

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

## "Shoe" Away Foot Pain

ainful feet? Your shoes could be to blame. Well-fitting footwear can go a long way toward stamping out foot pain. The right kind of shoes also can reduce your risk of falls and get you off on the right foot for different types of activities.

According to Joseph L. Eremus, MD, Bryn Mawr Hospital orthopedic surgeon, addressing foot injuries early on is crucial. "See a doctor if you are experiencing problems," he warns. "Early intervention may help you prevent serious concerns down the road."

Many foot conditions, however, can be avoided with proper shoe wear and foot care. To avoid bunions, spurs, sprains, and other conditions, Dr. Eremus offers tips for picking out a winning pair of shoes:

- ① Buy shoes that fit comfortably at the heel, sides, and toes.
- Since your feet typically swell throughout the day, shop for shoes in the afternoon or evening.
- 3 When you stand up in a new shoe, make sure there's at least a ½-inch space between your longest toe and the end of the shoe.

If you take part in an activity or exercise at least three times a week, Paoli Hospital podiatrist Randi K. Garber, DPM, recommends buying shoes to fit the activity. "



The right shoe can help you minimize strain to your feet as well as your knees, hips, and back," she says. "An investment in the right shoe will go a long way in helping you improve your performance and avoid injury."

Dr. Garber's athletic shoe wear suggestions include:

walking shoes that provide extra shock absorption in the heel and under the ball of

the foot. They allow you to shift your weight smoothly from your heels to your toes.

- running shoes designed to absorb shock as your heel hits the ground
- tennis shoes, which are firm on the sides to support your feet during quick side-to-side movements
- cross trainers, which combine some of the features of shoes designed for specific activities.



#### **Shedding Light on Melanoma Prevention**

Summer isn't the only time of the year to be concerned about skin cancer. It's the year-round, day-to-day sun exposure that can add up to cancer.

Melanoma is the deadliest of skin cancers. The most common form is found most often on women's legs and on the backs of women and men. It looks like a small brown or black stain and usually spreads out from a mole.

Practicing good sun sense can help protect you. Wear long sleeves, long pants, sunscreen, and a hat to minimize sun exposure.

Melanoma even can develop in the retina. Experts believe this type is triggered in childhood when ultraviolet radiation passes through the eye.

Medsurg Nursing, Vol. 14, No. 4

## Hospital Updates

#### **Bryn Mawr Hospital**

The Mother/Baby Unit now offers new amenities including hair dryers in each room and upgraded refreshments for patients and their families. They've also added two exciting programs: infant massage classes and a lactation support group for working mothers.

#### **Lankenau Hospital**

If you're planning a trip overseas, the specialists at Lankenau can help. Our board-certified physicians offer travel health services to keep you and your family safe. Services include a review of your medical history and travel itinerary to ensure proper immunizations, vaccinations, and medications. Leave for your trip knowing that you've taken steps for a healthy return.

#### **Paoli Hospital**

The Cancer Center at Paoli Hospital now offers High Dose Rate (HDR) Brachytherapy for patients undergoing internal radiation treatments. Patients receive either a single treatment once or twice weekly for two or three weeks or twice-daily treatments for five days, compared to the traditional external-beam radiotherapy course of six to seven weeks. Although HDR is not appropriate for all cancer patients, the radiation dosage in HDR is more confined than an external beam, resulting in fewer side effects.

For more information about any of the above, call 1-866-CALL-MLH.

## Your Next Mammogram: Should You Choose Digital Over Film?

xperts agree: Mammograms save lives. The death rate from breast cancer has dropped by about 30% over the past three decades. That's largely thanks to early detection via mammogram. And those numbers may improve even more with digital mammography.

digital mammograms provide clear views of the breast. But digital technology offers these benefits:

Digital mammograms can be read immediately on a computer monitor by a certified radiologist. There's no waiting anxiously for film to develop. And no developing means no opportunity for dust, dirt, or scratches to mar the

Both traditional X-ray film and

The digital images can be refined during viewing.

need a retake.

film-meaning less chance you'll

Brightness, contrast, and clarity can all be manipulated by the radiologist to enhance the image as much as possible.

- Digital mammograms are stored on a computer and can be transmitted electronically to other experts if needed.
- In the largest clinical trial of its kind so far, digital mammography was shown to be significantly better than traditional film in detecting early cancers among women who are premenopausal, younger than age 50, or who have dense breast tissue.

