

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

SPRING 2006

# Women's

## HEALTH SOURCE

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Learn more about WHS by visiting [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

# New HPV Test for Cervical Cancer

Doctors at Bryn Mawr, Lankenau, and Paoli Hospitals are using a sophisticated new test to catch human papillomavirus (HPV), which can cause cervical cancer. The test, which was recently approved by the FDA, detects virtually all forms of HPV that cause cancer, as well as most forms of HPV that don't.

HPV is the most common sexually transmitted virus in the United States, with recent estimates suggesting that around 5.5 million Americans acquire a new infection annually. Most of the time, HPV creates no symptoms and goes away on its own. But sometimes, it causes cancer.

"The new HPV test is especially useful when a woman has a Pap test that's abnormal," says David Holtz, MD, a gynecologic oncologist at Lankenau Hospital. "The test uses DNA technology to clarify whether the patient has an HPV infection and, if so, what type of infection it is," Dr. Holtz continues. "If it's a high-risk type, which means it could cause cancer, we'll likely perform an office biopsy, in which



we take a sampling of cells from the cervix and analyze them further." If the biopsy confirms that the patient has cancer, doctors will create a treatment regimen that's best for the patient. According to Dr. Holtz, cervical cancer is far less dangerous when caught in its early stages.

"We also use the HPV test, along with a Pap test, in women older than age 30," Dr. Holtz says. "If both tests come back negative, the patient is at a lower risk for

cervical cancer. She can go on to have a Pap smear every three years."

Currently, pharmaceutical companies are working on vaccines that could protect against HPV in the future. But for now, regular exams are the best way to stop cervical cancer in its tracks. "Pap smears and HPV testing allow us to catch cervical cancer when it's most treatable," Dr. Holtz says. "It's important to be screened as often as your doctor recommends." ❖

## Did you know?

According to the American Medical Association, the latest census from 2004 indicates that 26.6% of all physicians in America are women. Main Line Health Hospitals are on par with this statistic by having the following percentages of female physicians on staff: Bryn Mawr 26%, Lankenau 28%, and Paoli 28%. To find a Main Line Health physician, call 1-866-CALL-MLH.



### Main Line Doctor Performs First da Vinci Robotic Surgery in Pennsylvania

Last fall, Lankenau Hospital became the first hospital in Pennsylvania to perform a gynecologic oncology procedure using the da Vinci robot. The minimally invasive procedure to remove a patient's uterus, ovaries, and lymph nodes was done by gynecologic oncologist David Holtz, MD. "The da Vinci allows us to make smaller incisions, which can mean less pain, less blood loss, faster recovery, and a shorter hospital stay," he explains.

# New Non-Narcotic Pain Relief for Orthopedic Patients

Until recently, total joint replacement patients relied on narcotic pain relief to deal with post-surgical pain. But a recent innovation in *non*-narcotic pain relief is helping joint replacement patients at Paoli Hospital take a faster, more

comfortable road to recovery.

The On-Q® Pain Buster® System continuously delivers a local anesthetic directly to the surgical site during the first few days following surgery, without the side effects of narcotics.

“Previously, the most effective postoperative pain management tools were narcotic medications,” explains John Chidester, MD, Chief of Orthopedic Surgery at Paoli Hospital. “But narcotics can make patients feel groggy and nauseated and can cause vomiting, constipation, and low blood pressure. With this new pain relief option, our patients have excellent results without the disadvantages of narcotics.”

The new pain management system works for other orthopedic procedures as well, including shoulder replacements, rotator cuff repairs, and anterior cruciate ligament reconstruction.

The FDA-approved Pain Buster is put in place by the surgeon during surgery. A catheter, or slender tube, is inserted under the skin near the site of the incision. A small, balloonlike pump filled with a local anesthetic is attached to the other end of the catheter and sends a slow, continuous dose to the area of the incision for two to four days. When no longer needed, the catheter is easily removed.

Typically, fear of pain after surgery can make people reluctant to undergo a procedure that will ultimately restore function and eliminate life-limiting pain. The On-Q Pain Buster System represents a major advance in rapid recovery after orthopedic surgery, allowing a faster, more comfortable return to daily routines. ❖



To learn more about the Joint Pain Management Program or to find an orthopedic surgeon, call **1-866-CALL-MLH**.

