

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital

SPRING 2007

Women's

HEALTH SOURCE

Having Trouble Sleeping?
It May Be
Sleep Apnea

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**New Heart
Procedures**
Reduce Pain and
Scarring

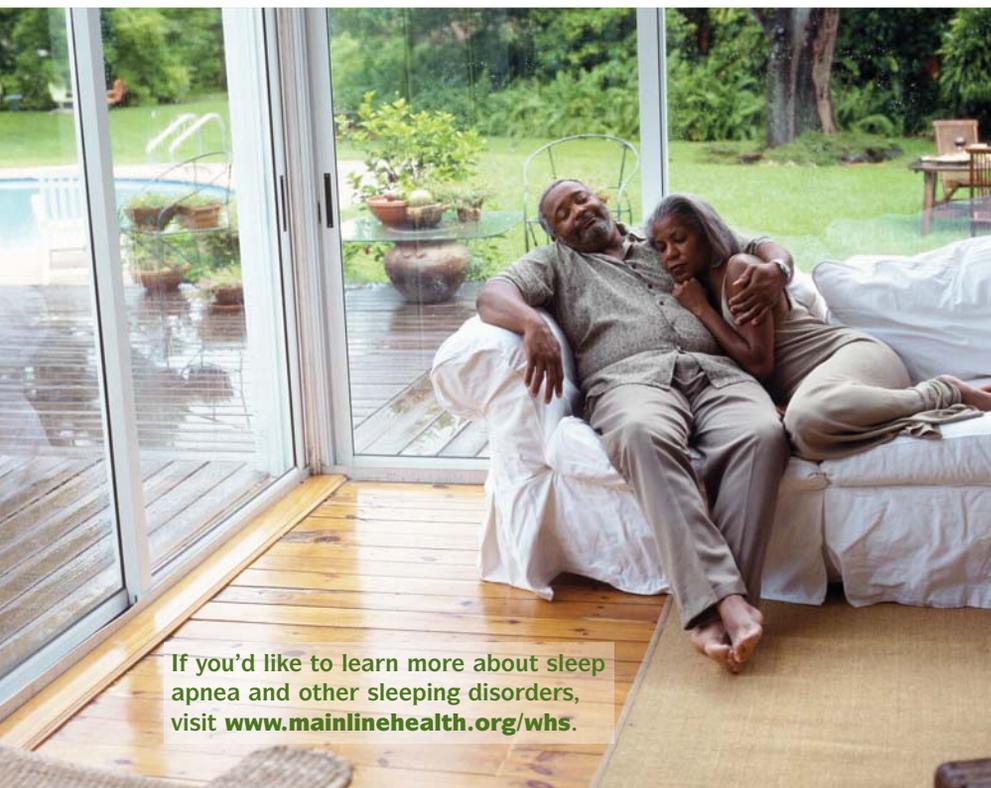
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Add a spring to your step! Attend our "New You" event. Details on page 8.

Not Feeling Rested? It May Be Sleep Apnea



If you'd like to learn more about sleep apnea and other sleeping disorders, visit www.mainlinehealth.org/whs.

Extrême sleepiness during the day is the most common sign of a problem called sleep apnea. According to Helena Schotland, MD, co-director of Bryn Mawr Hospital's Sleep Medicine Services, "This breathing disorder actually causes people to stop breathing or have shallow breathing during sleep. When this happens, the amount of oxygen in the blood drops, and the brain wakes the person up so breathing can begin again. Sometimes this cycle happens hundreds of times a night."

Besides feeling very drowsy and waking up at night, other symptoms of sleep apnea include:

- ▶ loud snoring, choking, or gasping during sleep
- ▶ morning headaches
- ▶ trouble with concentration or memory
- ▶ mood changes, such as depression.

In most people, congested nasal passages or the tongue, palate, or uvula

at the back of the throat may block airflow. Excess weight in the upper body can put pressure on the windpipe, also blocking airflow. In some cases, sleep apnea occurs when the brain doesn't signal the body to breathe when it should.

Sleep apnea is serious. "Untreated, it raises the risk of high blood pressure, coronary artery disease, irregular heart

rhythms, heart attack, stroke, memory loss, and even death," says Dr. Schotland.

Are you experiencing symptoms of sleep apnea night after night? Talk with your doctor. You may need to participate in a sleep study. This involves having your brain waves, heartbeat, and breathing tracked during the night.

If you have sleep apnea, avoid drinking alcohol and smoking. Maintain a healthy weight. And try not to sleep on your back. Sew a pocket onto the back of your nightshirt and put a tennis ball inside it. You also may want to raise the head of your bed.

