

Lankenau Hospital Paoli Hospital Paoli Hospital Paoli Hospital HEALTH SOURCE

Bryn Mawr Hospital



Learn more about WHS by visiting www.mainlinehealth.org/whs.

Could You Have Fibroid Tumors?

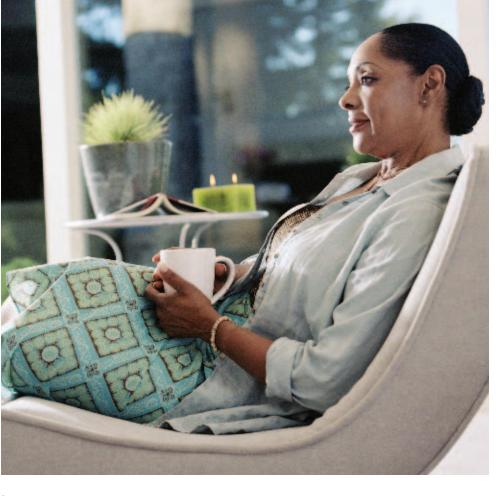
terine fibroids are common noncancerous growths that develop in the muscular wall of the uterus. They may appear in clusters or individually, and they can be microscopic or as large as a cantaloupe. Fibroids typically stop growing or shrink after menopause.

"Genes, hormones, and environmental factors can all play a role in the development of fibroids," explains Atul Gupta, MD, interventional radiologist at Paoli Hospital. "But scientists don't know for sure what causes them." Nor do they know why African-American women are two to five times more likely than Caucasian women to develop them. Giving birth lowers a woman's risk, while being overweight nudges the risk upward.

WHEN FIBROIDS POSE A PROBLEM

A typical fibroid causes no symptoms and needs no treatment. In fact, most women never even suspect that they have fibroids. But some fibroids, because of their size or position, may cause conditions such as:

- painful or heavy periods
- bleeding between periods
- low back pain



- pelvic pain not associated with men-
- constipation or hemorrhoids
- infertility or miscarriage
- premature labor or breech birth.

NEW TREATMENT OPTIONS

The traditional treatments for fibroids causing serious symptoms have largely been major abdominal surgeries such as hysterectomy or myomectomy. Now, a

new procedure, uterine fibroid embolization, gives women a safe alternative to hysterectomy. "This minimally invasive procedure requires only a tiny nick in the skin," says Dr. Gupta. "An interventional radiologist guides a catheter through the femoral artery to the uterus using X-ray imaging. Tiny plastic particles the size of grains of sand are then injected into the artery that supplies blood to the fibroid tumor. This cuts off the blood flow and causes the tumor to shrink."

Fibroid embolization usually requires a hospital stay of one night. The majority of women return to normal activities within 10 days. On average, 90% of women who have the procedure experience significant or total relief from heavy bleeding, with about 85% experiencing effective pain relief. <

To learn more about uterine fibroid treatment options at Bryn Mawr, Lankenau, and Paoli Hospitals, call 1-866-CALL-MLH.



FINDING

Ticked Off: What You Can Do

to Prevent Lyme Disease

Ah, summer: The perfect time to camp out, hike through the woods, sing around the campfire-and come home loaded with Lyme disease-bearing ticks. Unfortunately, those beautiful woods are ticks' favorite gathering place. Here's how to steer clear of ticks:

- Wear long sleeves, and tuck your pant legs into your socks.
- Avoid sitting down to rest on fallen logs, against

a tree, or on a pile of leaves.

Get help checking yourself for ticks. A friend can more easily see a tick that found its way into your hair. Journal of Medical Entomology, Vol. 41, No. 2

Woman Breathes Easier Thanks to Lankenau and da Vinci Robotic Surgery

The new da Vinci Surgical System

to open surgery.

offers patients a less traumatic and

more cosmetically pleasing alternative

On February 24, Jennifer Mundt became part of Lankenau Hospital history. Not only was she the first Lankenau Heart Center patient to undergo surgery using the new da Vinci® Surgical System, but her mitral valve repair

became the first totally endoscopic robotic cardiac procedure in the Philadelphia

region.

The repair was performed by Lankenau Heart Center surgeon Scott Goldman, MD, Chairman of the Department of Surgery for Main Line Health and a pioneer in minimally invasive valve surgery.

Mundt, 50, suffered from mitral valve pro-

lapse (MVP), in which blood flows in the wrong direction back into the heart's atrium. MVP can be a benign but uncomfortable condition, sometimes causing shortness of breath, heart palpitations, dizziness, and fatigue.