## New Shoulder Surgery Offers Pain-Free Mobility

Joint replacement surgery is often the treatment of choice when severe arthritis results in pain and loss of function. In the shoulder joint, however, when arthritis is combined with a badly torn rotator cuff—the group of tendons that attach the shoulder muscles to the upper arm—joint replacement may help relieve pain but may not restore function.

A new procedure, reverse total

shoulder replacement, offers an option to relieve pain and restore function in patients with rotator cuff damage and arthritis. Approved by the FDA in 2004, the reverse procedure uses a shoulder prosthesis. This artificial joint is designed for the patient with a nonfunctional rotator cuff but whose deltoid muscle—the large triangular muscle covering the shoulder joint—is in good working order.

Orthopedic surgeons at the Main Line Hospitals find reverse total shoulder replacement to be a successful alternative to traditional shoulder replacement when arthritis is combined with an injured rotator cuff or when a previous shoulder replacement has failed. To schedule an appointment with an orthopedic physician, call **1-866-CALL-MLH**.

## Ask Sharon



Sharon Register, RN, Women's Health Source nurse counselor

### It's hard to get good nutrition on the go. Are fast-food salads a good option?

While salads are a good source of nutrition, they also can harbor lots of fat and sodium. The nutrition in the fast-food version varies widely depending on what you choose.

Often, important high-fiber items are missing from the fast-food salad, such as beans, chickpeas, and a variety of fresh vegetables. Less-healthy items, such as fried chicken, creamy full-fat dressings, sour cream, and lots of cheese, bacon, nuts, fried croutons, and taco chips are added instead.

If fast food is your only option, here are some suggestions: Burger King side garden salad with light Italian salad dressing, McDonald's Caesar salad without chicken with balsamic vinaigrette dressing, and Wendy's spring salad mix with fat-free French dressing.

For a complete article on this topic, including information about what an average adult should eat during the course of one day, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs). Have a health question? You can ask Sharon at [WHS@mlhs.org](mailto:WHS@mlhs.org).

# Anemia: A Common Condition with Many Causes

**M**any people assume that iron-poor blood is always to blame for anemia. True, lack of iron is the most frequent cause of what is sometimes referred to as “tired blood”—particularly in pregnant women. However, it’s not the only cause of this common complaint.

“Anemia develops when you don’t have enough red blood cells or when those cells don’t work properly,” states Ady Djerassi, MD, Bryn Mawr Hospital endocrinologist.

**Did You Know?** Eating iron-rich foods—such as leafy green vegetables, dried fruits and beans, liver, fish, and eggs—along with fruits or vegetables that contain vitamin C can help your body better absorb the iron.



The condition also may be caused by a variety of diseases, mineral and vitamin deficiencies, or even severe blood loss.

Chronic diseases, such as kidney disease and rheumatoid arthritis, can cause anemia, too. You also may become anemic if you’re lacking enough of the B vitamin folic acid or vitamin B-12.

Often the first indication of anemia is a blood test result. Symptoms generally don’t appear until the condition has progressed.

Fatigue is the most common sign. Others include:

- ▶ low body temperature
- ▶ pale skin
- ▶ rapid heartbeat
- ▶ shortness of breath
- ▶ chest pain
- ▶ dizziness
- ▶ numbness or coldness in hands and feet.

See a doctor if you suspect you’re anemic. Untreated, anemia can stress your heart and lungs, damage the nervous system, hinder your immune system, and increase complications of many chronic diseases. ✦

## Hospital Updates

### Bryn Mawr Hospital

Detecting cancer just became a little easier at Bryn Mawr Hospital. Doctors are now using an all-in-one PET/CT scanner to help in cancer detection and therapy planning. The new scanner combines the technology from a positron emission tomography (PET) and a computed tomography (CT) to create one highly powerful diagnostic imaging system. This enables doctors to more accurately detect cancer and pinpoint its exact location in the body. For more information on this unit, call **610-526-4500**.

### Lankenau Hospital

Lankenau Hospital and the Main Line Health Center in Lawrence Park now offer digital mammography. Digital mammography makes more information about the breast available because the computer images can be enhanced, lightened, darkened, or magnified, reducing the need for “call-backs” to verify results. Lankenau’s board-certified radiologists also are dedicated breast imagers who specialize in mammography. To schedule a digital mammogram at Lankenau Hospital or the Main Line Health Center in Lawrence Park, call **610-645-3100**.