Other treatments may also help. The most effective is called nasal continuous positive airway pressure. It involves wearing a mask-like device that pumps air as you inhale during sleep. This helps keep the airway open. If an underlying medical condition—such as an underactive thyroid—is causing sleep apnea, medicines can help. Research is mixed on the effectiveness of nasal strips, which may improve airflow by opening up nasal passages. ✦



Sleep Tight Tonight

The Sleep Centers at Bryn Mawr, Lankenau, and Paoli Hospitals provide complete diagnosis and treatment services. For an appointment with a sleep medicine specialist, call 1-866-CALL-MLH.



Household Deodorizers May Be Bad for Your Lungs

A study of nearly 1,000 adults reviewed the respiratory effects of 11 chemicals commonly found in indoor air. People who had high blood levels of one deodorizing chemical—1,4 dichlorobenzene—were likelier to have

FINDING

breathing difficulties. This decreased lung function may increase the risk of heart disease, stroke, and lung cancer. How to reduce your exposure? Cut back on your use of air fresheners, toilet-bowl deodorants, and mothballs.

Environmental Health Perspectives, Vol. 114, No. 8

Dancing to a New Heartbeat

New Heart Procedures Reduce Pain and Scarring



During a visit following her heart surgery, Dr. Sutter spends time with Heather and her three children: Eric, 7, Bogart, 2, and Samantha, 6.

The one thing that Heather Wagner, 27, remembers about her best friend's wedding was that she couldn't dance. "I thought I was just under the weather," she recalls. "I wanted to get out there, but I didn't have the energy."

To everyone who knows Heather, a bubbly mother of three children, she seemed different. And in fact, things were very different. Two days later, Heather found herself in an emergency room with chest pain and eventually at Lankenau Hospital, undergoing a cardiac catheterization. She had suffered a heart attack.

Hearing the news was like a bad dream. Eight years earlier, Heather remembered being told that her mother had died from the same thing at age 39. "It just hit me all at once. I was so scared that my kids would end up like me... without a mom."

The physicians and surgeons at the Main Line Health Heart Center at Lankenau Hospital were determined to make Heather's outcome much different. She was the perfect candidate for a hybrid procedure, an innovative, collaborative effort that combines coronary artery stenting with robotically assisted, minimally invasive surgery.

Frank McGeehin, MD, Heather's attending cardiologist, performed a balloon angioplasty to open the blockage in her left circumflex artery and then

deployed a drug-eluting stent. After she recovered, Heather underwent minimally invasive bypass surgery on the blocked large left coronary artery.

Francis Sutter, DO, Lankenau Chief of Cardiac Surgery, is among a small, elite group of surgeons in the U.S. who perform bypass surgery using the daVinci® Surgical System, which features three mechanical arms. One contains an endoscope camera, while the others enable surgical tools to be inserted through pencil-sized openings above and below the breast. Traditional surgery requires a 14-inch incision. "These tiny incisions mean less trauma and pain, no blood transfusions, and faster healing," notes Dr. Sutter. Family members were amazed to visit Heather on the day of surgery and find her walking around!

Six weeks later, Heather was back to driving and taking care of her kids. "I'm following my heart-healthy diet and walking every day. I feel great," she says. "My family is so grateful for the exceptional care we received at Lankenau Hospital." ❖

♥ Be Heart-Smart

What are seven good things you can do for your heart? Visit our new website, www.mainlinehealth.org/womenandheart, to learn how you can be heart-healthy. Our female cardiologists show you how.

Hospital Updates

Bryn Mawr Hospital

Bryn Mawr Hospital's Sleep Medicine Services has a new home at 101 South Bryn Mawr Avenue, Suite 220, Bryn Mawr. For an appointment, call **610-526-3300**.

Construction of the new Bryn Mawr Hospital Health Center in Newtown Square on West Chester Pike, just west of Route 252, is progressing rapidly. Opening in July 2007, the Health Center will offer a wide variety of outpatient services, the latest technology, and specialty and primary care physician services, all at a convenient location with ample free parking.

Lankenau Hospital

As part of its new Breast Care Center, Lankenau Hospital recently purchased an innovative breast biopsy system. It enables physicians to perform nonsurgical breast biopsies through ultrasound, stereotactic, and MRI-guided procedures. For patients, the new technology means less waiting time and reduced pain. Lankenau Hospital's Breast Care Center is a supportive care network where women can access a wide range of services, from treatment consultations to genetic testing.

Paoli Hospital

Digital mammography is now available at the Paoli Hospital Health Center in Exton and at the Main Line Health Center in Collegetown, with appointments typically available within 24 hours. Patients at these two sites can also access services at Paoli Hospital's Holloway Breast Health Center, including our nurse breast coordinator, who helps women access follow-up services and specialists. To schedule a digital mammogram, call **610-648-1414**.

