

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital

FALL 2007

Women's

HEALTH SOURCE

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Join us for
an evening of
pampering!

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New WHS E-Newsletter—Register and receive a FREE guide to women's health!

Calculate Your Heart Health by the Numbers

In recent years, fewer American women have died from heart disease. Still, it remains women's number one killer. "It's vital for women to keep their heart health a top priority through healthy lifestyle choices and by monitoring their cholesterol and blood pressure," explains Leslie Poor, MD, Bryn Mawr Hospital cardiologist.

You can keep your own heart health in check by knowing these numbers:

- ▶ **Blood pressure.** Your blood pressure should stay below 120/80. A systolic—or top—number from 120 to 139, or a diastolic—or bottom—number from 80 to 89 signals borderline high blood pressure, or prehypertension. You have hypertension if your top number reaches 140 or your bottom number equals 90.
- ▶ **BMI.** Your BMI, or body mass index, compares your weight to your height. A BMI between 18.5 and 24.9 means your weight is normal. You're overweight if your BMI is between 25 and 29.9 and obese if it

tops 30. Being overweight or obese increases your risk for heart disease.

- ▶ **Waist size.** The amount of fat you carry around your belly can endanger your heart. So, keep your waist size below 35 inches.

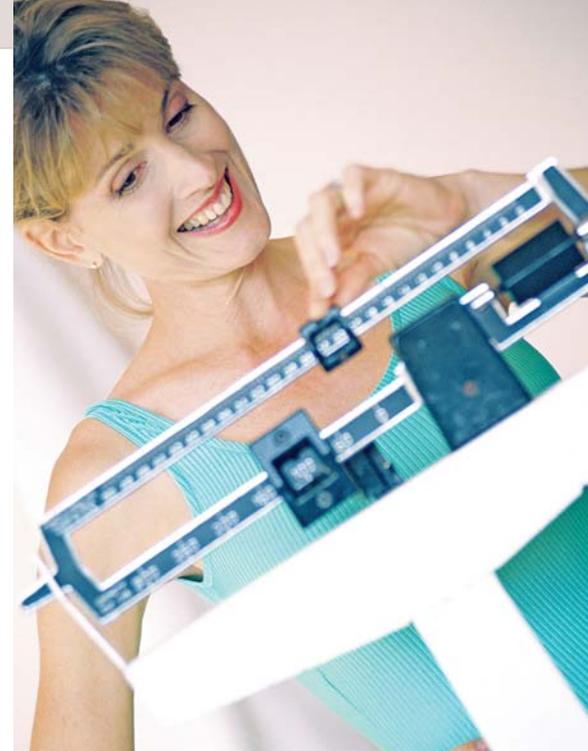
- ▶ **Cholesterol.** Your LDL, or bad, cholesterol count should be less than 100 milligrams (mg) per deciliter (dL), while your HDL, or good, cholesterol should exceed 50 mg/dL.

- ▶ **Triglycerides.** Your triglycerides should be less than 150 mg/dL.

- ▶ **Glucose.** High blood sugar levels suggest diabetes, another heart risk. Diabetes testing is recommended for all women at age 45, especially if they are overweight. Other risk factors, such as family history of diabetes, may prompt earlier testing.

- ▶ **Exercise.** To reduce cholesterol and glucose levels, women should engage daily in 30 minutes of moderate-intensity exercise.

"Taking a proactive approach to your



heart health, both by working with your family doctor to evaluate your risk factors and by monitoring these vital numbers, is important. Preventive measures in daily life will benefit every woman's fight against heart disease," says Dr. Poor. ❖



Know Your Numbers

Visit the Main Line Health Heart Center website at www.mainlinehealth.org/heart and click on our interactive tools to learn about heart rates, caloric needs, BMI, and more.