Today, state-of-the-art interpretation of your mammogram includes computer-aided detection, or



CAD. "The CAD system scans the mammogram for signs of breast cancer and alerts the interpreting radiologist to further scrutinize these areas," comments Connie Sutilla, MD, Director of Breast Imaging, Lankenau Hospital. "This gives the physician a 'second look' tool that's been shown to increase the detection of breast cancer up to 20% when compared to interpretation without CAD."

Digital mammography is now offered at Bryn Mawr, Lankenau, and Paoli Hospitals. All Main Line Health radiologists are board certified. Call **1-866-CALL-MLH** to schedule your digital mammogram. When It Comes to Hysterectomy,

**You Have Options** 

Looking for a physician? On our "Find a Doctor" web pages, you can search for doctors by specialty, location, gender, and age. Once you've chosen a doctor, you can complete an online form to expedite appointment scheduling. Next time you're searching for a doctor, be

sure to visit www.

mainlinehealth.org.

ysterectomy—the surgical removal of the uterus—is one of the most common operations performed in America today. Many women who have problems with menstrual flow worry that they may need a hysterectomy. But now there are other options, especially for women dealing with excessive bleeding, called menorrhagia, or uterine fibroid tumors.

#### MANAGING MENORRHAGIA

One of the most exciting new innovations to decrease the need for hysterectomy is a minor surgical procedure called an endometrial ablation. Uterine bleeding comes from the endometrium—the fluffy glandular lining of the inside of the uterine cavity. Endometrial ablation surgically destroys, or ablates, that lining.

Endometrial ablation used to be a difficult, long, and potentially dangerous procedure, according to Robert Dein, MD, obstetrician-gynecologist at Bryn Mawr Hospital. But new technologies have shortened the operation time to less than 90 seconds—while virtually eliminating the risks. Modern endometrial ablation now involves either a heated, fluid-filled balloon or an electrically conductive mesh. The mesh, called the NovaSure sys-



tem, is the newest technique. It can be performed under general anesthesia or with a local cervical block. A small, goldfoil mesh is inserted into the uterus and attached to a computer-driven controller that applies electrical energy to the endometrium. After 50 to 90 seconds, the controller indicates that the endometrium is ablated, and the mesh is removed.

Dr. Dein has witnessed dramatic results with this new technology. "About 60% of women will not bleed at all after this procedure, and 92% will experience significant improvement," he says. "Side effects are few; patients go home within two hours and return to work within a few days."

#### TREATING FIBROIDS

Main Line Health Hospitals offer a new way to treat fibroid tumors without hysterectomy: uterine fibroid embolization (UFE). Similar in technique to a cardiac catheterization, UFE is performed by an interventional radiologist. A small incision is made in the groin, and a catheter is inserted through the femoral artery into the uterine artery. Small, plastic particles are then injected into the artery, clogging it and reducing the blood flow to the uterus. Fibroids then die and, over time, shrink in size.

If you're experiencing any difficulty, speak with your physician. <

## **Steer Clear of West Nile Virus**

Spread by mosquitoes, West Nile virus can cause a serious and sometimes fatal infection. But avoiding mosquito bites can decrease the risk of being exposed to this virus by about 50%. Here are some tips:

- Use an insect repellent that contains DEET.
- Wear long pants, long-sleeved shirts, and socks when you're outside between dusk and dawn.
- Put insect netting over infant carriers and strollers.

Drain any standing water outside your home to deter mosquito breeding.

"Most people bitten by a mosquito infected with the West Nile virus will not get sick, but about 20% develop an illness called West Nile fever," said Young Kim, MD, Infectious Disease Specialist at Paoli Hospital. Symptoms include mild fever, headache, body aches, skin rash, and swollen lymph glands. "In a small number of people—less than

1%—the West Nile virus enters the brain," added Dr. Kim. "This neurologic infection is most common in infants, the elderly, and those with weakened immune systems. It can cause high fever, headache, stiff neck, confusion, seizures, weakness, tremors, and difficulty breathing."

If you've been recently bitten by a mosquito and experience any troubling symptoms, see your physician.