Sports Safety for Young Athletes

Participating in sports helps kids stay fit, improve coordination, develop self-esteem, and learn how to be part of a team. But each year in the U.S., about 3 million sports-related injuries force children to take time off from their game. You can help ensure your young athlete's safety by following some simple guidelines.

COACHING IS KEY

"It's important to know that your child is supervised by a trained teacher or coach familiar with the prevention of sports injuries and with basic first aid in case injuries occur," says William Emper, MD, Bryn Mawr Hospital orthopedic surgeon and team physician for Villanova Athletics. "Safety equipment appropriate for the specific sport is also important. If there's an injury and you're unsure of the severity, referral to a physician is always a safe and prudent practice."

A good coach will:

- ▶ match players of equal size and strength
- ▶ teach players how to minimize the risk of injury
- ▶ limit practice times to an appropriate length
- ▶ encourage players to drink plenty of water



▶ emphasize fun and skill development rather than winning. When the pressure to win is too high, many kids ignore pain and risk injury.

TIPS FOR PARENTS

Jeff Bomze, MD, Main Line Health pediatrician, recommends following standard guidelines for injury prevention. "Proper conditioning, avoiding excess training, resolving any prior injury, and a complete pre-participation physical assessment are all important. Another

key to sports safety is choosing a sport that's appropriate for your child's age and ability."

No matter the sport, focus on fun and safety. Don't put too much pressure on your child. Take physical complaints seriously, and watch for warning signs of pain, such as a limp, loss of enthusiasm, or a decline in performance. Unhealed childhood sports injuries can cause lifelong damage, so even a minor injury may warrant a call to the doctor. ❖

Steroids: What Every Parent Should Know

As many as 3 million U.S. athletes use steroids illegally—including children. Experts estimate that about 3% of preteens and 11% of high school students use steroids.

Steroid users face serious health risks, including infertility, liver problems, shortened stature, high cholesterol, and hypertension. Users also are likelier to engage in risky behavior.

Interestingly, 25% of teenage users take steroids to improve their appearance—not athletic performance.

"Some physical signs of steroid use, such as acne and enlarged breasts in boys and a deeper voice in girls, can be confused with signs of puberty," says Michael Harkness, MD, pediatrician, Paoli Hospital. "Social signs include lots of unsupervised time at a gym, new workout friends, or more money spent at the gym or online."

Parents can talk with their child's doctor, but nothing takes the place of open communication with your child.



Breaking News on Breast Cancer and HRT

The number of women diagnosed with breast cancer in the U.S. dropped substantially between 2002 and 2003. This decline might be due to millions of older women no longer using hormone replacement therapy (HRT), according to research presented at the 29th Annual San Antonio Breast Cancer Symposium.

HRT has been controversial for many years. In July 2002, a large national study known as the Women's Health Initiative (WHI) found that the overall risks of HRT outweighed the benefits. Millions of women stopped taking drugs to treat menopausal symptoms when the WHI study found that certain hormones—specifically, estrogen and progestin—increased the risk of invasive breast cancer and heart disease.

Now, a growing number of researchers are considering whether this decrease in HRT use is a factor in breast cancer incidence, which dropped 7% between 2002 and 2003. About 14,000 fewer women were diagnosed with breast cancer in 2003 than in 2002. The greatest drop was seen in women older than age 50 and for those with estrogen receptor-positive breast cancers.

"The theory is that HRT may have



provided the fuel needed to accelerate the growth of cancer cells," explains Christine Szarka, MD, medical oncologist at Paoli Hospital. "Taking away the fuel could slow the growth of some tumors, making the difference in whether a tumor was detected on a mammogram in 2003."

While the drop in breast cancer incidence probably has many contributing causes, including improved screening

and prevention, many cancer experts believe it's also related to fewer women taking HRT. But researchers still need to look at statistics from 2004 to be sure the decline is indeed a trend.

If you're considering HRT to help relieve the symptoms of menopause, talk with your doctor. Together, you can weigh the risks and benefits for your own health. ❖

MRI: A Useful Diagnostic Tool

If you have a chronic sports injury, your physician may recommend an MRI scan. What does that mean? Magnetic resonance imaging (MRI), a diagnostic tool, uses radio waves and magnets to provide three-dimensional images of joints, organs, and blood vessels. MRI is particularly useful for identifying bone and joint damage. It's also

used for examining the brain, neck, and spinal cord; detecting breast cancer and damage to soft tissues; and evaluating blood vessels for any blockage.