Statewide Report on Cardiac Surgery Gives Lankenau High Marks

The Main Line Health Heart Center at Lankenau Hospital once again has been recognized for its superior heart care. On June 14, the Pennsylvania Health Care Cost Containment Council (PHC4) released its *Cardiac Surgery in Pennsylvania 2005 Report*, an objective look at cardiac surgeries performed in the Commonwealth. The report covers insurance payments, volumes, death rates, readmission rates, and postsurgical stays for hospitals and surgeons.

According to the report, Lankenau Hospital performed more heart bypasses than any other center in Southeastern Pennsylvania. It is the

only hospital in the state to have lower than expected death rates for coronary artery bypass graft surgery both in-hospital and 30 days after discharge.

Lankenau Hospital's positive outcomes drew the attention of both *The Philadelphia Inquirer* and *The New York Times*. According to the *Inquirer*: "Numerous studies have shown that patients do better with high-volume surgeons and hospitals, and the new report's online listings do, indeed, show Lankenau had a low death rate."

To view the entire PHC4 report, visit us at www.mainlinehealth.org/lh.

Breast Care Coordinators Provide Support and Education

Have you had your annual mammogram yet? Do you wonder what you would do if your results came back as suspicious? Fortunately, most women have normal results, but for those women who need additional screenings, testing, or treatment, the breast care coordinators at Bryn Mawr, Lankenau, and Paoli Hospitals are a valuable resource. These dedicated clinicians assist patients and their families in accessing specialists and supportive care for breast health. Each takes pride in providing support and education for both cancerous and non-cancerous conditions.

Eileen Ann Morgans, RN, BSN Bryn Mawr Hospital

Comprehensive Breast Center

Eileen helps women understand their health care choices and gives them the tools to heal emotionally and physically. This philosophy carries through in her educational efforts and community service. Eileen has been involved in numerous research initiatives, helping patients explore new treatment and wellness options. Her wide-ranging background also includes an emphasis on clinical management and patient care.



Cathy Scallon, RN, MSN Lankenau Hospital Breast Care Center



Cathy is highly experienced in the areas of cancer, breast health, and counseling. For women facing a breast cancer diagnosis or any issues related to breast health, Cathy's expertise can be invaluable in answering questions, scheduling appointments, finding resources, and guiding women through the treatment process with both knowledge and support. Cathy has more than 20 years of nursing and counseling experience.

Laura Peters, RN, OCN Paoli Hospital The Holloway Breast Health Center



Laura is an oncology nurse with expertise in working with women of all ages on breast health and care. Laura's upbeat attitude and emphasis on quality of care make her an ideal advocate for women. Formerly on staff at the prestigious Cleveland Clinic Foundation's Hematology/Oncology Unit and Taussig Cancer Center, she fully understands the need for attending to not only the patient's medical treatment, but her emotional and spiritual needs as well.

Detecting Breast Density to Help Beat Cancer

A *New England Journal of Medicine* study has found that women with dense breasts have an increased risk for cancer. Breast density compares tissue within the breast, which appears light on a mammogram, to the amount of fat, which appears dark.

In the study, women whose breast density was at least 75 percent were almost five times more likely to develop breast cancer than those whose density was less than 10 percent. The women with dense breasts were 18 times more likely to find cancerous tumors within one year of a negative mammogram. Since breast cancer also appears light on a mammogram, the more tissue or density one has, the more difficult it is to detect an unsuspected cancer.

"Digital mammography replaces film used in traditional analog mammography, similar to how digital photography is replacing film photography," says John Schilling, MD, director of imaging at The Holloway Breast Health Center at Paoli Hospital. "Digital mammography gives us the ability to improve and enhance images of the breast that was not possible in the past with traditional imaging."

Talk with your physician about breast density and the enhanced accuracy of digital mammography, a good means of screening for women younger than age 50 and with radiographically dense breasts.

Make the Call Today!

Digital mammography is available at all Main Line Health hospitals and outpatient centers. To schedule a mammogram at a location near you, call **1-866-CALL-MLH**.