## Paoli Hospital Expansion Update

To meet the needs of our growing community, Paoli Hospital is about to begin our largest expansion project ever. The project includes the construction of a new four-story building that will house a new emergency department, a new surgical department including 14 new operating rooms, ambulatory surgery beds, a new critical care area, and new private inpa-

tient beds for adult acute care, among other improvements. A new parking garage for more than 700 cars is also an important part of our plans.

Groundbreaking for the garage will occur in mid-April, followed by groundbreaking of the new building this winter. During construction, parking for patients and visitors will remain on the hospital grounds. Some

of our hospital employees will park offsite.

Throughout the construction process, our commitment to superior quality care, patient safety, and patient satisfaction remains our highest priority. We will do everything possible to minimize any inconvenience to our patients; however, we do suggest adding a few extra minutes to your projected

travel time to accommodate any potential construction matters. Free valet parking will be available throughout construction.

Watch our progress by visiting **[www.mainlinehealth.org/paoliexpansion](http://www.mainlinehealth.org/paoliexpansion)**.



# ADD/ADHD Medications: Used or Abused?

**T**he child who can't sit still, doesn't pay attention, never finishes homework, has little self-control: It's the classic portrait of attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD). Thankfully, advances in medicine mean most children who have ADD or ADHD can control the condition instead of letting it control them. But with more than 10 million prescriptions for ADD and ADHD medications written every year, the risk of these drugs being used illegally grows. Are your children at risk? And what can you do to protect them?



## THE DRUGS AND WHAT THEY DO

The drugs used most often to treat ADD/ADHD are methylphenidate (Ritalin® and Concerta®), dextroamphetamine (Dexedrine®), and amphetamine (Adderall®). All are stimulants. But surprisingly, these drugs have a calming effect on children. They help children to be more alert, more focused, and better able to learn and get work done.

Research shows that these drugs act similarly to cocaine and methamphetamine. And that's created a growing illegal "market" for ADD/ADHD drugs among teens and college students. According to Eric Brown, LCSW, Director

for Main Line Health's Center for Addictive Disease, "There is no doubt that in the past couple years we have seen this situation with Ritalin, Concerta, and Adderall for the first time. Some young people are seeking ways to sell or use these drugs undercover. Often they don't realize the consequences of using them inappropriately."

The drugs are considered an easy way to get high, stay awake for days on end, or lose weight. Unfortunately, this is a dangerous game. Abusing these drugs can cause rapid or irregular heartbeat, high blood pressure, paranoia, fatal seizures, and heart failure.

## HOW PARENTS CAN HELP

Here's what parents can do to help prevent abuse of ADD/ADHD drugs:

▶ **Protect your child.** If your child has a prescription for an ADD/ADHD drug, teach the child never to share or sell medications, and to tell you if someone asks to buy the pills. Another suggestion is to check with your child's doctor about once-a-day doses. That way children don't have to carry medications with them.

▶ **Watch for signs of abuse.** If your child doesn't take ADD/ADHD drugs, these symptoms may signal that the child is experimenting with them illegally:

- ▶ Extreme wakefulness
- ▶ Lack of appetite or weight loss
- ▶ Dilated pupils
- ▶ Racing heartbeat
- ▶ Restlessness, irritability, and hostility

If you suspect stimulant abuse, seek help from your doctor. ❖

## Warning Urged for ADHD Medicines

In February, the safety advisory committee to the U.S. Food and Drug Administration (FDA) urged the FDA to place strong warnings on all stimulant drugs used to treat ADHD. The drugs carry a potential risk of heart attacks, strokes, and sudden death.

The committee recommended that the FDA include medication guides with all stimulant ADHD drugs—Adderall, Concerta, and Ritalin—warning patients about the potential

heart risks. It also urged the FDA to place strong "black box" warnings on all of the drugs' labels and advertisements. The warnings explain that the drugs increase heart rate and blood pressure, and that researchers still don't know the real-world consequences of those changes.

As with all recommended warnings, parents should consult with a doctor before making any treatment decisions.

Main Line Health has uniquely designated behavioral health centers for families coping with issues like psychiatric disorders, addictions, or other disorders that affect one's well being and participation in life. Call **1-866-CALL-MLH** to learn more.

