



# **Exercising Backpacker Safety**

lot of homework can cause any child to feel weighed down, but lugging a backpack overloaded with textbooks and binders could actually hurt their back. "When a backpack is heavy, the child arches the back or leans the head and trunk forward to compensate for the weight of the bag. This stresses the muscles in the neck and back, increasing the risk of fatigue and injury. Also, using only one strap causes asymmetry of the spine and affects the spine's natural shock-absorption abilities," says William G. Mackenzie, MD, pediatric orthopedic surgeon, Bryn Mawr Hospital/duPont Children's Health Program.

Experts recommend that students carry only 10 to 15% of their body weight on their back. A child who weighs 100 pounds should carry about a 10- to 15-pound backpack, but most carry more than this amount every day. Studies show that more than 75% of children complain their backpacks are too heavy—and as many as 30% already have developed a history of back pain.

Make sure your child's backpack is designed to minimize back pain by having: two wide, padded shoulder straps; a padded back; a waist or chest belt; and compartments for distributing weight evenly. Children should only carry supplies needed and leave the extra "stuff" in their locker or desk during the day.

Here are some important tips:

- Place heavier items in the back of the pack.
- **b** Be sure your child bends at her knees and lifts with her legs when putting on a backpack.
- The backpack should be on both shoulders and ride at the height of your child's waist or hips.
- ▶ Find out if your child's school allows rolling backpacks. Some schools ban them since they are a tripping hazard.
- If your child experiences back pain that lasts for more than a few days or gets worse, consult your physician. ❖





# **FINDING**

#### **Coffee Drinkers May Have Lower Risk for Gallstones**

Do you enjoy a few cups of coffee a day? If so, you could be protecting yourself from gallbladder trouble.

According to a 20-year study, women who drink two to three cups of caf-

feinated coffee a day are about 25% less likely to need gallstone surgery.

Tea and decaf coffee did not have the same effect. This led researchers to believe that it may be the caffeine in combination with other ingredients unique to coffee that makes the difference.

Gastroenterology, Vol. 123, No. 6

# **Tone Your Stomach**

Pass on those kooky contraptions for trimming your waistline. One of the best ways to get rid of abdominal fat is actually quite pedestrian—walking. Research shows walking and other aerobic exercises can help women burn away stomach bulge, if done regularly.

However, exercises that just tone your ab muscles do have a benefit. By strengthening your stomach, they help prevent back pain.

Here's one to try called the partial sit-up:

- Lie on your back with your knees bent.
- Fold your hands across your chest, and slowly lift your head and shoulders off the floor.
- Work your way up to 30 repetitions.

# The **Lowdown** on **High-Protein Diets**

You may indeed lose more weight on a high-protein, low-carbohydrate diet than on a low-fat diet...at first. However, research has found that after one year, high-protein diets are no more effective than other diets.

#### **RISKS OF HIGH-PROTEIN DIETS**

After one year, more than a third of people on a highprotein diet drop out. But that's a good thing for several reasons:

- A high-protein, low-carbohydrate diet lacks the key vitamins, minerals, and fiber provided by whole grains, fruits, vegetables, and other complex carbohydrates.
- A high-protein diet tends to be high in fat. But most high-fat foods contain saturated and trans fats and dietary cholesterol. These fats raise blood cholesterol levels, boosting the risk for heart disease and some cancers.
- Rapid weight loss—more than two pounds per week—actually signals the loss of water and lean muscle, not fat.
- A high-protein diet can make kidneys work overtime, which can boost the risk of dehydration, headaches, and bad breath—not to mention weakness, nausea, fatigue, and dizziness.
- A protein overload can cause a condition called ketosis, which is especially risky for pregnant women and people with diabetes. Ketosis promotes the overproduction of uric acid, which can lead to gout and kidney stones.
- Eating too much protein drives calcium and potassium out of the body.

#### TIPS FROM SUCCESSFUL DIETERS

The only time-honored way to lose weight is to eat fewer calories and exercise more. In one large study, women who kept off an average of 66 pounds for more than five years had several things in common:

- They ate a diet in which only 24% of daily calories came from fat.
- They monitored their weight and food intake.
- They logged an amount of exercise equivalent to walking about 25 miles a week.