Support Our Breast Health Centers!

Shop at Blue Tulip, a specialty gift shop, on October 18, and when you identify yourself as a WHS member, 15 percent of your sale will be donated to the breast health centers at Bryn Mawr, Lankenau, and Paoli Hospitals. See page 8 for details.



Making Sense of Prescription Drug Labels

If you've ever had trouble understanding the labels on your prescription medications, you're not alone. A recent study asked 395 adults to read and correctly explain five common prescription instructions. Almost half of the patients misunderstood one or more of the instructions.

Here are the commonly misunderstood instructions with explanations, plus tips to ensure you're safely taking all your medications.

- ▶ **Take one teaspoonful by mouth three times daily.**

Translation: Take one teaspoonful at three different times each day.

- ▶ **Take one tablet by mouth twice daily for seven days.**

Translation: Take one tablet at two different times each day for seven days.

- ▶ **Take two tablets by mouth twice daily.**

Translation: Take two tablets at two different times each day.

- ▶ **Take one tablet by mouth once each day.**

Translation: Take one tablet a day.

- ▶ **Take one tablet in the morning and one at 5 p.m.**

Translation: Misunderstanding was less likely for this last instruction because it was the most explicit. Patients in the study had more trouble with instructions that included several elements with different numbers. For example, the instruction "Take one tablet by mouth twice daily for seven days" was particularly confusing.

Taking a prescription incorrectly can be hazardous to your health—sometimes even deadly. Whether it's drug interactions or incorrect dosage, these mistakes can be avoided by taking the necessary actions ahead of time. Bryn Mawr Hospital Internal Medicine specialist, Roxane Hionis, MD, recommends these precautions:

- ▶ Make sure you can read the label before leaving the pharmacy. If any part is unclear, ask your pharmacist to clarify.
- ▶ Have both your doctor and your pharmacist explain the instructions aloud, and repeat the instructions back to them.
- ▶ If you need to take a medication more than once a day, ask your doctor or pharmacist the best way to space out the doses.
- ▶ Ask your doctor or pharmacist to explain any warnings or side effects. ❖



Make sure you can read your prescription label before leaving the pharmacy. If any part is unclear, ask your pharmacist to clarify.



Rethinking Black Cohosh for Menopause

If you're considering trying the herb black cohosh to get you through menopause, you may want to think again. In a recent one-year study of more than 350 women, black cohosh helped ease hot flashes and night sweats about

FINDING

as much as ... well, as taking nothing at all. The women, ages 45 to 55, averaged four to five hot flashes a day and one or two night sweats. The study compared several therapies, including black cohosh alone and in combination with other herbs; hormone replacement therapy (HRT); and a placebo. The result: Only HRT caused a significant drop in the number of hot flashes and night sweats. Black cohosh was as ineffective as the placebo. But HRT carries other health risks. So, you should consider it only after a thorough discussion with your doctor.

Annals of Internal Medicine, Vol. 145, No. 13

WHS E-Newsletter Has a New Look!

Health news, fun trivia questions and prizes, important health and wellness links...the new WHS e-newsletter has it all. Sign up today for this free monthly e-mail newsletter at www.mainlinehealth.org/Update. As a special welcome gift, the first 100 women to register will receive a FREE guide to women's health.



Cranberries: Not Just for Thanksgiving Dinner

Cranberries pack a big nutritional punch—and they can help fight disease, too. For years, women have been drinking cranberry juice to limit frequent bladder infections. Now, scientists have more insight into how cranberries may be effective.

“From studies referenced in nutrition literature, there is evidence that a natural component of the berry may help prevent certain strains of infection-causing bacteria from adhering to the lining of the bladder wall,” explains Jennifer Sherwood, MD, urologist at Lankenau Hospital. “However, these are preliminary studies, and more scientific testing needs to be done.”

