

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

SUMMER 2007

# Women's

## HEALTH SOURCE

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# Keeping Triglyceride Levels in Check

**L**ike harmful low-density lipoprotein (LDL) cholesterol, excessive triglycerides in your blood can clog your arteries, boosting the risk for heart disease and stroke, particularly in women. Triglycerides are usually measured in the same blood test that determines cholesterol, but in a recent survey, only four in 10 Americans knew this.

Earlier studies questioned whether dietary fiber had any effect on triglycerides. But a recent government study suggests that three daily servings of whole-grain foods, such as whole-wheat bread and brown rice, may well reduce triglyceride levels.

Most of the fat we eat is in the form of triglycerides. Triglycerides also form the biggest share of body fat. After a meal, these fats appear in your blood. Later they're stored in fatty tissue, to be released when you need energy. A healthy goal is to keep triglyceride levels below 150 mg/dL.

"High triglyceride levels often have no symptoms," says Herman Movsovitz, MD, Paoli Hospital cardiologist. "And high triglycerides often relate to low 'good' and high 'bad' cholesterol." Being overweight and having a waist of at least 35 inches also tend to boost a

woman's triglyceride levels.

In contrast, a healthy lifestyle, including regular exercise and a balanced diet, can help keep triglycerides in check. "You can gain control of elevated triglyceride levels by eating a heart-healthy diet and limiting alcohol," explains Neal Skop, MD, Paoli Hospital cardiologist. "Some doctors recommend dietary supplements such as omega-3 fatty acids, like fish oil, which can control your triglyceride levels. Talk with your doctor to see if this may work for you." If you're a

diabetic, keep your blood sugar controlled, because high blood sugar elevates triglyceride levels. Hormone replacement therapy also can raise triglycerides. If you have a high triglyceride level, the same medication used to lower high cholesterol can bring it down. ❖

## ♥ Eat Smart for Your Heart

Looking for a heart-healthy recipe to keep your triglycerides in check? The Main Line Health Heart Center website offers a new recipe each month. Visit [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart).



## FINDING

### Get the Most from Your Watermelon

Watermelon is a great source of lycopene, which is linked to a lower risk for heart disease. To get more lycopene from watermelon, don't serve it icy cold. In one study, whole watermelon stored and served at room temperature had up to 40% more lycopene than refrigerated watermelon. At room temperature, watermelon continues to ripen, producing additional lycopene.

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# Haven't Got Time for the Pain?

**A**chy knees? Tennis elbow? Backache? If chronic pain is affecting your life, it may be time to see a specialist and discuss options to get your pain under control.

"The first step is always a proper diagnosis," says Kevin Mansmann, MD, an orthopedic surgeon at Paoli Hospital who treats people with a range of painful conditions. "Once we determine the cause, we can recommend the best treatment."

Many people with chronic pain find relief with conservative treatments, such as exercise or over-the-counter medications. If these options don't work, your physician may recommend the following:

**Physical therapy (PT)**—A physical therapist is trained to evaluate and treat almost any type of joint or muscular pain. If your doctor prescribes PT, your therapist will develop a program of exercises to increase strength and flexibility. Massage, heat, ultrasound, or aquatic therapy may be part of your program.

**Cortisone injections**—Cortisone is a powerful medication that can provide temporary relief for many painful conditions by diminishing inflammation. "The injection is done in the doctor's office and usually works within 7 to 10 days," says Dr. Mansmann. "Since injection into the precise space of inflammation is important, you may want to see a rheumatologist, orthopedic specialist, or pain management physician who is practiced in cortisone injections."

**Prolotherapy**—Kevin Walsh, MD, a nonsurgical orthopedic specialist with Bryn Mawr Hospital, is one of only a handful of physicians in the region offering prolotherapy to treat chronic condi-

tions. "With prolotherapy, we create small injuries at the site of the condition, and the body heals itself in that area. I've seen a lot of success with patients who have tendonitis, tennis elbow, and low back pain," says Dr. Walsh. "Patients with hip or knee pain, plantar fasciitis, or Achilles tendonitis have also responded well to the treatment." Prolotherapy isn't covered by insurance but may be an option for people who haven't responded to other chronic pain treatment.