# A Hop, Skip, and a Jump: Do You Have an Irregular Heartbeat?

**F**rom time to time, your heart may “flutter” when you’re excited, nervous, or exercising hard. And if your heart’s offbeat beat—also called an arrhythmia—goes away as quickly as it came about, it might seem like no cause for concern. But the whole picture is a little more complicated. That’s why it’s a good idea to know when that fleeting flutter may be putting your health at risk.

You can visit [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart) to learn more about heart rhythm disorders. For a referral to a Main Line Health Heart Center cardiologist who specializes in these disorders, please call 1-866-CALL-MLH.

## A CIRCUITRY PROBLEM WITH MANY POSSIBLE CAUSES

In order to have a healthy, regular heartbeat—about 60 to 100 beats a minute—the heart’s four chambers must work in harmony with one another. A heartbeat is produced when an electrical signal travels through these chambers. If something goes wrong with this signal, your heartbeat may speed up, slow down, or seem out of sync.

While an arrhythmia can strike anyone at any age, the condition is particularly common among older adults. The cause is often unclear. But experts have found that an arrhythmia can sometimes result from:

- ▶ heart disease
- ▶ stress
- ▶ caffeine

- ▶ tobacco
- ▶ alcohol
- ▶ cough and cold medicines.

## WHEN ARRHYTHMIAS SPELL DANGER

An irregular heartbeat is often harmless and needs no treatment. But sometimes, it signals a larger problem that can be too dangerous to ignore. An arrhythmia that happens on a regular basis, for instance, will need a doctor’s attention. And don’t wait to get help if you find that your irregular heartbeat occurs with any of the following:

- ▶ Chest pain
- ▶ Shortness of breath
- ▶ Fainting
- ▶ Light-headedness
- ▶ Fatigue

It’s also important to talk to your doctor if you have a history of heart disease and have noticed that you sometimes have an irregular heartbeat.



## WAYS TO TREAT THE BEAT

“Treatments aimed at correcting an irregular heartbeat depend on the type of arrhythmia that you have,” comments Dusan Kocovic, MD, Director of Lanke-nau’s Electrophysiology Laboratory. “In general, you want to seek treatment at a hospital that has extensive experience in these conditions and can offer you the latest options for managing your condition. These would include medications or more high-tech procedures, such as implantable defibrillators or cardiac ablation.” ❖



## The Ladies Had Us Laughing

Members from the Philadelphia cast of “Menopause The Musical®” entertained more than 90 participants at the Women’s Health Source event “The Lighter Side of Menopause,” held in November. The cast performed vignettes from the musical following the physicians’ presentations on issues affecting women.

From left: Beverly Vaughn, MD, Medical Coor-

dinator of the Main Line Health Menopause and You Program, presented flowers to cast members Carol A. Provonsha, Stephanie Eley, CeCeLia Ann Birt, and Lois Sach Binder, along with Paoli Hospital OB/GYN Mojdeh Saberini-Williams, MD, Bryn Mawr Hospital Medical Internist Lisa Freedman, MD, and Lankenau Hospital Psychiatrist Jeanne Meisler, MD.

# Why Fill Up on Fiber?

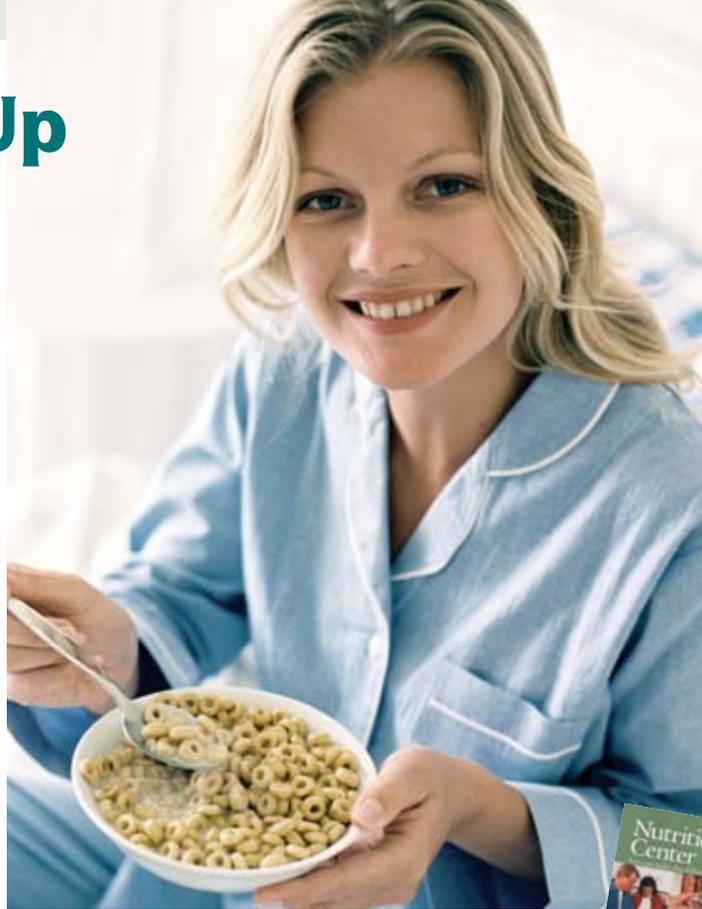
Your grandmother probably called fiber “roughage” and made it an important part of the family’s diet. But now, some of the health benefits of fiber are being disputed. Even so, this important part of fruits, vegetables, beans, nuts, seeds, and grains still offers health benefits.