Three 8-ounce glasses of cranberry juice daily, or two 300 to 400 mg tablets or capsules of concentrated cranberry extract, helped prevent urinary tract infections (UTIs) in women prone to the condition, according to recent research. Sweetened or artificially sweetened cranberry juice seems to work, so

long as it contains at least 27 percent cranberry juice.

Consuming cranberries also could help combat two other common bacterial problems: *H. pylori*, the most common cause of digestive tract ulcers, and dental plaque, which causes gum disease. The same component of the berries that keeps UTIs at bay also may reduce the amount of harmful bacteria in your stomach and your mouth.

Dr. Sherwood notes another plus: “Cranberries’ bright color comes from a powerful antioxidant that may help prevent heart disease. In one recent study, researchers found that low-calorie cranberry juice cocktail boosted HDL, or good, cholesterol in a group of obese men. One of HDL’s jobs is to escort bad blood fats, such as LDL cholesterol, out of the bloodstream.”

The berries are a good source of vitamin C and potassium, and they retain their nutritional value when dried, frozen, or pasteurized in juice. While whole berries add fiber to your

diet, cranberry juice capsules or tablets also contain the key nutrients. Besides drinking juice, try cranberries:

- ▶ Dried on salads or cereal
- ▶ Frozen, in smoothies
- ▶ Baked in pies, breads, muffins, or stuffing
- ▶ Simmered as a sauce.

While adding cranberries to your diet is likely to be safe, check with your doctor if you are taking the blood thinner warfarin. You may need a lower dose or more frequent blood tests to check the medication level. ❖



Q&A: Tips for Healthy Trips



Are you planning a winter getaway overseas? Is your child preparing to travel abroad? Valerie Godzieba, CRNP, Occupational & Travel Health at Paoli Hospital, suggests you consider these tips to make your trip a healthy one.

Q. What medical supplies should I pack for a trip?

A. If you take prescription drugs, pack them in your carry-on luggage and bring enough to last your trip. Include these health aids, too: diarrhea medicine, pain relievers, bandages and antibiotic ointment, sunscreen, lip balm, and insect repellent.

Q. Do I need any shots before I leave?

A. Review your immunization record with a

travel health specialist six to eight weeks before you leave, so that if you need shots you’ll have time to make sure they’re effective.

Q. What should I do if I need medical care when I’m away?

A. Seek out travelers’ health insurance prior to departure, as your health plan may limit or exclude coverage for out-of-network expenses. Also, bring contact information for the International Association for Medical Assistance to Travelers in case you need to access care.

Have more questions about travel medicine services? Call **1-866-CALL-MLH** or visit **www.mainlinehealth.org**.

Do You Need a Bone Mineral Density Test?

Ten million Americans have osteoporosis, a disease that causes bones to weaken and break more easily. Both men and women can develop osteoporosis, but women face a much higher risk.

Caucasian and Asian women are more likely than those of other ethnicities to develop this disease. Having a family history of osteoporosis boosts risk, too. So do consuming too little calcium or vitamin D, not getting enough exercise, smoking, and excessive drinking.

“Many people don’t realize they have osteoporosis until they fracture a bone,” states Emma Simpson, MD, chief of radiology at Bryn Mawr Hospital. For this reason, it’s often called the “silent disease.” But new research suggests that a bone mineral density (BMD) test, also called dual-energy X-ray absorptiometry (DEXA) or bone densitometry, might help you break the silence.

Dr. Simpson says that “a BMD test is a quick, safe, and painless test that measures the strength of your bones.” A recent study in the *Annals of Internal Medicine* found that women and men age 65 and older who had a BMD test had a 36 percent lower hip fracture risk six years later than did unscreened adults.

Some health organizations advise BMD testing for all women age 65 and older. Others say there isn’t enough evidence to recommend universal screening. So, it’s best to ask your doctor.