"I had been suffering from severe shortness of breath for some time. Just walking up the stairs left me breathless," Mundt says. "Dr. Goldman reassured me that the repair would alleviate this condition. His wealth of experience, plus knowing that I wouldn't need a large chest incision, convinced me to proceed."

To begin the repair, Dr. Goldman made four tiny access incisions, or ports, on Mundt's chest, using the robotic da Vinci instrument arms. He navigated the instrument arms through the access ports while viewing the surgical area via enhanced 3-D camera images.

"With da Vinci, major cardiac procedures such as mitral valve repair and selective coronary artery bypass grafting—or CABG are performed using the tiniest access ports, eliminating large chest incisions," says Dr.

Goldman. "This offers patients a

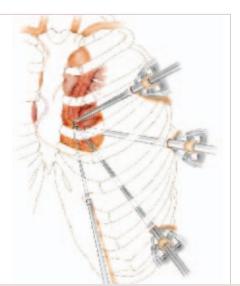
less traumatic and more cosmetically pleasing alter-

native to open surgery."

Mundt, who hasn't suffered from shortness of breath, arrhythmia, or palpitations since her surgery, says she would do it again in a heartbeat.

"My scars are barely noticeable. And I can walk across the room to answer the phone without losing

my breath," she says. "It's changed my life." 💠



The da Vinci Surgical System is used at Lankenau to perform mitral valve repair, CABG, and prostatectomy, or removal of the prostate. To find out if da Vinci is right for you or to learn about the Heart Center at Lankenau Hospital, call 1-866-CALL-MLH or visit www.mainlinehealth.org/lh.

Hospital Updates

Bryn Mawr Hospital

The Comprehensive Breast Center received two grants for breast cancer research and screening programs. The Susan G. Komen **Breast Cancer Foundation** awarded \$60,000 to the center to establish a Young Assessment Risk and Fatigue Program. This will provide screenings for women at high risk for developing breast cancer, and an education and exercise program. The center received \$38,000 from the Sharpe-Strumia Research Foundation to fund research on early breast cancer detection by Thomas G. Frazier, MD, Medical Director of the Comprehensive Breast Center. To learn more about these grants, call 610-526-8744.

Lankenau Hospital and Paoli Hospital

Having trouble sleeping? Is a loved one keeping you awake? Sleep disorders are often ignored or not diagnosed for years, eroding quality of life and increasing the risk for disease or injury. Sleep Medicine Services at Lankenau and Paoli Hospitals and at the Main Line Health Center in Lawrence Park provide complete diagnosis and treatment for all recognized sleep disorders, including sleep apnea and sleepwalking. Our physicians are certified by the American Board of Sleep Medicine and are recognized experts in the fields. Each facility features private, comfortable sleep rooms and state-ofthe-art technology. Call 1-866-CALL-MLH to learn more.

Is Your Blood Pressure in the Danger Zone?

he proportion of the U.S. population with hypertension, or high blood pressure, has grown by about 8% in the last decade, according to a recent study in the journal *Hypertension*. Now, approximately one-third of American adults have this condition.

Even if you've been told in the past your blood pressure was fine, your number may be up. New national guidelines now include a "prehypertension" category that deems what was previously considered normal blood pressure as unsafe.

RAISING THE BAR

Health officials created the new prehypertension category specifically to alert people to an increased risk of developing hypertension and its accompanying health problems.

"Under the new standards, optimal blood pressure is lower than 120/80 mmHg," explains Thomas Graham, MD, a neurologist at Paoli Hospital. "Anything between 120/80 and 139/89 is considered prehypertension—even if just one of the



numbers falls within that range. Untreated, those with prehypertension are likely to develop the full-fledged hypertension that can lead to a heart attack or stroke."

TAKE ACTION

Women with prehypertension are urged to adopt healthy lifestyle habits that may help prevent hypertension. These include:

- staying at a healthy weight
- avoiding smoking
- b eating a low-salt, low-fat diet
- exercising regularly
- limiting alcoholic beverages.

If your blood pressure is higher than 139/89, you already have hypertension.

But taking the above steps can help you manage the condition, too.

"Women, particularly older ones, are more likely than men to develop high blood pressure," says Dr. Graham. "And African-American women face an even higher risk than Caucasian women, even at a younger age."

About one-third of those with high blood pressure are unaware of it. Because hypertension often has no symptoms, be sure to get your blood pressure checked at least every two years.

Main Line Health offers free blood pressure screenings throughout the area. Call

1-866-CALL-MLH for locations and times.