# New Medical Director of Paoli Hospital Cancer Center

Michael B. Dabrow, DO, has joined Main Line Health as the Medical Director of the Paoli Hospital Cancer Center, a Fox Chase affiliate. He previously served as Associate Professor of Medicine, Chief of the Division of Medical Oncology at the University of Medicine and Dentistry of New Jersey. Dr. Dabrow has a special interest in breast and gynecologic cancers and is board-certified in medical oncology and hematology. He is the principal investigator in a study examining age as a factor in tolerance of chemotherapy and has published and lectured extensively on cancer topics.

Dr. Dabrow will have access to the latest technology available in the recently renovated radiation oncology suite, including Intensity Modulated Radiation Therapy (IMRT) and a state-of-the-art linear accelerator. Dr. Dabrow can be reached at 610-648-1600.

# **Ask Sharon**

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

# **How Can Women's Health Source Help Me?**

Do you have a health question? Are you looking for a specific service or support? Maybe you're just not sure where to start or who to ask about your individual problem?

Just ask Sharon Register, Women's Health Source Nurse Clinical Counselor. She is available to help find answers to health care questions for you and your family.

Here are some examples of the typical

types of questions she can help with:
What can I do to minimize my
menopausal symptoms—without HRT?
Where can I find support for my father
who has Parkinson's disease? My doctor
says I may need a "j-tube," what is that?
Contact the WHS Nurse Clinical Counselor by phone, 1-888-876-8764 #2, or
by e-mail, WHS@mlhs.org, today!

# Women: Set Your Heart on a Healthy Lifestyle

omen, here's some heartfelt advice: Don't dismiss the dangers of heart disease. The fact is, more women die from heart disease than any other condition. But a healthy lifestyle can help lower your risk of heart disease by as much as 82%.

According to Antoinette Sulpizi, MD, a cardiologist at Paoli Hospital, some factors that put a woman at risk are beyond her control. For example, being 55 or older

raises your risk of heart disease. So does having a family history of early heart disease. But other risk factors are very much in your control. Here's what you can do:

- Don't smoke. Smoking can multiply women's heart attack risk two to six times.
- Exercise regularly. Try to get at least 30 minutes of moderate activity, such as brisk walking, on most, preferably all, days of the week.

Eat right. Choose a low-fat diet that includes plenty of fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

In addition, you should manage other conditions that raise your heart risks: diabetes, high blood pressure, and high cholesterol. Diet, exercise, and weight management also can help keep these conditions under control.



# Do Women Experience Different Heart Attack Symptoms Than Men?

We know that men who have heart attacks often report experiencing a sudden, intense chest pain. But did you know that many women do *not* experience chest pain as an initial sign of a heart attack?

Because of this, women often fail to recognize that they may be having a heart attack. It is important to recognize some other comsymptoms of a heart

mon symptoms of a heart attack in women, including:

- shortness of breath
- fatigue
- upset stomach
- **vomiting**
- shoulder or jaw pain.

Other warning signs include cold sweats, light-headedness, and arm, upper back, or neck pain. If you think you may be having a heart attack, don't wait. Call 911 immediately.

Receive our free signature heart pin and learn more about preventing heart disease by sending for our Women's SmartHeart Kit.

For more information, see the Take Charge card in the newsletter or visit www. mainlinehealth.org/heart.



## What Works for a Pain in the Neck?

In one study, women got the most pain relief from back strengthening and endurance exercises. Here are some examples:

- **b** Build up your neck muscles. Try repeatedly lifting your head, then gently lowering it, while lying on your back.
- Exercise your shoulders and upper arms. The women in this

study used dumbbells weighing about 4 pounds each to perform weightlifting moves such as arm curls and presses.

Participants exercised five times a week. But the researchers noted that just two sessions a week might greatly ease neck pain.

> Journal of the American Medical Association, Vol. 289, No. 19

# WHS at the Advanta Championships



Team physician Dr. David Rubenstein and Main Line Health staff Lisa Hess and Hilary Collins at the Advanta Championships in Villanova.