Our doctors are the "Main" difference! Main Line Health Imaging offers board-certified radiologists and expe-

rienced technologists trained in many specialties. They have the latest MRI technology, including the powerful 3 Tesla MRI and the 1.5 Tesla Open Bore MRI. These high-field MRIs provide high-resolution images without sacrificing patient comfort. Learn more at www.mainlinehealth.org/imaging.

Brush Up on Fertility Basics

Couples can improve their chances of having a baby by knowing the basics behind conception.

According to Michael J. Glassner, MD, director of the the Center for Reproductive Medicine, located at Bryn Mawr Hospital, “Healthy young couples have about a one-in-five odds of conceiving each month. Conception is more likely to happen around the time of ovulation.”

A woman can find out when she’s ovulating with one of the following strategies:

▶ Chart changes in your early-morning body temperature using a basal thermometer. Your body temperature rises after ovulation and remains elevated for at least three days. If you chart your cycle for three to four months, you and your partner can try to conceive the five days before your expected temperature rise.

▶ Use an over-the-counter, FDA-approved home ovulation test kit.

▶ Examine your cervical mucus throughout your menstrual cycle. It normally becomes clear and more abundant around ovulation.

Couples may want to talk to a doctor if pregnancy does not occur within one year. Women age 35 or older should wait only six months before speaking to a doctor.

For women, being obese or too thin can hamper ovulation. And smoking and heavy alcohol use can impair fertility in both men and women.

Men should avoid overheating their scrotum by limiting soaks in hot baths. But one study found no truth behind the

myth that underwear briefs heated the scrotum more than boxers did.

Stress and depression may play a role in some cases of female infertility.

Women who had been trying for more than a year to become pregnant were likelier to succeed after receiving relaxation training.

Dr. Glassner emphasizes, “Whatever the cause of infertility, the road to pregnancy can be stressful. So, reach out for support from friends or your partner. And be sure to exercise regularly and engage in other relaxing activities.” ❖

Thinking of Becoming Pregnant?

Get a **FREE** copy of our Pregnancy Planning Kit by calling **1-888-876-8764** or visiting www.mainlinehealth.org/whs.



Can You Control Your Metabolism?

Increasing your metabolism doesn’t take a magic pill. But, altering the rate of your metabolism—how quickly your body burns food for energy—can be done with healthy habits.

A slow metabolic rate raises your risk of gaining weight because calories that don’t get burned become stored as fat. Starting in our 20s, our metabolic rate starts to slow down. So what’s the solution?

“No over-the-counter supplement has been proven to significantly increase metabolism,” says Anne-France Walczak, MD, endocrinologist at Paoli Hospital. “A balanced diet with fruits, vegetables, whole grains, and lean meats, and regular exercise 30 minutes a day will keep your metabolism going.”

Helpful hints:

▶ **Do dairy.** Include three or more servings of low-fat or nonfat dairy a day to produce weight loss and reduce body fat. Calcium in dairy products positively affects your metabolism.

▶ **Get regular exercise.** Being active raises your metabolic rate temporarily, so you burn more calories than you would if you were resting.

▶ **Don’t overlook strength training.** Strength training builds muscle, which burns more calories than body fat does. People with more muscle tend to have a quicker metabolic rate than those with less muscle, even when they’re resting.

How Do You Know if It's Perimenopause?

You break into an unexplained sweat during a lunch meeting. Your teen's messy bedroom ignites a surge of frustration. Hot flashes, mood swings... could it be menopause? But at 44, aren't you too young for "the change"?

Perimenopause is the transitional time before menopause. Its length varies—the average is four years—and its most common symptom is irregular menstrual cycles. Many women experience other symptoms, too, including hot flashes, night sweats, mood swings, and vaginal dryness.

Most women begin perimenopause in their 40s. A woman is in menopause when she hasn't had a period for a full year. "Women often want to know where they are in their perimenopausal transition: when will they become menopausal?" says Beverly Vaughn, MD, medical coordinator of the *Menopause and You* virtual program. "Unfortunately, no one test can accurately give this information. The diagnosis of perimenopause is based on symptoms, not blood work."

SOLUTIONS FOR SYMPTOMS

Hot flashes may be caused by changes in the body's temperature-regulating mechanism. To manage hot flashes, dress in layers and avoid triggers such as stress, cigarettes, alcohol, and spicy foods. For some women, oral contraceptives can lessen hot flashes, while providing birth control and regulating menstrual flow.

While it's a common belief that perimenopausal women have less interest in sex, this isn't always the case. Fluctuating estrogen levels can lead to vaginal dryness, causing discomfort during sex.