Fortunately, healthy habits can help you keep your bones strong and fracture proof:

- ▶ Get plenty of calcium and vitamin D. People age 51 and older need 1,200 milligrams of calcium every day. Those ages 51



to 70 should consume 400 international units (IUs) of vitamin D daily, and individuals older than age 70 need 600 IUs. If you don’t get enough of these nutrients in your diet, your doctor might recommend supplements.

- ▶ Avoid alcohol or limit your intake.
- ▶ Perform weight-bearing exercises on most days of the week, such as walking, stair climbing, dancing, and jogging.
- ▶ If you smoke, quit.

Main Line Health Imaging offers the BMD test at seven convenient locations, with flexible hours and free parking at most sites. To learn more or schedule an appointment, please call **610-560-1800**. ❖

Learn Your Bone Basics

Find out how to maintain your bone health by attending our free educational program. Details are on page 8.

Hospital Updates

Bryn Mawr Hospital Health Center Offers Sleep Medicine Services

The state-of-the-art Bryn Mawr Hospital Health Center in Newtown Square has opened six distinctive sleep medicine beds, offering area residents in need of a sleep study access, comfort, and convenience, including free parking. The new health center is located on the beautiful Ellis Preserve, West Chester Pike, just west of Rt. 252. To schedule an appointment, call **610-886-6000**.

Imaging Services Expanded in Collegeville

The Main Line Health Center in Collegeville has expanded its imaging services to include ultrasound and 64-slice CT as well as digital mammography, bone density/DEXA scan, and general X-rays. All services are provided by board certified Paoli Hospital radiologists and radiology technologists. We’re able to connect to a high-speed network that allows us to share information throughout the Main Line Health system and deliver prompt, accurate diagnoses. To learn more, call **610-648-1414**.

Lankenau Hospital Welcomes Transplant Surgeon

Lankenau Hospital welcomes James W. Lim, MD, to its Kidney Transplant Program. Board certified in general surgery, Dr. Lim specializes in kidney and pancreas transplants and joins Program Director Francisco Badosa, MD. The Lankenau Kidney Transplant Program provides individualized attention and a team approach from evaluation through follow-up care. For more information, call **1-866-CALL-MLH**.

Custom Fit: A New Approach to Knee Replacement

When Catherine Jester, 57, joined an aqua fitness center to get in better shape, she didn't expect her biggest challenge to be reaching the second-floor workout room. But her knee pain had become so bad, she struggled with each stair.

"I had to walk up steps against the flow of traffic to hold the left railing," recalls the Ardmore resident. "All the in-shape people were coming down around me. I was so embarrassed."

When her orthopedic surgeon, Joseph Vernace, MD, said she needed a knee replacement, Catherine wasn't surprised. "I saw the X-ray, and I had no cartilage," she recalls. She did not, however, expect

to be among the earliest candidates for a Custom Fit Total Knee (CFTK) replacement.

Dr. Vernace is the first surgeon on the East Coast using the CFTK technology, developed by California-based OtisMed. "I've seen excellent results with 200 patients," says the Bryn Mawr Hospital physician. "The technology is in its early stages, but I think it has the potential to revolutionize knee replacement surgery."

Aided by three-dimensional imaging and special software, the CFTK approach aims to customize the fit of each new knee, preserve additional ligaments, and improve the stability and normal feel of the knee after surgery. "Every person is a little different," says Dr. Vernace. "This process accounts for the patient's unique geometry and anatomy."

The CFTK approach starts with an MRI four to six weeks before surgery. The MRI is used to create a three-dimensional model of the knee's bones and cartilage. A software program corrects the arthritis in the image, digitally restoring normal anatomy. This corrected image is then used to determine the size of the replacement parts and to create cutting guides used during surgery to precisely place the knee implant.