# New Heart-Saving Options

## for Heart Failure

diagnosis of heart failure can make a person feel overwhelmed and hopeless. With nearly 5 million Americans affected, however, scientists have been studying treatment options for decades. Now, heart failure patients can have new hope for a better quality of life.

#### NONSURGICAL OPTIONS

Heart failure is a chronic disease in which the heart loses its ability to pump properly. Over time, the heart can become enlarged, increase its muscle mass, or pump faster. But certain treatments can increase a person's survival rate and cut down on hospital visits. Some of these include:

- ACE inhibitors to expand blood vessels and lower blood pressure
- angiotensin-receptor blockers to prevent the formation of angiotensin, which can cause blood vessels to narrow and raise blood pressure
- diuretics to reduce fluid buildup in the body
- beta blockers to slow the heart's instinct to beat faster when it's pumping weakly
- blood thinners to reduce the risk of blood clots
- an implanted pacemaker or defibrillator, a small device that monitors heart



rate. If it detects a dangerous rhythm, it sends a shock of electricity to return the heartbeat to a normal pattern.

There are other nonsurgical choices available. Studies have shown that moderate exercise on a stationary bike for two to three hours per week can improve quality of life. Limiting sodium intake to 2 grams or less per day also can help control some of the symptoms of heart failure. "A comprehensive heart failure program will take into account the medical, nutritional, and psychological needs of each patient and address those needs in a coordinated way," says Radha Gopalan, MD, Medical Director, Main Line Health Heart Failure and Transplant Program.

#### SURGICAL STRATEGIES

In addition to drug therapy and diet and exercise changes, doctors also may recommend heart surgery, including:

- procedures that can replace heart valves or remove weakened heart tissue
- coronary artery bypass
- a heart transplant.

Another option is the left ventricular assist device (LVAD), which is implanted to help maintain the heart's ability to work on its own. Some patients receive an LVAD as a "bridge" while waiting for a heart transplant. However, studies are showing that LVADs can be used long-term to improve heart function. "Artificial heart technologies have allowed patients who aren't transplant candidates to enjoy a high quality of life outside the hospital," comments Louis Samuels, MD, Surgical Director, Main Line Health Heart Failure and Transplant Program.

Lankenau Hospital serves as a national training site for the medical profession to learn about LVAD technology. ABIOMED, Inc., a leading LVAD manufacturer, has recognized Lankenau by naming it a Center of Excellence.

To learn more about services provided through the Main Line Health Heart Center, visit www.mainlinehealth.org/heart.

### **Heartfelt Appreciation Is Extended to WHS Nurse Counselor**



Sharon Register, RN

Women's Health Source (WHS) conveys warmest wishes to Sharon Register, RN, as she begins a new journey in her health care career. Sharon, in her role as the Joint Replacement Program Manager for Bryn Mawr Hospital, continues sharing her nursing expertise by educating patients preparing for joint replacement surgery. WHS has sincerely appreciated Sharon's expertise during the past five years and will surely miss her compassion and dedication. Thank you, Sharon!

Moving forward, WHS is strengthening our commitment to

meeting your health care needs. A panel of health care experts, including professionals from a variety of specialties, will be available to answer your questions.

To contact one of our experts, e-mail **whs@mlhs.org** or call **1-888-876-8764**.

# When Your Child Goes to the ED

hrough the kitchen window, you hear a scream, a thud, then crying. Your child has just fallen out of the elm tree while playing with friends. After comforting and taking a quick look, you believe an arm was broken. Here comes your child's first trip to the emergency department (ED).

"A parent's first instincts are usually on target," states Kathleen O'Brien, MD, pediatrician, Bryn Mawr Hospital. "If they think their child needs immediate care, he or she probably does. But if in doubt, they should call their child's primary care physician."

in emergency department (ED) visits in the past decade,
Bryn Mawr Hospital has announced plans to expand its ED. The new ED will be complete in fall 2008 and designed to care for a projected 50,000 patients annually. The \$20 million project will be funded largely through charitable

support.

With a 50% increase

#### **BEFORE AN EMERGENCY**

Before an arm breaks or a fever spikes, there are a few actions parents can take to make a visit to the emergency department less stressful.

- Organize your family's medical histories. Keep track of any medications, allergies, hospital visits, and preexisting conditions.
- Post emergency numbers near a telephone.
- Have health insurance information on hand.

