

# Women's

## HEALTH SOURCE

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Health  
Screenings**

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## A Minimally Invasive Treatment for Varicose Veins

Twenty to 25 million Americans have varicose veins in which the saphenous vein is damaged, causing blood to flow in the wrong direction. While rarely life threatening, it is often painful and unattractive.

Historically, patients have had several choices for treating varicose veins such as losing weight, exercising, and wearing support hose. Some physicians advocate the removal, or stripping, of the saphenous vein. Recovery may last weeks; it typically causes bruising and can create postoperative pain, nerve damage, and poor short-term cosmetic outcomes.

Today, there is a new Outpatient Interventional Radiology procedure called the

Closure® Procedure available to treat varicose veins. This patented technology uses a very small catheter and radiofrequency energy to seal shut the saphenous vein. There are no large stitches or incisions, and most patients return to normal activity within a day or two. For medical purposes, this procedure is covered by most health insurances. ❖

The Closure® Procedure is now offered at Bryn Mawr and Paoli Hospitals. Attend one of our free screenings listed on the back page to see if this procedure is right for you. Or complete the "Take Charge" card on page 6 to receive a brochure.



### Welcome to Women's Health Source!

Sponsored by Main Line Health hospitals, this free program offers exclusive benefits for women in our community.

WHS members have access to important health information, like this quarterly newsletter, educational programs, and health screenings. WHS is staffed by a registered nurse who provides free counseling to identify individual health care needs and connects you to hospital and community resources. In addition, a merchant discount program is available. To learn more about WHS, call 1-888-876-8764 or visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).



## Ask Sharon



Sharon Register, Women's Health Source nurse clinical counselor.

### Finding the Right Doctor

Finding the right physician is an important task. You want to find someone with whom you have the right "chemistry," someone you can trust and confide in. Consider these questions before making a decision:

- ▶ What are the physician's credentials?
- ▶ What is his/her subspecialty?
- ▶ How long has the doctor been practicing?
- ▶ With which hospital is the doctor affiliated? Where will your physician send you if you need services or hospitalization?
- ▶ Which services are covered by your insurance?
- ▶ In which insurance plans does the physician participate? (You can ask your insurance company for a provider list.)
- ▶ Is it a solo or group practice?
- ▶ Is the office convenient to your home or workplace? Is it close to public transportation?
- ▶ Does the office have evening or weekend hours?

Don't wait until someone in the family needs a doctor. Make an initial appointment for an evaluation. Be sure to bring your written questions and feel free to ask them.

Have a health-related question? Ask Sharon at [WHS@mlhs.org](mailto:WHS@mlhs.org) or 1-888-876-8764.

# Is There a Stress Test in Your Future?

Don't stress out if your doctor advises a stress test. This noninvasive test, also called a treadmill test or an exercise test, simply shows how well your heart responds to work. Occasionally, the test is done on a stationary bike or with medication that temporarily speeds up your heart rate.

"A stress test can reveal an inadequate blood supply to your heart," says Svetlana Nikitina, MD, PhD, a cardiologist at Bryn Mawr Hospital. "It can help your doctor diagnose heart-related symptoms such as chest pain, light-headedness, or shortness of breath; evaluate your response to medicines; and suggest what type of exercise you should do. It will also help you determine whether it's safe to enroll in an exercise program."

The U.S. Preventive Services Task Force doesn't recommend routine stress tests for women without symptoms. For low-risk women, especially, the results can lead to either false reassurance or unnecessary extra testing. However, the American College of Cardiology and the American Heart Association do advise such testing for women who:

▶ have multiple heart disease risk factors

▶ are older than age 55 and plan to start a vigorous exercise program or work as drivers or pilots

▶ have diabetes and want to begin exercising vigorously.