Avid tennis fans came from the tri-state region to watch the best in women's professional tennis play in the Advanta Championships at Villanova University in October 2003. Women's Health Source and the Main Line Health Orthopedic Center were proud to be the official health system and sports medicine sponsors of the event. Our sponsorship gave us the opportunity to offer our Women's Health Source members a chance to win free tickets, box seats, and even two playing positions in the Pro/Am Clinic. We randomly selected the winning names from among our members and mailed the tickets to our lucky members. Our winners had a great time at all of the events.

We look forward to offering more exciting rewards to our members in the future.

Dr. David Rubenstein, orthopedic surgeon and director of sports medicine at Lankenau Hospital, was chosen as the sports medicine physician for the tournament. According to Dr. Rubenstein, "The most important function of being a team physician is ensuring the 'long-term' well-being of the athlete. As a sports medicine surgeon, we push the limits of technology as far as possible to quickly return athletes to high-performance play, but never at the risk of their safety. Being on-site during a tournament, we can render immediate diagnoses and institute appropriate treatment or make suggestions as far as what strokes will or will not irritate their condition. Sometimes, reassurance is all that is needed to give them that edge during play."

Through sponsorship of this tournament,

representatives from Main Line Health
learned how popular tennis is in our community

and how common tennis injuries are. "I see hundreds of tennis injuries per year not simply because I am a sports medicine doctor, but also because I am an avid competitive player," added Rubenstein. "Knowledge of racket modification, stringing for injuries, appropriate grips, and stroke production helps players tremendously. It really helps to love the sport."

For information about common tennis injuries, including tendonitis, and rotator cuff, knee, and Achilles problems, go online to www.mainlinehealth.org.



# **Hospital Updates**

#### **Bryn Mawr Hospital**

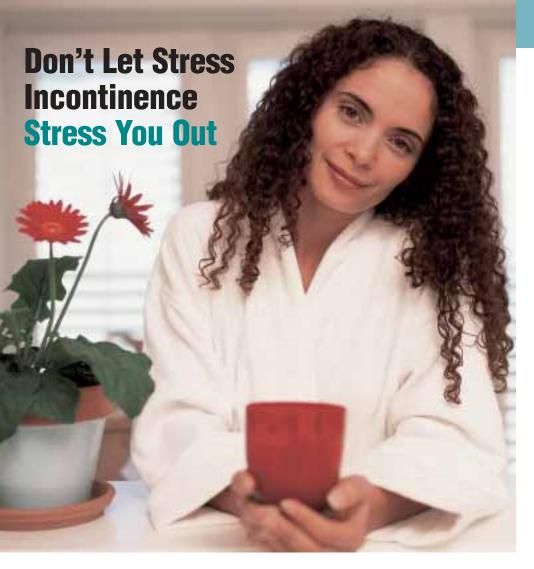
Bryn Mawr Hospital Outpatient Imaging is moving to the Founders Bank Building, across the street from the hospital, at 101 South Bryn Mawr Avenue. The new location offers patients the added convenience of extended hours and free parking. Outpatient Imaging at Founders will offer CT scans, ultrasounds, and general radiology. To schedule an appointment for radiology services, please call **610-526-4500**.

#### Lankenau Hospital

Lankenau Hospital is proud to announce its partnership with the Philadelphia Soul, Philadelphia's new arena football team, co-owned by Jon Bon Jovi and former Eagles quarter-back Ron Jaworski. Look for Lankenau Hospital as the "Official Hospital of the Philadelphia Soul" when the season starts on February 8. And, look for Dr. David Rubenstein, Lankenau Hospital orthopedic surgeon, who has been selected to serve as the Philadelphia Soul's team physician.

#### **Paoli Hospital**

The Main Line Health Centers in Exton and Collegeville will soon be offering ultrasound and dexascan services provided by Paoli Hospital radiologists and radiology technologists. These new services complement the mammography, general radiology and lab services already available at the Centers. To schedule an appointment for radiology services, call **610-648-1414**.



t's no joke. Many women leak urine when they laugh, cough, sneeze, or lift. Urinary stress incontinence can be a problem at any age. However, pregnant women are especially vulnerable because the developing baby presses on the pelvic floor muscles that control the flow of urine. During labor, these muscles get further stretched. And incontinence after pregnancy sometimes occurs among women who have previously given birth. It's also not uncommon after giving birth to a large baby.