Dr. Mansmann specializes in arthroscopic surgery; he notes, however, that surgery is always a last resort. "There are many options that may alleviate your pain. If your pain limits your ability to do the things you enjoy, I urge you to see a specialist who can help." ❖



## Hospital Updates

### Bryn Mawr Hospital Health Center in Newtown Square Is Open!

They're very excited at Bryn Mawr Hospital! Its new Health Center in Newtown Square opens on July 2. The beautiful, state-of-the-art facility on the Ellis Preserve, West Chester Pike, just west of Rt. 252, offers a variety of outpatient services, the latest technology (including digital mammography), and specialty and primary care physician services, all at a convenient location with ample free parking.

### Lankenau Hospital: Expanded Hours for Imaging Services

To better meet our patients' needs, Main Line Health Imaging services at Lankenau Hospital has expanded its hours for MRI and computed tomography (CT) testing. The new hours are Monday through Friday from 6 a.m. to 11 p.m. and Saturdays and Sundays from 8 a.m. to 8 p.m. All imaging tests are read by Main Line Health board-certified radiologists. To schedule an appointment at Lankenau Hospital, please call **610-645-3100**.

### Main Line Health Center in Exton Now Paoli Hospital Health Center

The Main Line Health Center in Exton has been renamed the Paoli Hospital Health Center in Exton to reflect the services provided on-site by Paoli Hospital. The Center offers Paoli Hospital primary care physicians and a wide variety of specialists. Radiology services include digital mammography, CT scan, ultrasound, DEXA scan, MRI, and general X-ray. Lab services also are available. To learn more or schedule an appointment, call **1-866-CALL-MLH**.

# NICUs: Specialized Care for Newborns

For parents of premature babies who need additional medical care, those first few days or weeks can be very stressful.

These tiniest bundles of joy are cared for both delicately and professionally in neonatal intensive care units (NICUs), which offer specialized care for premature infants who may be of very low birth weight or have congenital conditions. Staffed by specialists in neonatal care, the NICU uses advanced technology to help these infants develop and grow.

Bryn Mawr and Lankenau Hospitals contain a fully staffed Level III NICU, and Paoli Hospital offers a Level II+ NICU. These three hospitals not only provide superior, specialized care for newborns, but offer services designed to meet the needs of families, too. At Lankenau Hospital, the NICU was recently renovated to combine additional comfort and space for families.

## KEEPING FAMILIES CLOSE

According to Barbara Mahoney, RN, NICU Nurse Manager at Lankenau and Bryn Mawr Hospitals, developmental care in the NICU decreases stress on premature babies by imitating conditions inside the womb, including low noise and lighting levels. “In the NICU, all lights are on dimmers and sound-absorbent ceiling tiles lessen the sounds of monitors.”

Another aspect of developmental



Lankenau, Bryn Mawr, and Paoli Hospitals offer superior, specialized care through each of their NICUs. Visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs) or call 1-888-876-8764 to learn more. And see page 8 for information about our childbirth education classes.

care is “kangaroo care,” in which the mother holds the baby against her chest for skin-to-skin contact. Recliners keep moms comfortable during this important bonding session.

## CARING FOR YOUR NEWBORN

Bringing your premature baby home is exciting—and maybe a bit scary. These tips from the American Academy of Pediatrics can help:

▶ Determine if a car bed is necessary for the first few weeks at home. Some infants have difficulty breathing if they

recline in a regular car seat.

- ▶ Before leaving the hospital, make sure you’ll feel comfortable using monitors and other equipment at home.
- ▶ Keep your baby’s room warm according to your doctor’s instructions.
- ▶ Remember that premature babies need to be fed more often.
- ▶ Place your baby on his or her back to sleep.

Mahoney adds one more: “Don’t let people with colds or those who have had FluMist, a nasal spray vaccine against the flu, near the baby.” ❖

## Lankenau Hospital NICU: Renovated for Comfort and Care

The NICU at Lankenau Hospital has undergone a \$20 million renovation that dramatically increases its space and highlights family comfort. “Our new space provides us with a better way to care for our patients,” says Barbara Mahoney, RN, NICU Nurse Manager at Lankenau and Bryn Mawr

Hospitals. While the NICU still has 21 licensed beds, it now has five times the space.