## WHAT TO EXPECT

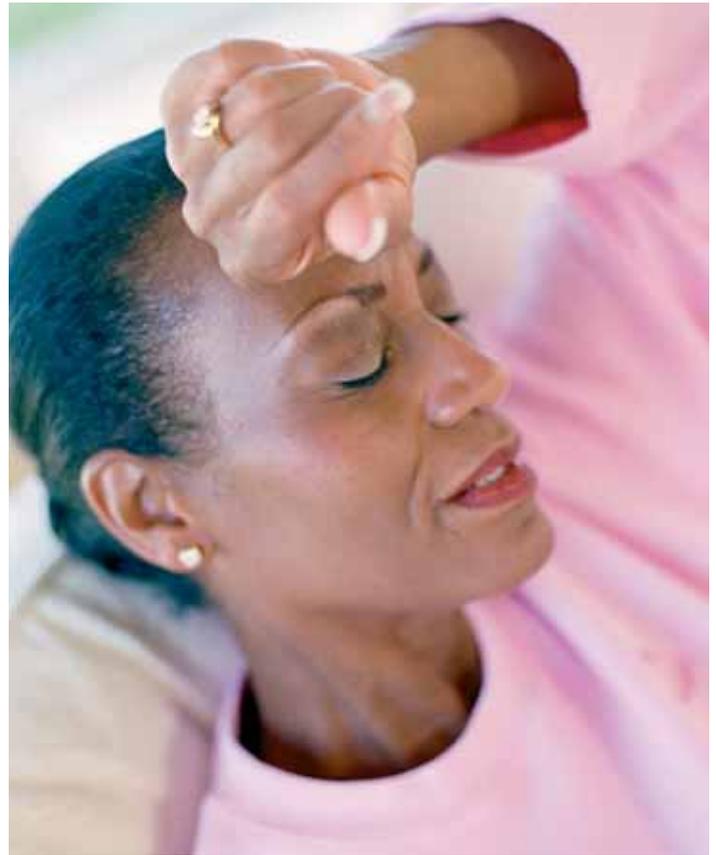
If you're going to have a stress test, you'll probably be told not to eat for about an hour before the test. You also may be advised to temporarily stop taking certain medications.

During the test, tiny wires will attach you to equipment, which will monitor your heart while you start exercising slowly and then increase your speed.

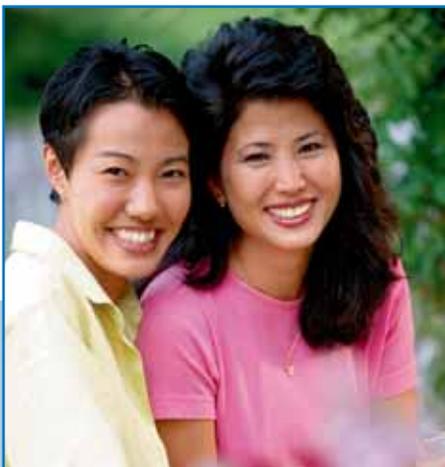
Finally, you'll sit or lie down for a check of your heart and blood pressure.

Your doctor may recommend a different or additional stress test. An ultrasound scan of your heart at work, called a stress echo, is similar to the prenatal

ultrasound pictures taken during pregnancy. A thallium stress test uses a radioactive substance and special photographs to show how well blood flows into your heart during exercise and afterward. ❖



The nationally recognized Main Line Health Heart Center at Bryn Mawr, Lankenau, and Paoli Hospitals offers comprehensive diagnostic services at numerous locations throughout the Main Line. To learn more about the Heart Center, visit [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart). To schedule an appointment with a cardiologist, call 1-866-CALL-MLH.



## Support WHS Education Initiatives

Thursday, April 7, 5 to 9 p.m.

Bring your sister, mother, daughter, or friend and spend an enjoyable evening at the Blue Tulip, a specialty gift shop in Paoli Shopping Center, at Routes 252 and 30. Shop for the latest in giftware, household items, and personal accessories while enjoying complimentary wine and refreshments. Remember your WHS membership card to receive 20% off one item. Proceeds from this evening will be donated to support WHS education programs.



# Genetic Testing Can Save Lives



Rachael Brandt, MS, certified genetics counselor, and patient Phyllis Levin.