The week before her period, a woman may experience stress incontinence because lowered estrogen levels temporarily soften the pelvic floor muscles. And lack of estrogen also contributes to the stress incontinence that troubles many women after menopause.

Stress incontinence may be common, but it is not normal, and it can be treated. For example, it often can be reversed by doing pelvic floor exercises called Kegel exercises. Practicing this technique also can help prevent incontinence from occurring in the first place.

To perform Kegel exercises, first locate your pelvic floor muscles by stopping or slowing the flow of urine in midstream. An alternate method: Tighten the muscles you would use to stop passing gas. You should feel a pulling sensation. But avoid tightening your stomach muscles at the same time. Hold the squeeze for three seconds, then relax for three seconds.

To keep your pelvic muscles strong, perform 10 to 15 Kegel exercises three times a day for the rest of your life. You can do this exercise anywhere because no one can tell you are exer-

cising. And, try to do a Kegel before you laugh, cough, or sneeze.

Other treatments for stress incontinence include:

- **\rightarrow** electrical stimulation to strengthen and tighten these muscles
- medications
- dietary changes
- biofeedback to help you gain control of pelvic muscles
- surgery. 💠

# Did vou know?

Some things you eat or drink can make it harder to control your bladder. In addition to doing Kegel exercises three times daily, it may help to limit acidic fruit juices, alcohol, and caffeine. To learn more, visit our Menopause and You site on www.mainlinehealth.org.

# What Women Need to Know About Lung Cancer

Lung cancer kills more women every year than breast and ovarian cancer combined. In both Caucasian and African-American women, lung cancer is on the rise. One reason the disease is so deadly is that it's hard to detect in the early stages. By the time you have symptoms, the cancer can be very difficult to treat. Prevention and early detection are keys to fighting this deadly disease.

"The good news about lung cancer is that there are more tools for detecting and treating it than ever before," says Tom Meyer, MD,

Medical Director, Lung Cancer Program, Lankenau Hospital.

Program, Lankenau Hosp Doctors at Main Line Health use the latest screening techniques, such as the computerized tomography (CT) scan that can detect lung tumors the size of a grain of rice.

Scientists believe that
smoking causes more than
80% of lung cancers. People
who smoke or who used to smoke
heavily have the highest risk for the disease.
But even nonsmokers who breathe secondhand
smoke are at risk. Others risk factors are family

history of lung cancer and exposure to high levels of radon or asbestos.

Symptoms of lung cancer include:

- chronic cough, shortness of breath, or hoarseness
- weight loss and loss of appetite
- bloody or rust-colored spit or phlegm
- **b** fever

recurring lung infections, such as pneumonia or bronchitis.

Patients have the best chance to beat lung cancer when doctors

detect it early. If you have any lung cancer symptoms, talk to your doctor as soon as possible.

Main Line Health surgeons also use one of the newest lung cancer treatments, video-assisted thoracic surgery (VATS). With VATS, surgeons remove tumors through very small incisions in the chest. "By avoiding more invasive treatment, patients have

less pain and recover from surgery quicker," says Art Martella, MD, Main Line Health cardiothoracic surgeon. •

# 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.

- ☐ **Orthopedic Services**. Brochure complete with services and physician information.
- ☐ Yes. I am already a Women's Health Source Member
- ☐ If you would like more information about lung cancer services at the Main Line Health hospitals.
- ☐ SmartHeart Kit. Free heart pin and information on risk factors, nutrition and prevention tips.

NAME	TELEPHONE	
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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.

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CUT ALONG THE LINE -----



# **FINDING**

#### How Women Can Protect Themselves from Domestic Abuse

For women who live with an abusive partner, there may seem to be no way out. But there are two key steps a woman can take to break the cycle of violence:

- Report any violent incident to the police. Many areas now have mandatory arrest laws. These mean that police must respond to a domestic-violence call by making an arrest, thus removing the abusive partner from the home.
- CPO). This legal document can protect a woman by ordering the abuser to avoid contact with her. If the CPO is violated, the abuser may face felony charges. In one study, women who filed and maintained a CPO were 70% less likely to be hurt again by their abusers, compared with those who did not take this step.