One hallmark of the renovation is parental living space, says Mahoney. Parents may stay overnight in a family suite that includes a small kitchen, computer station, full bath,

lactation room, bedroom, and living room.

Privacy is enhanced with a conference room for parent consultations and privacy screens in rooms. In addition, the hospital purchased special software so Spanish-speaking parents can hear discharge instructions in their first language.

# Lung Cancer: Family History Matters

Smoking causes most lung cancer, but women appear to be vulnerable to another risk factor—their genes.

Women with a family member who has been diagnosed with lung cancer are nearly three times as likely to develop the disease, according to a new study. Men's risk is nearly doubled by having a close relative with the disease. "Identification of risk factors for this deadly cancer is critical for prevention and early diagnosis," says Thomas Meyer, MD, Director of Lankenau Hospital's Lung Cancer Program.

Researchers have not found a specific gene to blame, but it seems that certain inherited genetic patterns leave people more susceptible to lung cancer. Even nonsmokers face increased risk if their mother, father, or a sibling developed lung cancer. Other causes include secondhand smoke and exposure to radon, an odorless, invisible gas that occurs naturally in soil and rock.

Women can increase their odds

against lung cancer by eating a healthy diet and avoiding cigarette smoke and other chemical pollutants. Vegetables, fruit, and soy may help ward off the disease. Also, green tea and fresh fish are possibly helpful, according to research.

Adds Dr. Meyer, "This research is

promising, as is the research evaluating CT scans as a screening tool for those at risk of developing lung cancer. We are hopeful that prevention, early diagnosis, and research into the genetic basis of lung cancer will improve our fight against this deadly disease." ❖



## Not Just for Kids: Vaccines for Adults

"Vaccinations are just as important for grownups as they are for kids," says Steven R. Growney, MD, Bryn Mawr Hospital family medicine physician. Recent outbreaks of mumps and whooping cough, as well as new vaccines, have prompted the government to update guidelines about adult vaccinations:

**Shingles**—A vaccine now cuts the risk of developing shingles, a painful rash that can appear on the face or body years after a person has had chicken pox. This vaccine is currently approved for adults age 60 and older. Be sure to check with your insurance company to see if it's covered.

**Mumps**—A recent outbreak of mumps, a virus that can result in deafness and arthritis, has spurred a new recommenda-

tion. Adults should get one or two shots, depending on their risk. Dr. Growney warns, "Risks for mumps include being a college student, international traveler, or health care worker. Exposure to a community outbreak also can increase your risk."

**Tetanus, diphtheria, and pertussis (Tdap)**—A new vaccine called Tdap now protects adults against pertussis—also called whooping cough—as well as tetanus and diphtheria. Adults ages 19 through 64 should substitute a dose of Tdap for their next regular booster shot for tetanus and diphtheria.

**Flu**—The government recommends a yearly flu shot or the nasal-spray vaccine to protect against the flu. The best time to get your shot is October or November, but

January or even February isn't too late.

**Human papillomavirus (HPV)**—HPV is a disease that can cause cervical cancer.

A new vaccine helps protect young women against the subtypes of HPV most commonly responsible for most cases of cervical cancer. Proper vaccination administration consists of three doses. Ideally, a girl should get an HPV vaccine by age 11 or 12, but the vaccine also is recommended for girls and women between the ages of 13 and 26.



# Cutting-Edge Cancer Treatment Improves Quality of Life

**T**oday, more than half of people with cancer are treated with radiation therapy—the careful use of high-energy radiation to destroy cancer cells. At Bryn Mawr, Lankenau, and Paoli Hospitals, the Radiation Oncology Departments are on the cutting edge of cancer treatment and are among the first hospitals in the region to offer image-guided radiation therapy (IGRT). This sophisticated new technology improves the accuracy of radiation therapy, allowing physicians to precisely target tumor cells while sparing surrounding healthy tissue.

“Normal breathing and digestion can cause tumors to move before and during cancer treatment. Any change in position could mean the tumor may not receive the full radiation dose, or normal tissues may receive more radiation than they should,” says Richard Carella, MD, Main Line Health System Chief of

Radiation of Oncology. “With IGRT, we can image the tumor just before treatment and verify its position. This allows us to escalate our radiation dose with improved accuracy.”