In 2003, Phyllis Levin had been a breast cancer survivor for 19 years. She wasn't considering genetic testing until her sister enrolled in the Cancer Risk Assessment and Genetic Testing Program at Lankenau Hospital. Phyllis chose to have genetic testing, which identified an abnormality in her *BRCA1* gene that significantly increases the risk for both breast and ovarian cancer.

Doctors recommended removing her ovaries as a precaution against developing ovarian cancer. For Phyllis, it was a decision she insists saved her life. Two small loci of ovarian cancer were found: stage 1, when the deadly disease is rarely detected. Following

the surgery, Phyllis underwent chemotherapy treatment at Lankenau Hospital. Today, she is a happy and grateful woman to have discovered the disease in its earliest stages.

"Genetic testing has saved my family," Phyllis says. "My son and daughter were also tested and both were found to have the *BRCA1* gene and have taken appropriate steps. We'll make sure my three granddaughters are tested in the future, too. I believe in it wholeheartedly."

Bryn Mawr, Lankenau, and Paoli Hospitals all offer cancer risk assessment and genetic testing programs. Rachael Brandt, MS, Coordinator of the Bryn Mawr and

Lankenau programs and certified genetic counselor, says anyone who is concerned about cancer risk should find out more about genetic testing. "Individuals are identified at increased genetic risk based on their own medical profile and/or family history," Rachael explains. "Testing is offered to individuals who are at increased likelihood to have inherited a cancer-related gene." ❖

You can learn more about the cancer risk assessment programs and genetic testing services at Bryn Mawr, Lankenau, and Paoli Hospitals by calling **1-866-CALL-MLH** or by completing the "Take Charge" card on page 6.



## Beyond HRT: Help for Hot Flashes

Hot flashes are a common signal of menopause. But as research continues to question the safety of hormone replacement therapy (HRT), many women are looking for other ways to cool down. Here are three to try:

- ▶ **Exercise.** In one study, just 5% of physically active women experienced severe hot flashes.
- ▶ **Soy.** Women who added 60 grams of soy protein to their daily diet cut the number of hot flashes they experienced nearly in half. A cup of soy milk or a 3-ounce serving of tofu has about 10 grams of soy protein.
- ▶ **Herbal help.** Some studies suggest that black cohosh may be effective. But ask your doctor if it's right for you.

Learn more about alternative treatments for menopause by attending our second annual "Menopause and You Live" conference this April. Look for details on the back page.



## A New Look for the WHS Home Page

If you haven't been to the Women's Health Source website lately, log on to [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs). We've made navigation easier and added a few new features to enhance the site. Let us know what you think or share your ideas by e-mailing us at [whs@mlhs.org](mailto:whs@mlhs.org).

## Foods That Help Fight Cancer

Can carrot sticks and brussels sprouts help strike down your cancer risks? Perhaps. There's evidence that eating veggies and other healthy foods could lower the chances of developing cancer later in life.

### THE FACTS ON FRUITS, VEGGIES

Based on the research so far, veggies and fruits hold the title as the best foods that fight cancer. Studies have shown that eating vegetables and fruits helps lower your risk for certain types of cancer.

What's so special about the produce section? According to Main Line Health dietitian, Judy Matusky, RD, vegetables and fruits contain loads of vitamins, fiber, disease-fighting antioxidants, and other plant-based chemicals that may protect against cancer.