American Journal of Preventive Medicine, Vol. 24, No. 1

# **Event Calendar**

## **WHS Anniversary Event**

## Celebrate with us and the Philadelphia **Soul**, our area's new arena football team!

Come spend an exciting evening with us as we celebrate Women's Health Source's second-year anniversary. We are pleased to offer two free tickets to an upcoming Philadelphia Soul game to the first 50 members who call. You will be our guest at an exclusive pre-game reception with light refreshments, and indoor fireworks are planned before kickoff. To reserve your free tickets, and for more information, please call 1-866-CALL-MLH.

Saturday, April 24,

Pre-game reception at 5:30 p.m.; kickoff at 7:30 p.m. Wachovia Center

#### **Colon Cancer Prevention**

A free community education program. For more information, call 1-866-CALL-MLH.

Thursday, March 11, 6:30 to 8:30 p.m. Bryn Mawr Hospital, Conference Room F

### Free 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 results, and a consultation with a health care professional.

Tuesday, March 30, 4 to 8 p.m. **Bala Cynwyd Library** Old Lancaster Rd & Highland Avenue Tuesday, April 6, 4 to 8 p.m. **Exton Library** 450 Exton Square Parkway

#### Free Skin Cancer **Screenings**

The sun plays a significant role in our lives and affects the biggest organ of our body, our skin. This 10-minute screening could save your life.

Thursday, April 22, 6:30 to 8:30 p.m. Bryn Mawr Hospital, Radiation Oncology

Wednesday, April 28, 5:30 to 7:30 p.m. Paoli Hospital, Cancer Center

## **New Advances in Breast Health: Prevention, Detec**tion and Treatment Choices for Today's Woman

Join us for a free informative discussion about the latest advances in preventing and detecting breast cancer. Desserts and refreshments served.

Tuesday, March 23, 7 p.m.

Bryn Mawr Hospital, Pennypacker Auditorium Speakers from the Comprehensive Breast Center:

Thomas Frazier, MD, surgical oncologist and Medical Director

John Stassi, MD, Breast Imaging Director Rachael Brandt, MS, CGC, Cancer Risk **Assessment and Genetics Program** Eileen Ann Morgans RN, BSN, Breast **Care Coordinator** 

Call 1-866-CALL-MLH to register.

# **Benefit Update!**

#### Bellini Baby & **Teen Furniture**

Fifty-percent discount on crib mattress or bed mattress with any qualifying Bellini Furniture purchase. Located at 651 W. Dekalb Pike, King of Prussia, Pennsylvania 19406. 610-962-9636. Show your card!



# Menopause and You **Event!**

The day we have planned for you promises to be upbeat and interactive, as we explore the latest in the area of menopause and "peri-menopause." Dr. Beverly Vaughn, Director of the Main Line Health Menopause Program, headlines the event. Sharing the bill is a cardiologist who will provide information we

need to know to stay heart-healthy. Rounding out the day will be: an image consultant who'll impart her knowledge to us "temperature-challenged" women, an introduction to T'ai Chi so that we can keep our stress levels down, and a "humorist," who will keep us laughing! And because we can't resist the shopping-urge, we've asked some of our favorite WHS merchants to show us their "wares". A continental breakfast and lunch is included. Register early, as space is limited.

Saturday, May 22, 7:30 a.m. to 3:30 p.m.

Fee: \$20; \$15 for WHS members.

Please call 1-866-CALL-MLH for event location, more information, and to register.

## **Healthy Living** for a Healthy Heart

Medical, nutrition, and cardiac exercise specialists discuss everything from controlling heart disease risk factors to strength-training. You'll also learn the nutritional facts on low-carb/high-protein diets and the effects of dietary supplements. Antoinette Sulpizi, MD, Cardiologist Judy Matusky, Registered Dietitian Lonnie Sebastian, RN, Cardiac Rehab **Exercise Specialist** 

Wednesday, March 24, 7 to 9 p.m. Main Line Health Center-Upper Providence 599 Arcola Road, Collegeville

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