Thanks, Blue Tulip

More than 100 WHS members enjoyed an evening of shopping at the Blue Tulip Fundraiser. WHS nurse counselor Sharon Register (left) and coordinator Carol Finocchiaro gratefully accepted a \$2,500 donation from Dave Cully, CEO of Blue Tulip. Joining them are Barbara Tachovsky, President of Paoli Hospital, and Sue Charles, Blue Tulip Marketing Representative. This gift will be used in the development of WHS education initiatives.

Four Ways to Build Strong Bones

egular exercise and good nutrition can help you live a long, healthy life. But if you don't pay attention to your bones, life could be very uncomfortable. Osteoporosis, characterized by low bone mass and structural deterioration of bone tissue, is a major threat for more than 40 million Americans.

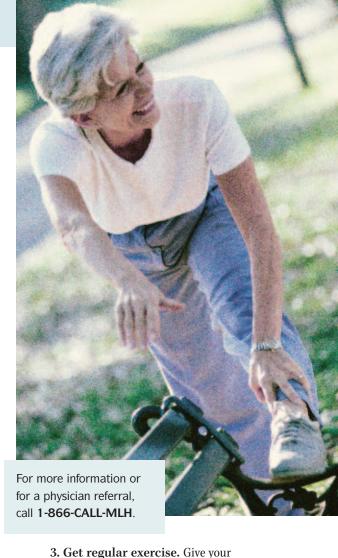
"It's often called the 'silent disease' because bone loss may occur without symptoms," says Laurence Wolf, MD, orthopedic surgeon and Director of Joint Reconstruction at Lankenau Hospital. "People may not realize they have the disease until a sudden strain or fall causes a hip fracture or a vertebra to collapse."

Bone is living, growing tissue.

Throughout life, old bone is removed—
called resorption—and new bone is added
to the skeleton—called formation. Bones
reach their peak growth in early adulthood and naturally begin to lose density
after age 40. Women lose bone after
menopause, putting them at higher risk

for osteoporosis. Luckily, you can offset these losses and help build healthy bones. Here are some pointers:

- 1. Keep track of your nutrients. Most important is calcium, which builds bone. Vitamin D, a close second, promotes calcium absorption. Low-fat milk and other low-fat dairy products supply plenty of both nutrients. Nondairy foods high in calcium include the following:
- Dark green, leafy vegetables
- Canned salmon or sardines with bones
- Almonds
- Calcium-fortified juice, bread, and cereal
- **2. Consider supplements.** Calcium carbonate in popular antacids is less expensive than calcium citrate and calcium phosphate, but it must be taken with meals to be absorbed.



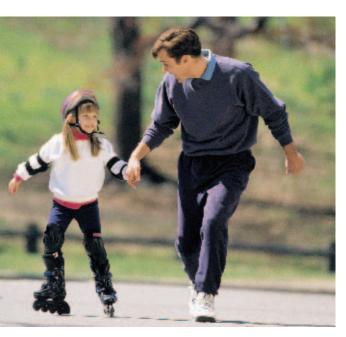
bones a workout by walking, cross-country skiing, or playing tennis. Jumping and jogging provide the high-impact stress bones thrive on, but any weight bearing exercise will do.



Her Loving Heart Initiative

The Main Line Health Heart Center presented the "Her Loving Heart" community outreach initiative to raise women's awareness about heart disease and how they can prevent it within their families. Pictured (from left) are Brenda Esopi, executive director of the Heart Center; Susan Bevan, representing initiative sponsor, the Alpha Phi Foundation; and speakers Lonnie Sebastian, RN, Judy Matusky, RD, and Jeanine Romanelli, MD.

Tips for Safe Skating and Scooting



ach summer children take to the street or playground using foot-propelled scooters, inline skates, and skateboards. "We see children in our emergency room every summer simply because they didn't practice the safety rules," says Jared Caruso, MD, Director, Inpatient Pediatrics, Bryn Mawr Hospital. "Many accidents can be avoided if both parents and children make a commitment to play safely."

Choose equipment that best suits your child's ability. If your child is new to the sport, choose in-line skates with three or four wheels.