### SURF OR TURF?

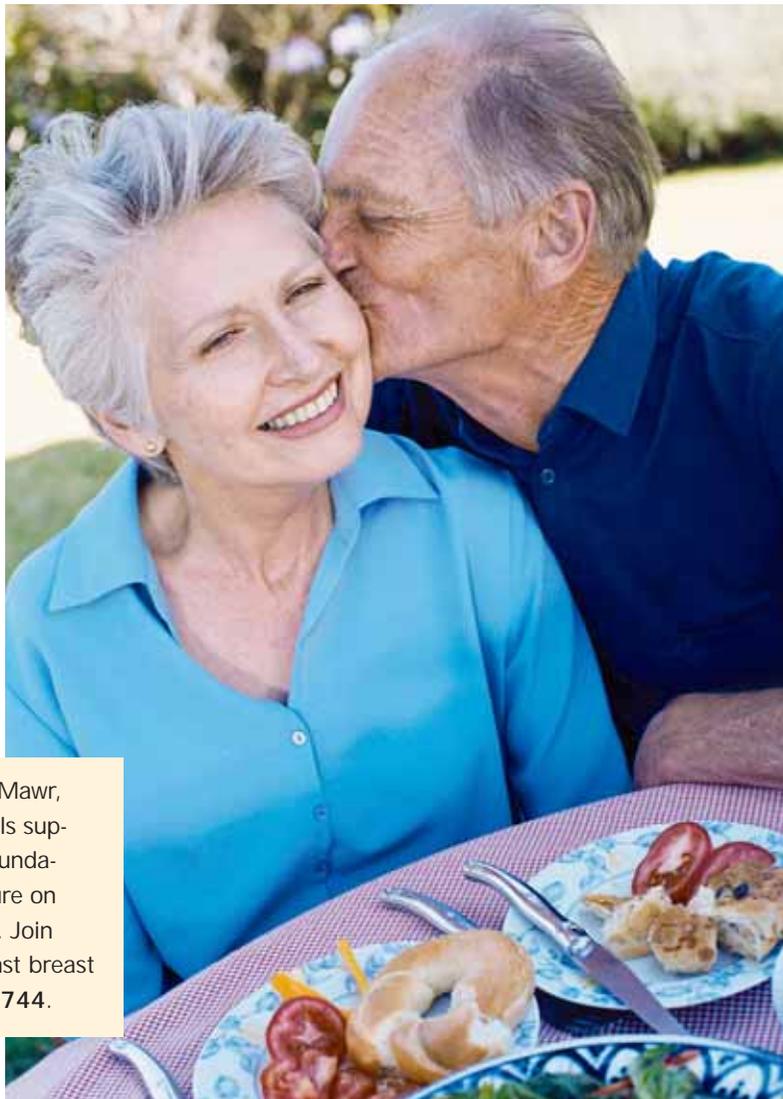
Decreasing your intake of red meat may be another wise strategy in the war against cancer. Specifically, some research has found that eating less red meat lowers the risk of colorectal and prostate cancer.

In its place, you may want to consider choosing fish. Fish contains n-3 fatty acids, which are being researched as possible cancer fighters. These fatty acids are also found in walnuts, soybeans, flax seed, canola oil, and green, leafy vegetables.

### ADVICE YOU CAN CHEW ON

To gear your diet toward cancer prevention, try the following:

- ▶ Eat five to nine servings of fruits and veggies a day. Two easy changes to make: Swap dried fruits for candy and add fruit to your breakfast cereal.
- ▶ Choose whole-grain breads. They are rich in fiber, which may help slice the risk of colon and rectal cancer.
- ▶ Trim saturated fats by limiting full-fat dairy products, processed foods, and red meat.
- ▶ Watch your weight. Being overweight can raise the risk of certain cancers.
- ▶ If you drink alcohol, do so in moderation. Too much alcohol has been linked to several cancers, including those of the mouth and esophagus. ❖



The Cancer Centers at Bryn Mawr, Lankenau, and Paoli Hospitals support the Susan G. Komen Foundation's annual Race for the Cure on Sunday, May 8, at 8:30 a.m. Join our team and the fight against breast cancer by calling 610-526-8744.

### Bryn Mawr Hospital

The Bryn Mawr Hospital/duPont Children's Health Program has instituted a pediatric sedation service at Bryn Mawr Hospital. Sedation is often required for children younger than 6 years of age for painful invasive procedures, MRIs, and other diagnostic imaging. This new sedation service provides monitored anesthesia care for ambulatory and hospitalized children through the inpatient pediatric unit. For more information on this program, call 1-866-CALL-MLH.