You may want to consider filling out a Consent for Treatment of a Minor Form. This form helps your child care provider find you quickly in case of an emergency.



It also gives permission for emergency hospital care when you're away from home.

#### WHAT TO EXPECT

Generally, if you go to the hospital by ambulance, your child will be assigned to a bed in the emergency department. If not, your child will be assessed in a waiting room.

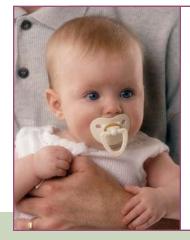
A nurse will evaluate your child's symptoms and vital signs—a practice called triage. The nurse will also ask for your child's medical history. Triage may take some time, unless your child's condition is severe. Emergency departments are often busy. But the more information you bring with you, the quicker it can go. You may want to bring toys or books

along to keep your child occupied.

After triage, a doctor will examine your child in an examining room. Tests might be ordered. The doctor will decide whether your child needs to stay at the hospital or go home with treatment, such as a cast or medication.

Going to the hospital can be frightening for young children. Here are some tips on how to help them:

- Remain calm. If they see Mom and Dad staying calm, children in turn feel calmer.
- Understand their worry about being separated from you, and reassure them.
- Be honest about what's happening. If an upcoming test will be painful, let them know.



#### **Pacifiers May Protect Against SIDS**

How can you help lower your baby's risk for sudden infant death syndrome (SIDS)? Give her or him a pacifier at sleep time.

Recent research shows that pacifiers may reduce SIDS risk by as much as 90%. Why? Experts really aren't sure. It may be because babies don't sleep as deeply when they have a pacifier, which helps wake them up if they're having trouble breathing. A pacifier also keeps the tongue forward in the mouth, so it can't block the airway.

The American Academy of Pediatrics (AAP) recommends that parents

give their baby a pacifier at both naps and nighttime. Other tips:

- If you're breast-feeding, wait until your baby is about a month old before introducing the pacifier.
- Stop pacifier use after your baby turns 1 year old.

Pediatrics, Vol. 116, No. 5

# Is It More than Heartburn?

eartburn—that burning sensation in the stomach or chest—happens to most of us sometime. Too much food, or eating certain foods, tends to bring it on. If it shows up only occasionally, it's probably not serious. But in people with gastroesophageal reflux disease, or GERD, heartburn can be a frequent event. How do you know if it's heartburn or worse?

GERD is caused by the abnormal backflow, or reflux, of stomach acid or juices into the esophagus.

"Reflux occurs when a muscular ring at the bottom of the esophagus does not stay tight," says Richard Tolin, MD, gastroenterologist at Paoli Hospital. "Acid from the stomach splashes up into the esophagus, where it doesn't belong, and causes irritation."

Pregnant women frequently experience GERD because of increased pressure on the abdomen and changes in hormone levels that weaken the muscle that connects the esophagus with the stomach. That pressure sometimes pushes stomach acid up to the esophagus.

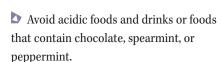
When GERD is left untreated, a person may experience other symptoms including:

- chest pain or pressure
- difficulty or pain in swallowing
- hoarseness and coughing, especially at night
- vomiting blood.

"Both over-the-counter and prescription drugs can help relieve the symptoms of GERD," says Tolin. "Your physician can advise which medication is best for you."

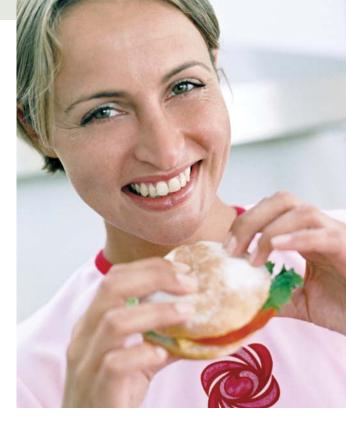
According to Dr. Tolin, because medications work so well, lifestyle changes play a small role in treating GERD. But some helpful lifestyle changes include the following:

- Stop smoking.
- Don't drink alcohol or coffee with caffeine.



Eat small meals, and wait about three hours after a meal before lying down.

Dr. Tolin adds, "If symptoms are not eliminated by medication or if there is a problem swallowing, your physician may recommend an upper endoscopy to assess the severity of the condition."