- **b** Check all equipment for hazards before each use. Look for loose, broken, or cracked parts; sharp edges; and a slippery top surface. If you find any hazards, have them fixed before your child uses the equipment.
- Wear a helmet. The helmet should be worn flat on the head, with the bottom edge parallel to the ground. It shouldn't move around when your child shakes his or her head.
- Use knee and elbow pads.
- Wear wrist guards when skateboarding or in-line skating but not when riding a scooter. Wrist guards can help prevent injures among in-line skaters and skateboarders. But they can make it difficult to steer a scooter.
- ▶ Make sure protective gear doesn't interfere with your child's movement, vision, or hearing.
- ▶ Ride on smooth, paved surfaces without traffic.
- ▶ Ride only during the daytime.
- Teach your child how to stop quickly and fall safely. Try to land on the fleshy parts of the body and try to roll rather than absorb the force with the arms.
- Children younger than age 8 shouldn't ride without close supervision.

If your child falls and you think he or she may have a fracture, dislocation, or head injury, call your doctor or visit the nearest emergency room.

Paoli Hospital Once Again Named a Top 100 Hospital!

Paoli Hospital has again been named one of the Top 100 Hospitals in the nation by Solucient, a national healthcare authority. The study is based on nine measures including clinical outcomes, length of stay, profitability, and growth. Solucient selects its 100 Top Hospitals from five categories. Out of more than 1,000 medium-sized community hospitals (100 to 250 beds) studied, Paoli was one of

only 20 to achieve Top 100 status and was the only hospital in Southeastern Pennsyl-

vania recognized. Winning the award for the second year is a testament to the dedication of the employees, physicians, and volunteers at Paoli as well as employees from numerous Main Line Health departments. We are

honored that our commitment to excellence has again been nationally recognized.



Keep These Common Choking Hazards Away from Your Little Ones

A choking infant is every parent's or babysitter's nightmare. You can help protect your little ones by keeping these items out of their mouths—and reach:

- Raisins and whole grapes
- Uninflated balloons and pieces of broken balloons
- Nuts, seeds, and popcorn
- **▶** Small balls
- Hard, chewy, or sticky candy
- Toys with broken or loose parts—such as a stuffed animal's loose eye
- Marbles and coins
- Marker and pen caps
- **b** Button-type batteries
- Hot dogs

And if you have older children in the house, make sure they don't give any hazardous objects to their young siblings.

Free Choke Tube Tester

Check to see if household or food items are a danger to your child by requesting a free choke tube tester. To receive yours, call 1-866-CALL-MLH. Quantities are limited.

Should You Bank Your Baby's Cord Blood?

f you're pregnant, you may be thinking about storing, or "banking," your baby's umbilical cord blood. Cordblood banks often tout the advantages of doing so. But are they simply preying on expectant parents' fears—or is banking cord blood a good idea?

Umbilical cord blood contains hematopoietic, or blood-forming, stem cells. These types of cells also are found in bone marrow. What makes them special is their ability to develop into the blood cells contained in blood. This makes them a treatment option for certain people with serious blood disorders, including aplastic anemia, sickle-cell anemia, and leukemia.

Doctors have long used cells from bone marrow to treat these disorders. However, donating bone marrow can be risky and painful. Therefore, there often is not enough to meet the demand. When doctors performed the first successful stem-cell transplantation using umbilical cord blood in 1988, cord-blood banking became a promising option. Not only does this blood contain blood-forming stem cells, it's easy and painless to collect. Immediately after birth, the blood is taken from the umbilical cord and stored at a designated cordblood bank.

HOW CORD-BLOOD BANKING WORKS

Parents must make arrangements with a cord-blood bank before labor and delivery. In general, there is a start-up fee—usually more than \$1,000—and a yearly storage fee. But is it worth the cost?

Many for-profit cord-blood

banks encourage parents to bank

their baby's cord blood for that

child's own possible use. According to recent research, however, there is no evidence to support the likelihood that a child will need his or her own stored cells. "Since this likelihood is so rare, it is difficult for physicians to counsel their patients to pursue private banking and storage," says Joseph Castelli, DO, OB/GYN, Bryn Mawr Hospital. "Banking should be considered if there is a family history of a medical problem for which banked stem-cell transplantation would be beneficial. However, I strongly disagree with the 'emotional market-

The American Academy of Pediatrics

during their pregnancy."

ing' used on patients at

such a vulnerable time as

(AAP) agrees that cord-blood banking in the case of family history of a medical problem makes sense. The AAP also supports cord-blood donation. In such cases, parents donate their baby's cord blood to be used by anyone who might need it.

Whether or not to bank or donate your baby's cord blood is a personal decision. If you have questions, discuss them with your doctor.



the likelihood that a child will need his or her own stored cells.



Sharon Register, Women's Health Source nurse counselor

How do I know whether I have fibrocystic breasts or a lump?