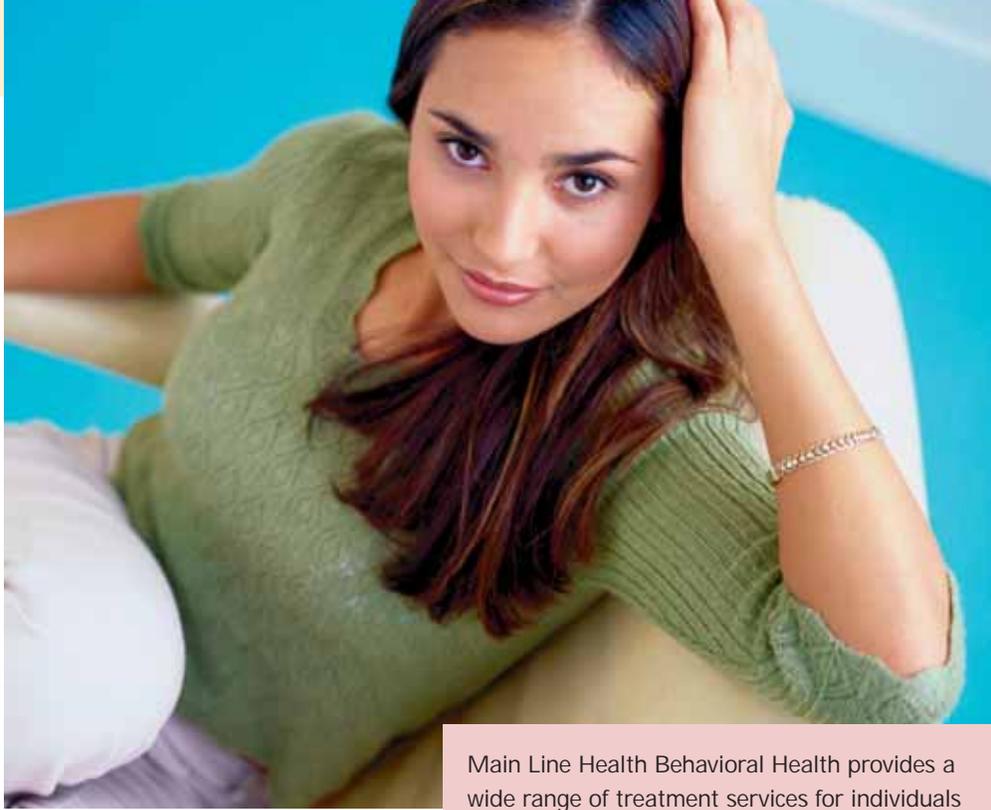
### Lankenau Hospital

Lankenau Hospital announces the appointment of Radha S. Gopalan, MD, as the new medical director for its Heart Failure and Transplant Program. Dr. Gopalan joins Louis E. Samuels, MD, surgical director of the program, and a highly respected team of physicians, nurses, and other specialists in providing innovative, specialized care for patients suffering from congestive heart failure. The program also focuses on prevention of disease. For more information about Lankenau's Heart Failure and Transplant Program, call 1-866-CALL-MLH.

### Paoli Hospital

Michael Dabrow, DO, Medical Director of the Cancer Center at Paoli Hospital, has expanded his practice to the Main Line Health Center in Exton. Dr. Dabrow has clinical expertise in breast and gynecologic cancers and a strong commitment to patient care. He is also the Medical Director of the Senior Oncology Program at Paoli Hospital. For more information or to schedule an appointment with Dr. Dabrow, call 1-866-CALL-MLH.

# Cutting: What You Should Know and How You Can Help



At first, you didn't think it odd that your teen daughter insisted on always wearing long sleeves and pants. But then you noticed small marks and scars on her arms and thighs. You tried to ask her about it, but she dismissed it as nothing and became secretive and withdrawn. As the parent of a teen, you're used to being shut out; but in this case, your teen's silence could put her in serious danger.

More and more teens are practicing something called cutting, where they deliberately harm themselves with razor blades or other sharp objects. Cutters make small incisions on their wrists, legs, and sometimes stomach as a way of dealing with adolescent anxiety, low self-esteem, and depression. If you think your teen might be cutting, here is some information you can use to help her:

## WHO ARE THE CUTTERS?

In one recent study, it's estimated that as many as 10% of teens self-harm, although the numbers could be even higher because most teens cut in secret. Girls are four times more likely than boys to cut, and most who do are between 13 and 16 years old.