Fiber helps prevent constipation. In addition, a diet high in fiber and low in saturated fat and cholesterol may reduce your risk for certain cancers, such as breast cancer and colon cancer. It also may help reduce your risk for digestive problems and heart disease, and it can help people with diabetes better control their blood sugar.

“We call fiber the extra-special, out-of-the-ordinary nutrient,” says Roberta Mearns, RD, LD, CDE, medical nutrition therapist at Paoli Hospital.

Adults should consume 20 to 35 grams of fiber daily. Those between 2 and 20 years old should eat their age plus 5 grams of fiber each day. Try following these steps:

- ▶ Take the government’s advice to eat six to 11 daily servings of



A medical nutrition therapist can help you learn how to meet your daily dietary fiber needs. For a free brochure or to contact our Nutrition Counseling Program, call 1-888-876-8764.



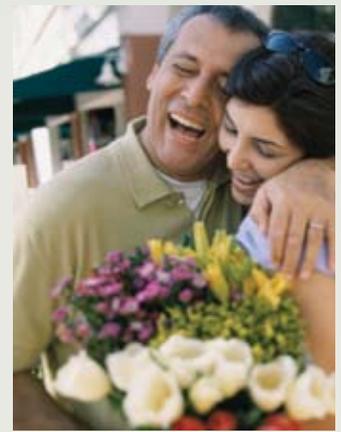
cereal and grain foods, three to five servings of vegetables, and two to four servings of fruit. For example, a large, unpeeled pear has about 5 grams of fiber.

- ▶ Switch to whole-grain bread, whole-wheat pasta, and brown rice—healthy carbs!
- ▶ Since cooking can lower fiber content, eat vegetables raw or slightly cooked.

- ▶ Add beans to appetizers, soups, stews, and salads. These fiber powerhouses boast 8.5 to 10 grams of fiber per serving.
- ▶ Serve fruits and vegetables, not low-fiber juices, for snacks. High-fiber fruits include apples, berries, figs, oranges, and prunes. Broccoli, Brussels sprouts, carrots, cauliflower, green peas, and asparagus are high-fiber vegetables.

Experts recommend that you get most of the fiber in your diet from food—not supplements.

“A high-fiber cereal is an easy way to meet a good percentage of your recommended daily fiber intake, and it keeps you feeling full longer,” says Susan Spengler, RD, LDN, Medical Nutrition Therapist at Bryn Mawr Hospital. ❖



## Benefit Update

### Pat’s Flowers

148 E. King Street, Malvern  
610-647-1004

15% off all cash and carry purchases. Not valid on holidays.

### Kitchen Witch

5 Crumley Avenue, Malvern  
610-322-8035

10% off purchase. Frozen, ready-to-bake, delicious homemade treats anytime! Gift baskets, party favors, and birthday cakes also available.

### Rejuvenation Spa

125 E. Swedesford Road, Wayne  
610-293-9727

15% discount on any of these services: body wrap, massage, facials, and waxing. Call or visit [www.rejuvenation-spa.com](http://www.rejuvenation-spa.com).

### Avanti Boutique and Salon

307 E. King Street, Malvern  
610-251-9390

10% off hair cuts. 10% off purchase in the boutique.

