zimmer Holdings, Inc., is based on three distinct and scientifically documented shape differences between women’s and men’s knees. The implant is designed to alleviate knee pain and restore mobility, while offering fit and function tailored for female patients.

Robert E. Booth, MD, Lankenau Hospital orthopedic surgeon, was part of a team of surgeons who helped create the implant, which was recently approved by the Food and Drug Administration.



Graciously accepting a \$3,000 check from the Blue Tulip fundraiser last May are (L to R) Sue McAndrews, WHS nurse counselor; Brenda DeFeo, Bryn Mawr Hospital vice president; and Carol Finocchiaro, WHS program coordinator. Also pictured are David Cully, Blue Tulip CEO, and Nicole Miller, store manager.

## Steering Clear of Common Medication Interactions

The latest statistics show that prescription-drug use is rising in the U.S. Almost half of Americans take at least one prescription drug, and one in six takes three or more.

Taking more than one prescription medication or combining prescription drugs with over-the-counter (OTC) medicines increases the chances of a problem when these medications interact. Such an interaction can, for example, increase the risk for side effects or reduce a drug's effectiveness. Here are some combinations that may equal trouble:

- ▶ **Antacids or acid reducers + asthma drugs, blood thinners, antibiotics, or heart medications.** Drugs that combat indigestion or heartburn—whether prescription or OTC—may prevent many other medications from working the way they are intended.
- ▶ **Decongestants + medicines for high blood pressure or depression.** Decongestants can boost blood pressure in women taking hypertension medication. Decongestants also can cause high blood pressure if taken with MAO inhibitor antidepressants.
- ▶ **Blood thinners + pain relievers or thyroid hormones.** Drugs such as



warfarin help prevent blood clots in those prone to stroke and heart attack. Taking them along with certain pain relievers, including aspirin, acetaminophen, or naproxen, could cause excessive bleeding.

“If you are taking medications, keep them written down someplace along with the dosages. Remember to include any OTC drugs, herbs, and supplements that you take regularly,” says Jennifer Claves, MD, Lankenau Hospital internist. “Take this list with you when you see your doctor, so he or she knows exactly what you’re taking before prescribing something else. Use one pharmacy so all of your medications are recorded in one place.” ❖

Are you looking for a new family doctor? Call **1-866-CALL-MLH** for a referral to a Main Line Health physician.

### Lankenau Hospital

Several Lankenau Hospital physicians are now accepting new patients at the Main Line Health Center in Lawrence Park. Silver, Nansteel, and Morris Internal Medicine Associates has opened an office in Lawrence Park and has expanded their practice with two new doctors, Jennifer Claves, MD, and Roger Stumacher, MD. In addition, Richard Schmidt, MD, Lankenau chief of Orthopedics, has established a second office in Lawrence Park for general orthopedics. The Main Line Health Center—Lawrence Park is located at 1991 Sproul Road. Call **1-866-CALL-MLH** for a referral.

### Paoli Hospital

The Main Line Health Center at Exton now has expanded hours for X-ray and lab services. X-ray services are available Monday through Thursday from 7:30 a.m. to 7 p.m. and Friday from 7:30 a.m. to 5 p.m. Mammography, DEXA scan, ultrasound, and CT scan services also are available. For an imaging services appointment, call **610-648-1414**. Clinical lab services are available Monday through Thursday from 7 a.m. to 7 p.m. and Friday from 7 a.m. to 4:30 p.m. To learn more, call **1-866-CALL-MLH**.

## Bryn Mawr Hospital Expansion Update

Bryn Mawr Hospital has broken ground on its new outpatient center in Newtown Square, Delaware County. The three-story, 130,000-square-foot Bryn Mawr Hospital Health Center will include an imaging diagnostic center, a cancer center, cardiac rehabilitation, noninvasive cardiology testing, physical medicine services, diabetes management, and a sleep medicine center. The new facility also will house physician offices offering primary care, obstetrics, and specialists.



# Tired? Forgetful? Could It Be Your...Thyroid?

Your thyroid is an important gland located at the base of the throat. When there's a problem with this gland, it can affect many different organs and their functions. Thyroid problems are more common in women.

"Four times as many women as men have thyroid problems," says Marilyn Ryan, MD, endocrinologist at Paoli Hospital. "The key is to be able to identify the symptoms."

Some signs of an underactive thyroid—called hypothyroidism—include forgetfulness, depression, difficulty hearing, and inability to concentrate. Brittle fingernails, dry skin, and thinning hair, as well as unexplained weight gain, muscle and joint pain, constipation, and intolerance to cold, all can be

signs of the disorder.

Hyperthyroidism, or an overactive thyroid, can lead to nervousness and irritability, difficulty sleeping, and frequent bowel movements. Signs may include unplanned weight loss, heat intolerance, bulging eyes, shaking, increased sweating, and fingernail ridges or thickening of the nails.

Some symptoms common to both hypothyroidism and hyperthyroidism are fatigue; muscle weakness; menstrual irregularities; a dry, sore, or hoarse throat; and difficulty swallowing.

"See your doctor if you have these symptoms or a family history of thyroid problems," says Dr. Ryan. "Based on that, he or she will order lab tests to make a proper diagnosis." ❖



## Benefit Update

### National City Mortgage

\$350 document processing fee waived from closing costs on purchases or refinances.

Contact Katy Wynne at 610-828-2000, ext. 236, for details.

### uBead2

105 E. Lancaster Avenue, Wayne, 610-988-8685

15% off purchase. Unique store featuring a large selection of beads.

### Queen of Hearts Catering

1776 E. Lancaster Avenue, Paoli, 610-889-0477

www.queenofheartscatering.com  
10% off any in-store item or 5% off a catered event.