Do your breasts feel lumpy? You may be experiencing fibrocystic breast changes—a benign condition that occurs in at least 60% of all childbearing-aged women.

The human breast is made up of milk glands, ducts, and the tissues that separate and support them. Some breast tissue may feel dense, with a lumpy or ridgelike surface. You also may feel tiny beadlike masses scattered throughout the breasts.

Hormonal shifts are associated with fibrocystic changes. There is no correlation between fibrocystic changes and breast cancer. The best way to alleviate concerns is to examine your breasts every month seven days after your period, when hormone levels are lowest and there is less texture, or lumpiness. That way you'll know what degree of texture is normal for your breasts and be able to detect any changes.

If you need information on how to do a breast self-exam, contact the WHS nurse counselor, Sharon Register, at WHS@mlhs.org or 1-888-876-8764.

Event Calendar



Women's Wellness Event

Wednesday, September 21, 9 a.m. to 9 p.m. ACAC Fitness and Wellness Center 1130 McDermott Drive, West Chester



A day to empower your mind, body, and spirit. Join us for complimentary health and wellness lectures, spa treatments, fitness challenges, exercise classes, a Women's Marketplace, cooking demonstrations, and much more.... Special seminars include:

9:30 to 10:30 a.m—

Preventing and Managing Women's Sports Injuries

Donald Mazur, MD, Paoli Hospital orthopedic surgeon

11 to 11:30 a.m.—

Feeding a Family on the Go
ACAC and Main Line Health nutritionists

Noon—Free Luncheon!
Taming the Stress in Our
Daily Lives

Robert Bulgarelli, DO, Main Line Health Heart Center cardiologist

2 to 3 p.m.—

Am I Crazy? No, It's Perimenopause

Mojdeh Saberin-Williams, MD, Paoli Hospital obstetrician/gynecologist

3 to 4 p.m.—

Menopause Survival Forum

Antoinette Sulpizi, MD, Paoli Hospital cardiologist

Michael Dabrow, DO, Paoli Hospital oncologist

Teresa Marlino, MD, Paoli Hospital obstetrician/gynecologist

6 to 9 p.m.—

Special Presentation: Skin Care Event

You deserve an evening of pampering! Enjoy complimentary makeover sessions, chair massages, hand paraffin waxes, skin analysis, and more from ACAC spa technicians and cosmeticians.

One lucky registrant will win a "Magical Makeover." Visit www.mainlinehealth.org/whs for details.

7 to 8 p.m.—

Reflections in the Looking Glass: Your Skin Through the Ages

Victoria Cirillo-Hyland, MD, Bryn Mawr Hospital dermatologist

Bonus offer: WHS members will receive 25% off any spa service booked that day. Must present WHS card or coupon when booking.

or visit www.mainlinehealth.org/whs.

Registration is required for each lecture, the lunch event, and the Skin Care Event. Call 1-866-CALL-MLH to register today. For event details, visit www.mainlinehealth.org/whs.

Bryn Mawr Film Institute

Support the new Bryn Mawr Film Institute and get a 10% discount on membership! Bryn Mawr Hospital is supporting this nonprofit organization that is restoring the Bryn Mawr movie theater and creating an outlet for "independent, documentary, and vintage film" on the Main Line. For more information, visit the Film Institute website, www.brynmawrfilm. org, or call 610-527-9898 for details.

To take advantage of this offer, simply indicate on the institute's application that you are a Women's Health Source member. This discount is good only during July 2005, so act today!



For event details, visit www.mainlinehealth.org/whs.

Register now to become a member of Women's Health Source. Call 1-888-876-8764

Main Line Health

130 South Bryn Mawr Avenue Bryn Mawr, Pennsylvania 19010 Postmaster: Please deliver between June 27 and July 1.

Non-Profit Org. U.S. Postage PAID Main Line Health



Benefit Update

Main Street Café

Free cup of soup with the purchase of lunch. Cannot be combined with any other discount. 660 Lancaster Avenue, Berwyn

Shiatsu Massage Therapy

WHS members receive 50% off their first muscle massage or shiatsu.

610-896-7357

Tansations Tanning

\$10 off any airbrush tan. 329 Montgomery Avenue, Bala Cynwyd

610-667-8261

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

This publication has been partially funded by a grant from Wyeth.





Susan Wynne, MBA

VICE PRESIDENT OF MARKETING

Sharon Register, RN, BSNNURSE COUNSELOR

Carol Finocchiaro
WHS PROGRAM COORDINATOR

Frieda Schmidt

Women's Health Source is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2005 Printed in U.S.A.