Over-the-counter lubricants can be helpful. Another possible option is estrogen, used vaginally in a cream, ring, or tablet.

"Perimenopausal women still need to practice birth control," notes Dr. Vaughn. "The likelihood of pregnancy is small, but it is possible."

A NEW CHAPTER

Perimenopause is actually a beginning, not an end. It's an opportunity to reassess your lifestyle and make changes that benefit your health:

▶ **Stop smoking.** It can cause more intense hot flashes and an earlier

menopause, weaken your bones, and thin the skin—meaning more wrinkles!

▶ **Exercise more.** Regular workouts promote good heart and bone health. You'll be stronger, have more energy, and improve your mood.

▶ **Eat well.** In middle age, you need smaller portions and fewer calories. Obesity is directly linked to diabetes, hypertension, and heart disease. Choosing a low-fat diet and exercising can keep the pounds off as your metabolism slows with age. ✦

* Questions About "the Change"?

Visit our online *Menopause and You* library, which features more than 30 articles written by our health care professionals. Simply go to www.mainlinehealth.org/whs.



Benefit Update

Crashbusters

10% off in-home computer repairs. Call **610-609-1884** or visit www.firegroundaudio.com/crashbusters for details.

Lunar Radiance

10% discount off sleepwear products. Sleepwear solutions for night sweats and more. Visit www.lunarradiance.com. Use code **WHS07**.

Angela Moore Jewelry

10% discount on your order. Host a party and receive free products plus half-off items. Visit www.angelamooredirect.com or call **610-496-9151** to learn more.

Omega Vacation Club

Earn a 5% rebate on vacation packages and tours from Apple Vacations, Funjet Vacations, Gogo Vacations, Insight Tours, Pleasant Holidays, and more. Call **1-888-314-6956** or visit www.womenshealthsourcetravel.com for details.

Remember to show your WHS membership card when taking advantage of these special offers. For a complete listing of participating merchants, visit us online at 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.

Step into Spring as a New You!



At this self-renewal workshop, part of our *Menopause and You* program, learn from our physician speakers their secrets for getting a good night's sleep, maintaining skin's youthful appearance, and feeling nutritionally fit. The program will conclude with the "Art of Dressing" Fashion Show presented by Eileen Fisher. You'll see the latest fashions made from the newest textures that will help you remain cool, calm, and collected even during the hottest flash! Speakers include Marilyn Ryan, MD, endocrinologist; Helena Schotland, MD, sleep medicine specialist; Emily Pollard, MD, plastic and reconstructive surgeon; and moderator, Beverly Vaughn, MD, gynecologist.

**Saturday, April 28,
8:30 a.m. to noon**

The Radnor Hotel, St. David's

Fee includes continental breakfast and complimentary gift.
\$10 WHS members/\$15 nonmembers

Register today!

The Face of Celiac Disease

Interested in learning more about celiac disease? Our professionals, Paoli Hospital gastroenterologist Keith Laskin, MD, and dietitian Nancy Patin Falini, MA, RD, LDN, will teach you about symptoms, diagnosis, and gluten-free diets. For details, visit our website. **Wednesday, May 16, 7:30 to 9 p.m.**
Main Line Health Center, Collegetown
599 Arcola Road, Collegetown

Overactive Bladder Syndrome: When Medication Isn't Working

Overactive bladder syndrome (urinary urgency, frequency, and urine leakage) is a common problem that affects women of all ages. Marc Togliani, MD, urogynecologist at Lankenau, will discuss current treatment options and emerging therapy for women in whom drug therapy is not working. **Thursday, May 3, 7 to 8:30 p.m.**
Main Line Health Center, Lawrence Park
1991 Sproul Road, Broomall

Celebrate Life at Cancer Survivors' Day

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.

Heart Health and You

What's new in testing, prevention strategies, and risk factors? At this FREE program, Herman Movsowitz, MD, Paoli Hospital cardiologist, will explain what you can do now to minimize your risk of heart disease. **Tuesday, May 15, 7 p.m.**
Exton Mall Community Room, Exton

Recipe for Summer Health: Quick Tips to Keep You in the Pink!

At this informative event, you'll learn about 10 foods to change your waistline, 10 exercises to get in bathing-suit shape, and 10 ways to keep your heart healthy. Celebrity chef Hope Fox will show you how to prepare quick, easy, delicious summer dishes. Featuring cardiologist Jeanine Romanelli, MD; registered dietitian Judy Matusky, RD; and exercise physiologist Scott Quaille, MSPT. **Thursday, May 17, 5:30 to 9 p.m.**
Lankenau Hospital, Medical Science Building
\$10 WHS members/\$15 non-members. Fee includes light dinner and parking.

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