In Catherine's case, she had an MRI in December and surgery on January 22. "I went back to work after seven weeks, and my co-workers were extremely impressed by how well I was doing," she says. "My knee feels better than ever. I can walk up stairs normally, and I feel younger, like my own age. I got my life back." ❖



Joseph Vernace, MD, the first local orthopedic surgeon using OtisMed technology for knee replacement, discusses the procedure with his patient, Loretta Kramer.

Free Smoking-Cessation Program at Main Line Health

On Thursday, November 15, smokers across the nation will snuff their cigarettes as part of the Great American Smokeout. This event challenges smokers to stop the devastating habit and raises awareness of effective ways to quit. Need a reason to stop? By lighting up, you're not only jeopardizing your health, but also creating an unhealthy environment for those you love. So, this November, take the first step toward a smoke-free life and create a plan to quit. Let us help! Register for a FREE smoking-cessation program by calling 1-866-CALL-MLH.



Benefit Update

Zoup

235 Lancaster Ave., Frazer
610-408-0303

Buy one entree at full price and receive the second entree free. Not valid with any other special offer.

PUMPS

Women's Fitness Club
500 Chesterbrook Blvd.,
Suite E3, Wayne
610-251-2223

www.pumpsfitness.com

\$60 enrollment fee waived for WHS members.

Pink Turtle

129 N Wayne Ave., Radnor
610-975-3575

Fifteen percent off your purchase at our trendy women's clothing boutique. Not valid with any other offer or discount.

Natural Healing Arts

3549 Rhoads Avenue, Suite C,
Newtown Square
610-251-2223

www.naturalhealingarts.org

Ten percent off therapeutic massage, acupuncture, craniosacral therapy, hypnotherapy, integrative energy therapy, Reiki, and reflexology.

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.**



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.



La Nuit d'Elegance Friday, Nov. 16, 5 to 9 p.m.

Lord & Taylor, King of Prussia Mall Enjoy the scents and tastes of France at this evening of pampering designed especially for you! Complimentary hors d'oeuvres and pastries, manicures, makeovers, store discounts, and a chic fashion show are just a few of the treats awaiting you. Your \$10 donation in support of Women's Health Source entitles you to an exclusive gift and entry in a raffle drawing of extravagant prizes compliments of Lord & Taylor. To purchase your ticket, call 1-888-876-8764.

Safe Halloween: No Tricks—All Treats

Elementary-age children are invited to a Safe Halloween celebration at our Main Line Health Centers in Broomall, Newtown Square, and Collegeville. Event includes trick-or-treating through our health centers, a costume contest, and safety tips from local police representatives. Call for dates and locations.

Support Breast Health

Shop at BlueTulip, a specialty gift shop, on October 18, and when you identify yourself as a WHS member, 15 percent of your sale will be donated to our breast health centers. Show your WHS membership card to receive 20 percent off one item.

Thursday, Oct. 18, 10 a.m. to 7 p.m.
Suburban Square, Ardmore and Paoli Shopping Center, Routes 30 and 252, Paoli

Headaches 101

Do you suffer from frequent or intense headache or migraine pain? If so, come to our free headache seminar featuring neurologist Elliot Schulman, MD, a Lan-kenau Hospital expert in the diagnosis and treatment of headaches. Light meal will be served.

Wednesday, Nov. 7, 6 to 8:30 p.m.
Main Line Health Center—Lawrence Park

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

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More Events

Building Better Bone Health

Want to keep your bones strong and healthy? Then be sure to attend this program, where you'll learn the basics of bone health along with nutritional and exercise tips from our experts. Limited free heel-density screenings will be offered. Light refreshments.

Thursday, Oct. 18
7 to 8:30 p.m.
Bryn Mawr Hospital Health Center, Newtown Square

The Face of Celiac Disease

Learn from our experts the nutrition and diet guidelines for celiac disease.

Wednesday, Nov. 7
7:30 to 9 p.m.
Bryn Mawr Hospital Health Center, Newtown Square

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HEALTH SOURCE

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DETACH ALONG DASHED LINE.