The IGRT system is equipped with additional tools to enhance treatment delivery, such as the respiratory gating system. Here’s how it works: Patients are positioned on a couch, and before treatment begins, an X-ray system moves around the body to pinpoint the exact tumor location. This is especially effective for treating tumors around the lung and abdomen, where the patient’s breathing movements can alter radiation dosing. It also allows the patient to relax and breathe naturally.

“IGRT represents a major breakthrough in safe and effective use of targeted radiation to treat cancer patients,



with potentially better outcomes,” adds Dr. Carella. “It improves our ability to tailor treatment to each patient’s needs, provide faster results, and minimize treatment side effects.” ✦

## **New Technology, Improved Accuracy**

Learn more about Radiation Oncology Services at Bryn Mawr, Lankenau, and Paoli Hospitals by calling **1-866-CALL-MLH**.

## Polycystic Ovary Syndrome: Treatment Key to Maintaining Good Health

Polycystic ovary syndrome, or PCOS, is the most common hormonal problem in women of childbearing age. The condition can make it hard to get pregnant and often is accompanied by other health problems.

“PCOS occurs when faulty hormone levels prevent normal egg development in the ovaries. Frequently, the undeveloped eggs turn into tiny fluid-filled sacs, or cysts,” explains Jocelyn Craparo, MD, Bryn Mawr Hospital OB/GYN.

Signs of the condition include:

- ▶ irregular or heavy menstrual periods
- ▶ acne
- ▶ weight gain

- ▶ hair on the face, chest, stomach, back, thumbs, or toes
- ▶ pelvic pain
- ▶ oily skin
- ▶ dandruff
- ▶ thinning hair
- ▶ patches of thick, dark-brown or black skin on neck, arms, breasts, or thighs
- ▶ excessive snoring.

The cause of PCOS is unknown, but it may run in families. Women who are overweight are likelier to develop the condition. Dr. Craparo warns that “it’s important to get a proper diagnosis, because women with PCOS have a higher chance of developing

type 2 diabetes and cardiovascular problems.” PCOS also can increase a woman’s risk of cancer of the uterine lining.

If you suspect you have PCOS, see your doctor. Blood tests can show abnormal hormone levels and help rule out other illnesses. An ultrasound scan can detect cysts. Doctors can use medications to treat the symptoms that often accompany PCOS.

A combination of a healthy diet and exercise is the first step in controlling PCOS. Losing just 2 to 5% of excess weight can help bring hormone levels into the normal range and help women avoid long-term complications such as diabetes and heart disease. ✦

# Prescription Drug Abuse: What Parents Should Know

First, the good news: Teenagers' use of street drugs, such as methamphetamine and cocaine, has dropped significantly since the late 1990s.

Now, the bad news: Many teens today are misusing prescription drugs at what experts call "alarmingly high" rates.

Teens find drugs by raiding family medicine cabinets, buying them from friends, or ordering them from offshore Internet pharmacies. Even worse is "pharming," or "pharm parties." Guests throw dozens of pills into a bowl and then pop handfuls without knowing what they're taking.

Research shows that many teens assume these medications are safe because they're prescribed by doctors. But a single large dose of Vicodin can stop a teen's breathing. Stimulants used to treat attention deficit hyperactivity disorder (ADHD), such as Ritalin, can cause irregular heartbeat, seizures, and death. And, popular tranquilizers, including Xanax and Valium, can be lethal when mixed with over-the-counter cold medicines.

What can parents do? Paoli Hospital Family Medicine Specialist Lisa Parvishkan, DO, offers these tips:



▶ **Talk with your teens.** Emphasize that prescription drugs are as dangerous as street drugs. Stress that it's illegal to use anyone else's prescription medication.

▶ **Monitor medications.** If your teen has legitimate prescriptions, count pills often to make sure they aren't being handed out to others.

▶ **Protect your prescriptions.** Keep drugs locked up, and destroy any leftover pills from prescriptions you're no longer using.