### Canine Creature Comforts

81 Lancaster Avenue, Malvern, 610-590-2192

15% off dog day-care, training, grooming, and boutique purchases.

Janny Montgomery Scott LLC  
Madison Bank Building, Ste. 110, Blue Bell, 215-619-3914

Free consultation and financial plan (min. \$250 value). Call Kristen Biermann for complete details.

## Early Screening Options Offered to Expectant Moms

For many expectant women, it's important to know as much information as possible about their pregnancy. This knowledge can help prepare them as well as provide peace of mind. To help, our Perinatal Testing Center offers a full lineup of services and tests, including prenatal consultations, ultrasound, tests for fetal well-being, genetic counseling, amniocentesis, and first-trimester screening.

First-trimester screening is the newest test offered. It assesses a woman's risk of carrying a baby with some chromosome abnormalities and cardiac development problems.

"These tests are not diagnostic. They only indicate a woman's risk factor," says Alan Donnenfeld, MD, partner in Main Line Perinatology. "High-risk patients first receive counseling from genetic experts. Patients then have the option for further testing, such as CVS, amniocentesis, or ultrasound, which can definitively identify a disorder."

In addition to the traditional second-trimester quad screen to determine the health of the fetus,



Main Line Health offers the following two screening options:

▶ **First-trimester screening (FTS)** is performed between 11 and 14 weeks of pregnancy and involves a blood test and an ultrasound to measure the fluid behind the fetus's neck.

▶ **Integrated screening (IS)** involves the same steps as FTS, but the information is analyzed with second-trimester "quad screen" blood test results. IS is slightly more accurate than FTS; however, the wait for results is longer.

The ultrasound measurement, a key piece of data that's difficult to obtain, is performed by highly trained Main Line Health ultrasonographers. They are credentialed in the screening only after extensive coursework and exams. All screening data is sent to an outside laboratory for evaluation by genetic experts. ❖

To learn more about early pregnancy screenings or to schedule an appointment with the Perinatal Testing Center, call 1-866-CALL-MLH.

Remember to show your WHS membership card when taking advantage of these special offers. For a complete listing of participating merchants, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).



# WHS Event Calendar



Registration is required for most programs. To register, call toll free **1-888-876-8764**.

For additional information on these and other programs, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Second Annual Evening of Elegance

We had so much fun last year that we're hosting it again. Support WHS initiatives during an evening of pampering at Lord & Taylor, King of Prussia. Complimentary refreshments, facials, makeovers, store discounts, and a fashion show are some of the activities planned.

**Friday, November 17, 5 to 9 p.m.**  
**Lord & Taylor, King of Prussia Mall**  
Exchange your ticket from your \$10 donation to WHS for a special gift bag.

## The Smart Woman's Guide to Preventing Breast Cancer

Being smart has its advantages. Complimentary Starbucks coffee, gourmet dessert, and a bit of pampering will be featured along with practical advice on lowering your risk for breast cancer from our health care experts.

**Thursday, October 26, 7 to 9 p.m.**  
**Main Line Health Center—Lawrence Park, 1991 Sproul Road, Broomall**

## Women and Weight Loss: A Prescription for Success

Learn clinically reliable facts about weight loss at this three-week lecture series for women by women. Profession-

als will provide the tools to change your attitude toward food, design nutrition and exercise plans that are right for you, and provide the motivation to get you started.

**Thursdays, October 26 and November 2 and 9, 7:30 to 9 p.m.**  
**Main Line Health and Fitness, 931 Haverford Road, Bryn Mawr**  
**\$15/session or \$40/series**  
WHS members receive a \$5/session discount.

## Headache Help: How to Avoid the Pain of Headaches and Migraines

Anyone who suffers from frequent or intense headaches should join us for this free seminar featuring Lankenau Hospital's Elliott Schulman, MD, an expert in the diagnosis and treatment of headaches. Light meal and refreshments provided.

**Thursday, November 2, 6 p.m.**  
**Main Line Health Center—Lawrence Park, 1991 Sproul Road, Broomall**  
*Sponsored by Pfizer*

## No Tricks/All Treats

Children up to age 8 are invited to a "Safe Halloween" celebration, including trick-or-treating through our health centers, a costume contest, and safety tips from local police representatives.

**Tuesday, October 24, 6 to 8 p.m.**

**Main Line Health Center—Collegetown, 599 Arcola Rd.**

**Wednesday, October 25, 6 to 8 p.m.**

**Main Line Health Center—Lawrence Park, 1991 Sproul Rd.**

## Diabetes Management Seminar

Want to learn more about diabetes? Endocrinologist Marilyn Ryan, MD, from Paoli Hospital will present a free information session, including insights on causes and cures and new treatments.

**Wednesday, November 8, 7 p.m.**  
**Exton Square Mall, Community Room**

## Support Our Breast Health Centers

BlueTulip will donate 15% of the evening's sales to support the Bryn Mawr and Paoli Hospitals breast health centers. Show your WHS membership card to receive a 20% discount on one item.

**Wednesday, October 11, 5 to 8 p.m.**  
**Paoli Shopping Center, Routes 30 & 252, Paoli**  
**Friday, October 13, 6 to 9 p.m.**  
**Suburban Square, 16 St. James Place, Ardmore**

## Thanks for making WHS a success!

In our recent survey to 10,000 randomly selected members, more than 93 percent of the respondents said they're 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 by e-mailing [whs@mlhs.org](mailto:whs@mlhs.org) or calling **1-888-876-8764**.



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Register now to become a member of Women's Health Source. Call **1-888-876-8764** or visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

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