Main Line Health Behavioral Health provides a wide range of treatment services for individuals age 14 and older with emotional, psychiatric, and/or addictions issues. For referrals or to learn more, call 1-888-CARE-898 or visit [www.mainlinehealth.org/behavioral](http://www.mainlinehealth.org/behavioral).

## WHY DO TEENS CUT?

"For most, cutting is a way to relieve severe mental distress; the blood, cuts, and scars are a visible expression of the hurt and pain they feel inside," explains Cori McLaughlin, LSW, Director, Main Line Health American Day Treatment Center. "Teens who have been physically or sexually abused, suffer from depression or bipolar disorder, or have feelings of despair or suicide also may cut."

And, like many teen habits, cutting is very peer influenced—many teens say they started cutting only after hearing others talk about it.

## WHAT SHOULD YOU DO IF YOU THINK YOUR TEEN IS CUTTING?

Because cutting can sometimes be a sign of depression or suicidal thoughts, it's important your teen receives help from a mental health professional. "Even if your teen isn't suicidal, counseling and therapy can help her figure out why she cuts and teach her other, less-harmful ways to manage her emotions," says McLaughlin.

## Take Charge of Your Health!

Check the information that interests you, fill out your name and address, and send us this coupon, or register online to receive this FREE information at [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

- Radiology Services Brochure
- Cardiovascular Physician Directory
- Cancer Risk Assessment Brochure
- Bryn Mawr
- Lankenau
- Paoli
- Varicose Vein Closure® Procedure
- Nutrition Counseling Brochure
- Behavioral Health Services Brochure

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

Send to: Main Line Health, Southpoint One, Suite 100, Contact Center, 1160 West Swedesford Road, Berwyn, PA 19312

 CUT ALONG THE LINE

# How to Talk to Your Daughter About Menstruation

Today, American girls begin menstruating several months earlier than they did in the past. The average age at which a girl gets her first period is usually 12 years. But girls as young as 9 or 10 may enter early puberty. This makes it very important for mothers to begin communicating with their daughters at an early age.

“Today, young girls are learning more because of easily accessible information on the Internet and on television,” says Sharon Rudo, MD, obstetrician/gynecologist at Main Line Health Center in Lawrence Park. “If girls are not hearing accurate information from Mom, they’ll seek answers elsewhere. And this can lead to confusion and a lack of self-confidence.”

Try to initiate the conversation early so your daughter won’t be surprised when she gets her first period. But be

tactful. Girls just entering puberty are often sensitive and easily embarrassed.

“Mothers need to judge for themselves how much information their daughters need to know. There is no one answer for every family,” Dr. Rudo says. “Younger girls don’t need all of the details. But by encouraging an open dialogue, you can help ease your daughter’s discomfort about how her body is changing—and promote a positive self-image.”

It’s also important to let your daughter know what to expect physically and emotionally. Present the pros and cons of pads and tampons, and discuss how to deal with premenstrual symptoms, cramps, and mood swings.

Girls who have started menstruating don’t necessarily need to visit the gynecologist. However, irregular cycles, heavy bleeding, and painful periods are extremely common in adolescents, and all are readily treatable by a doctor. Before your daughter’s first visit with a gynecologist, reassure her that this should not be a painful experience. Offer to accompany her or let her go alone, whichever makes her more comfortable.

If you haven’t yet discussed sexuality, reproduction, and contraception with your daughter, this may also be a good



time. It may not be appropriate if she’s very young, but once she begins menstruating she has the ability to bear children.

Finally, it is imperative that girls who are sexually active understand the risks of pregnancy and sexually transmitted diseases. While this can be addressed at home, some young women may prefer to speak with a gynecologist. For a referral to a Main Line Health obstetrician or gynecologist, call 1-866-CALL-MLH or visit [www.mainlinehealth.org](http://www.mainlinehealth.org). ❖

## Did you know?

The Main Line Health Centers in Lawrence Park, Exton, and Collegeville offer medical care, radiology services, and lab services. Visit [www.mainlinehealth.org](http://www.mainlinehealth.org) for details.