▶ **Watch the Web.** Check your computer's history to know what Internet sites your teens visit. ❖

## Pick the Right Shades for You

Do you choose a pair of sunglasses because they're trendy? There's another, more important factor to consider—your eye health. Long-term exposure to ultraviolet light from the sun has been linked to cataracts, retinal problems, and cancer of the eyelids and skin around the eyes.

The good news is that sunglasses can eliminate your eyes' exposure to almost all ultraviolet light. Ultraviolet protection is a clear coating that can be added to most types of lenses. Choose sunglasses that:

- ▶ state that they block 99 to 100% of ultraviolet light. Some labels may read, "UV absorption up to 400 nanometers." This is the same as 100% ultraviolet protection.
- ▶ offer larger lenses or wrap around the face, protecting your entire eye area.



## Benefit Update

### Details Automotive Detailing

20% off complete detailing service. Details comes to you so you can see exactly what we do for your vehicle. Call **484-354-0324**.

### The Lemon Tree Catering

10% off printed menu price. The Lemon Tree can make your catered occasion one that you and your guests will remember for years! Visit **www.LemonTreeCatering.net** or call **610-344-4933**.

### Lindi Skin Products

10% off products purchased through **www.lindiskin.com**. Lindi Skin offers a complete line of skin-care products specifically formulated for people undergoing chemotherapy, targeted therapy or radiation treatment. Enter discount code "healthsource" at checkout.

### Jockey Person to Person

15% off catalog orders. Visit **www.jockeypersontoperson.com** to review our catalog. The finest products with advanced technology in fabrication and design, superior components, unique detailing, and, above all—comfort! Call Lisa Monaco at **610-449-9910**.

Remember to mention your WHS membership when taking advantage of these special offers. **Check out the complete list of participating merchants at [www.mainlinehealth.org/whs](http://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](http://www.mainlinehealth.org/whs).

*Ladies'*

## Back-to-School Night!

### Learn the ABCs of Wellness



**It's an A+ night for ladies only.** Enjoy food and fun while learning health, wellness, beauty, and exercise tips and enjoying relaxing spa treatments. You can:

**Quiz our Paoli Hospital experts.**

**Earn extra credit at our health and wellness workshops.**

**Make the grade at our health screenings.**

**Use the ACAC Fitness facility, including exercise classes and equipment, spa treatments, aquatic center, and much more!**

## Thursday, September 20 6 to 9 p.m.

ACAC Fitness and Wellness Center  
1130 McDermott Drive, West Chester

Fee: \$10 WHS and ACAC members; \$15 nonmembers

Sponsored by Paoli Hospital and ACAC Fitness and Wellness Center

### Childbirth Education Classes

A full range of prenatal and education classes for the entire family is offered at our hospitals. Qualified instructors teach important information about pregnancy, delivery, and parenting. Call our toll-free number for details, or visit us online at [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

### Women's Health Update 2007: Expert Advice in Cancer Prevention

Lankenau gynecologic oncologists and surgeons answer questions about Gardasil, the cervical cancer/HPV vaccine; discuss the latest treatment breakthroughs; and offer practical advice for lowering risks of breast and ovarian cancers. Experts in OB/GYN, oncology, and breast health will speak at this free program. Light meal served.

**Tuesday, September 25, 6 to 8 p.m.**

**Lankenau Hospital, sixth floor, Medical Science Building**

### Birthday Club for Online Members

What better way to celebrate your birthday than with a relaxing massage? And to make it even better, WHS wants to present you with a \$15 gift certificate toward a one-hour massage. To register, complete the online form found at [www.mainlinehealth.org/birthday](http://www.mainlinehealth.org/birthday), and during the month of your birthday, you'll receive an e-mailed gift certificate.



## FINDING

### Relief from "BlackBerry Thumb"

Too much texting on the tiny keys of a personal digital assistant (PDA) can leave your thumbs and hands sore, swollen, or numb. Thumbs—the least dexterous of our digits—are not designed for the fast, repetitive, and limited range of movements needed in typing. But these strategies can help:

- ▶ To reduce stress, type with the PDA on a pillow or other support in your lap to keep wrists more upright.
- ▶ Make messages brief.
- ▶ Take frequent breaks.
- ▶ Use other fingers to type.
- ▶ Stretch hands periodically.

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## Wyeth Pharmaceuticals

## Women's HEALTH SOURCE

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