## **Happy Baby, Happier Parents**

All parents want their babies to be happy, calm, and content. That's why Main Line Health is the first health care organization in the region to offer The Happiest Baby class for expecting parents, parents of newborns, as well as parents returning for their second child.

Developed by Dr. Harvey Karp, Associate Professor of Pediatrics at the UCLA School of Medicine, the class reinforces the natural bond between parents and their children.

"A lot of new parents are sur-

prised by how much their baby cries," says Teresa Olsen, certified instructor of The Happiest Baby class. "Sleepless nights, eroding confidence, and difficulty swaddling their baby can lead to frustration. Our class offers the solution."

The two-hour class covers concepts such as The Missing Fourth Trimester and The Calming Reflex, which is an on/off switch for infant crying. Small class sizes allow for hands-on instruction of the "five Ss": swaddling, side/stomach position,

shushing, swinging, and sucking. "This is the best gift that parents of a newborn can give themselves," says Olsen.

Each couple attending this class receives "The Happiest Baby"
DVD, a soothing sounds
CD, and a swaddling blanket.
Register today! Call
1-888-876-8764 or visit
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.

#### **Childbirth Education Classes**

A full range of prenatal and education classes for the entire family are offered at our hospitals. Qualified instructors teach important information about pregnancy, delivery, and parenting. To learn more, visit www.mainlinehealth.org/whs.

#### **Free Blood Pressure Screenings**

- Lankenau Hospital lobby, second Wednesday of the month
- 11 a.m. to 1 p.m.
- Paoli Hospital lobby, third Wednesday of the month
- 9 to 11 a.m.
- Bryn Mawr Hospital Warden lobby, fourth Wednesday of the month
   11 a.m. to 1 p.m.



#### **Birthday Club for Online Members**

What better way to celebrate your birthday than with a relaxing massage? And to make it even better, WHS would like to present you with a \$15 gift certificate toward a one-hour massage. Just update your profile on www.mainlinehealth. org/whs, and during the month of your birthday, you'll receive an e-mailed gift certificate.

#### Coming this Fall...

The Main Line Health Heart Center invites you to attend:

#### **Sensations of the Heart Gala**

Saturday, September 30 6 to 10 p.m.

The National Constitution Center

#### **Pro-Am Golf Tournament**

Friday, September 29 White Manor Country Club

#### **Fall Fun Fest**

This fun-filled day promises something for everyone in the family! Amusement rides and games, health and wellness expo, and a craft show. Free parking and admission.

Lankenau Hospital Campus Saturday, September 30

# 2nd Annual Women's Wellness Event: Enrich Your Mind, Rody, and

Enrich Your Mind, Body, and Soul...All Day Long!

- Talk one-on-one with Paoli Hospital health experts.
- Enjoy a poolside brunch with inspirational presentation.
- Attend health and wellness workshops on hot topics.
- Participate in vital health screenings.
- Use the ACAC facility, including exercise classes and equipment, sauna, whirlpool, and much more!
- Shop till you drop in our exclusive women's marketplace.

ACAC Fitness and Wellness Center 1130 McDermott Drive,

**West Chester** 

Sunday, Sept. 24, 8 a.m. to 5 p.m.

Fee: \$20/WHS and ACAC members;

\$25/nonmembers

First 100 participants to register will receive our exclusive tote bag valued at \$30!

Sponsored by Paoli Hospital and ACAC Fitness and Wellness Center

Register now to become a member of Women's Health Source. Call 1-888-876-8764 or visit www.mainlinehealth.org/whs.

Main Line Health 130 South Bryn Mawr Avenue Bryn Mawr, Pennsylvania 19010 Postmaster: Please deliver between June 26 and 30.

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

### **Benefit Update**

Flag Lady Gifts

398 W. Lancaster Avenue, Wayne; 610-964-6280

\$10 off a \$40 purchase. Sale items and gift cards excluded. See the finest selection of flags, banners, and fun gifts.

#### **Fancy Fruit Designs**

1520 Meetinghouse Road, Boothwyn; 610-494-7606 www.fancyfruitdesigns.net

5% off purchase. Unique and flavorful fresh-fruit baskets for all your gift needs.

#### John Serock Catering 610-283-2408

10% off your next catered event of \$250 or more. Freshly prepared homemade food.

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.

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