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



### As if Morning Sickness Weren’t Enough...

Some common infections can be especially dangerous during pregnancy:

- ▶ Rubella and chickenpox: It’s best to be tested for immunity to these illnesses before pregnancy. If you’re not immune, you can be vaccinated.
- ▶ The flu: If you’ll be pregnant during flu

## FINDING

season, experts recommend getting a flu shot. It’s usually done after the 12th week of pregnancy, but it’s OK to have one earlier, if necessary.

American Family Physician, Vol. 71, No. 8



# WHS Event Calendar



Registration is required for all 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).

## Lord & Taylor Benefit Bash

Support WHS programs while enjoying complimentary spa-like services, makeovers and gifts, special in-store discounts (including cosmetics), workshops, and surprise guest appearances. Call **1-888-876-8764** for your ticket.

**Donation to WHS: \$5 per ticket**

**Tuesday, April 18, 10 a.m. to 9 p.m.**

**Lord & Taylor, The Plaza at King of Prussia Mall**

## Bryn Mawr Hospital Family Health Fair

Get on board with a "Passport to Good Health."

- Free health screenings
- Informational workshops
- Interactive, educational fun

**Wednesday, May 17, 1 to 7 p.m.**

**Bryn Mawr Hospital, Warden Lobby**

## Health and Beauty Essentials for 2006

Join us for an evening of enlightenment and indulgence. Lankenau Hospital physicians Rita El-Hajj, MD; Ned Carp, MD; and Michelle Ziskind, MD will lead workshops on osteoporosis and skin health. Health and Beauty Expo features skin-care consultations, makeovers, stress reduction therapies, blood pressure and

osteoporosis screenings, and free samples.

Light dinner and parking included in fee.

**Thursday, May 11, 5 to 9 p.m.**

**Lankenau Hospital, Medical Science Building, Sixth Floor**

**WHS members: \$15**

**Nonmembers: \$20**

## Survivors and Supporters Conference

Breast cancer impacts individuals as well as the family unit. Help manage the many elements of the breast cancer crisis, including doctor's visits, household responsibilities, children, intimacy, communication, and more. Light breakfast and box lunch served.

**Tuesday, April 11**

**8:30 a.m. to 1 p.m.**

**Bryn Mawr Hospital, Pennypacker Auditorium**

## Coping with Cancer

Join us for physician presentations and open discussions on cancer treatment, side effects, and management of symptoms. The Main Line Health Community Clinical Oncology Program (CCOP) hosts this informative event, featuring vendors and refreshments.

**Wednesday, April 12, 1:30 to 4 p.m.**

**Lankenau Hospital**

## Solving the Diet Dilemma

From Atkins to South Beach to *Why French Women Don't Get Fat...* get the real skinny on finding your healthy weight, once and for all. Learn from Judy Matusky, RD, the latest nutritional information on fad diets, what's best for losing weight, and what it takes to keep it off.

**Wednesday, May 17, 7 p.m.**

**Bryn Mawr Hospital, Pennypacker Auditorium**

## Joint Pain Seminars

Do you suffer from knee or hip pain? Attend a free seminar to help you understand the causes of joint pain and the latest treatments, including medications, exercise, and surgery. Call for a class schedule.

## Free Skin Screenings: It Could Save Your Life

**Paoli Hospital: Tuesday,**

**May 9, 5:30 to 7:30 p.m.**

**Lankenau Hospital: Thursday,**

**May 18, 5:30 to 7:30 p.m.**

**Bryn Mawr Hospital: Tuesday,**

**May 23, 6:30 to 8:30 p.m.**

## Women and Investing

Did you know financial stress can affect your health and peace of mind as well as your personal and professional relationships? But it doesn't have to! Attend

our educational program "Women and Investing," where we'll go *beyond* the basics of investing and learn critical investment strategies from experts from Janney Montgomery Scott LLC. Fabulous door prizes; refreshments will be served.

**Thursday, April 13, 7 p.m.**

**Main Line Health Center in Lawrence Park, 1991 Sproul Road**

## Caregiver Symposium: A Survival Guide for Caregivers!

Discover the seven tasks that caregivers should know to provide care to a loved one as effectively as possible. Attend this presentation by Barry Jacobs, PsyD, author of *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*. Light supper included.

**Tuesday, May 23, 6 to 9 p.m.**

**Location: TBD**

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## Main Line Health

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