Bryn Mawr Hospital is a proud sponsor of Villanova Women’s Sports. Attending one of the basketball events is WHS member Patti Corcoran with daughters Ashley and Courtney.

# Event Calendar

Registration is required for all programs. Seating is limited. To register, call 1-866-CALL-MLH or log on to [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Second Annual "Menopause and You Live" Conference

A must-attend program for all women experiencing menopause. Listen to Beverly Vaughn, MD, menopause specialist, share the latest news on alternative therapies and Jean Meisler, MD, psychiatrist, provide coping strategies for this emotionally charged phase of a woman's life.

Free Heel DEXA scan, parking, and a light breakfast included.

Saturday, April 16, 8:30 to 11:30 a.m.

Lankenau, Annenberg Conference Center

Fee: \$15. Register a friend for \$10 each.

## A Roadmap to Successful Care Giving

This informative workshop will provide tips and resources for successfully caring for an older relative. Dinner included.

Tuesday, May 10, 6 to 9 p.m.

Main Line Health Center, Lawrence Park

## Varicose Vein Screening

Learn more about the Closure® Procedure at a FREE screening.

Wednesday, April 6: Paoli Hospital

4 to 7 p.m.

Tuesday, April 19: Bryn Mawr Hospital

4 to 7 p.m.

## Comprehensive Breast Center Trunk Show

Join us for an afternoon of shopping as local vendors team up to support



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.

breast cancer research. This show will feature unique handbags, jewelry, home décor, clothes, and more. Refreshments will be served.

Thursday, April 28, 4 to 8 p.m.

Comprehensive Breast Center,  
101 Bryn Mawr Avenue, Bryn Mawr

## 3rd Annual Cancer Symposium

Physicians will speak on controlling the symptoms associated with cancer treatments, as well as the newest methods for minimizing the recurrence and spread of cancer. Refreshments will be served.

Wednesday, April 13, 1 to 4 p.m.

Lankenau, Annenberg Conference Center

## Celebrate Life at Cancer Survivors Day

Please join us for an inspirational event where we'll celebrate life and hope. Refreshments and light fare will be served. Call for dates, times, and locations.

## FREE Health Screenings

During April and May, Main Line Health is offering FREE:

- Cardiac Risk Assessments
- Skin Cancer Screening
- Stroke Screenings

at numerous locations throughout the area. Call for dates, times, and locations or visit

[www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Don't Let Prostate Cancer Strike You Out

Is someone you love at risk for prostate cancer? Bring them to our health lecture with Lankenau physicians Albert DeNittis, MD, and Michael Hagg, MD. They will present information about prostate cancer prevention, early detection, and new treatments. Appearance by Dickie Noles, retired pitcher from the Philadelphia Phillies. Lunch provided.

Tuesday, May 17, 11 a.m. to 1 p.m.

Main Line Health Center, Lawrence Park

## Benefit Update

### Waterloo Gardens

Receive \$10 off a \$50 purchase. Not valid with any other discount.

200 N. Whitford Road, Exton

[www.waterloogardens.com](http://www.waterloogardens.com)

### Pilates & More

Beginners Pilates Package for only \$250.

115 Bloomingdale Avenue, Wayne

610-687-6855

### Viking Culinary Arts Center

10% discount on in-store items. Does not include stoves.

One Town Place, Bryn Mawr

610-526-9020

### Saladworks

10% off entrée and a drink.

280 E. Lancaster Avenue,

Wynnewood

610-642-9250

Remember to show your WHS membership card when taking advantage of these special benefits.

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**Wyeth**  
Pharmaceuticals

*Women's*  
HEALTH SOURCE

Susan Wynne, MBA  
VICE PRESIDENT OF MARKETING

Sharon Register, RN, BSN  
NURSE COUNSELOR

Carol Finocchiaro  
WHS PROGRAM COORDINATOR

Frieda Schmidt  
PUBLIC RELATIONS

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### Main Line Health

130 South Bryn Mawr Avenue  
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