

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital

WINTER 2008

Women's

HEALTH SOURCE

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Risk Screenings

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That Leg Pain May Be More Than a Nuisance

Each year in the United States, cardiovascular disease kills half a million women. This exceeds the toll of the next seven causes of death in women combined.

An often-ignored warning sign of cardiovascular disease is pain in your calf, thigh, or buttock muscles. This pain worsens during exercise but stops within about five minutes of rest.

“If you experience such leg pain when you walk, tell your doctor. You may have a condition called peripheral arterial disease [PAD],” explains Sean Janzer, MD, Director, Peripheral Interventional Program, Lankenau Hospital.

PAD, which affects at least 5 million American adults, strikes as many women as men. It’s especially common in African-Americans.

“Symptoms of PAD should not be ignored,” advises Dr. Janzer. “This pain in your lower extremities suggests blockages in even more crucial arteries, and narrowed arteries to your heart could cause chest pain or even a heart attack. Clogged arteries to your brain could result in a stroke.”



Fortunately, PAD often can be managed with these lifestyle changes:

- 1 **Don’t smoke.** Smoking is the single most important risk factor for PAD. Want to kick the habit? A recent article concluded that people who use nicotine replacement therapy are at least one-and-a-half times as likely as nonusers to succeed in long-term quitting.
- 2 **Maintain normal cholesterol levels.** If lifestyle changes don’t reduce the crucial numbers, you may need to take cholesterol-lowering drugs.
- 3 **If you have diabetes, control your blood sugar.** Diabetes boosts your risk

for PAD and other cardiovascular complications. In fact, a recent article in the journal *Circulation* reported that these risks are higher for women than they are for men.

- 4 **Get plenty of physical activity.** More than 20 controlled trials have concluded that the most effective single treatment for PAD is exercise, according to an article in the journal *American Family Physician*. ❖



Check Your Personal Risk

What’s your risk for heart disease? Find out with a **FREE** cardiac screening, sponsored by the Main Line Health Heart Center. See the back page for details.

New Treatment Removes Difficult Plaque

Lankenau Hospital interventional cardiologist and peripheral vascular disease specialist Sean Janzer, MD, is the first physician in the Philadelphia region to use a newly FDA-approved device for treating peripheral arterial disease (PAD). The treatment is minimally invasive, and patients often go home the same day.

The device, a small diamond-coated

crowns known as the Diamondback 360™ Orbital Atherectomy System, enables Dr. Janzer to remove plaque without damaging the heart’s arteries.

“The Diamondback allows us to successfully reach and remove even the most difficult plaque, especially calcium, deposited in the smaller arteries below the knee that previously could not be treated,” explains Dr. Janzer.

The device is inserted into the patient’s leg artery through a tiny puncture made in the groin. A small catheter and ultrathin guide wire are used to direct the diamond crown to the location of the plaque in the artery.

For more information or a referral to a Heart Center specialist, call **1-866-CALL-MLH**.

Laparoscopic Colon Surgery Promotes Faster Healing

People who need surgery to treat colon cancer can benefit from a newer, less invasive technique. Doctors at Main Line Health are able to remove such cancers through smaller incisions, using laparoscopes.

Laparoscopes are long, thin tubes with tiny cameras attached. Doctors began using them for colon surgery about 15 years ago. So far, research has shown that this procedure can be an effective alternative to traditional surgery.

“For the right patients, laparoscopic colon cancer surgery offers many benefits,” says Philip Pearson, MD, a colorectal surgeon on staff at Bryn Mawr and Paoli Hospitals who performs the procedure. “Patients typically switch to oral pain medications faster, start eating and drinking more quickly, and leave the hospital sooner than those who have open surgery.”

A major study of 48 hospitals found that those who received laparoscopic surgery recovered and returned to work more quickly than those who had traditional surgery. Other reports have suggested that using laparoscopes may

reduce surgical complications, such as pain and infections.

This newer technique requires a skilled surgeon and can take longer than traditional operations. And while it’s a safe option for many patients, laparoscopic surgery isn’t for everyone. Patients with advanced colon cancer or perforated diverticulitis, and those who have had multiple previous abdominal surgeries, would not be good candidates, Dr. Pearson says.

“There are a lot of good reasons to have laparoscopic colon cancer surgery,” Dr. Pearson adds. “Some researchers have even reported that it has less of an impact on the immune system than open surgery, allowing patients to recover not only physically faster, but physiologically faster, as well. The procedure is another tool in our arsenal, and it’s enabled us to expand our treatment options as we work to provide the best possible care for our patients.” ❖



Talk with Your Doctor

Is laparoscopic colon surgery appropriate for you? Discuss it with your doctor. The surgery is offered at Bryn Mawr, Lankenau, and Paoli Hospitals.



Shopping for a Fitness Program

Exercise isn’t one-size-fits-all. Different women need—and want—different workouts. Here’s how to find a program that fits you:

- ▶ Determine your goals. Figure out if you want to build bone, increase flexibility, or protect your heart. Your doctor also can help you target areas for improvement.
- ▶ Know thyself. For example, if you enjoy camaraderie, consider an exercise class.

Like to sweat alone? Consider an individual activity, such as jogging.

- ▶ To gym or not to gym? Exercising at home means you can sweat and watch the kids. However, gyms offer more space and equipment. Try one out with a guest pass first.

- ▶ Choose activities that fit your capabilities. Consider

any current health conditions and your exercise level. For example, if you have arthritis, look into water exercises. They’re easier on joints.



Exercise Your Options

Looking for a new way to stay fit?

Try our Fitness Sampler class.

Turn to the back page for details.

New “Natural” Breast Surgery Benefits Patients



When a woman loses a breast to cancer, it’s not just a physical experience, but an emotional one as well. Now, Paoli Hospital offers advanced expertise to make reconstruction as natural and positive as possible. The new procedure recreates a woman’s breast by using her own abdominal tissue—without sacrificing precious muscle.

The procedure is called a deep inferior epigastric perforator flap, or DIEP flap. And David Singer, MD, a plastic surgeon at Paoli Hospital, is one of only a handful in the area who performs it.

“This is a very difficult procedure, but one that provides many benefits to the patient,” explains Dr. Singer. “The breast is recreated using the woman’s own body. And because fat and skin are borrowed from the stomach without losing muscle, it produces results much like a tummy tuck. Patients also experience less pain and lower risk of hernia compared to other flap procedures.”

The DIEP flap is performed by making an incision along the bikini line. Abdominal muscles are then separated and fat tissue removed. The living tissue

is formed into the breast and intricately connected to blood vessels in the chest. Other reconstruction methods use silicon implants or flap procedures that take abdominal muscle.

Robert Fried, MD, director of Paoli Hospital’s Holloway Breast Health Center, performs mastectomies. He also partners with Dr. Singer to help ensure the best outcome for the patient.

“My number one goal is to cure the cancer,” says Dr. Fried. “However, we take a team approach to treating breast cancer patients at Paoli. If a mastectomy is necessary, I work closely with the plastic surgeon to remove the breast in a way that makes reconstruction as successful as possible.”

“Performing the DIEP flap procedure

is very fulfilling,” adds Dr. Singer. “Not only does the reconstruction give women their confidence and sense of self back, it also contours their stomach, making them feel a little better about themselves at a difficult time.”

There are many factors to consider when deciding on a type of reconstruction. Patients should consult with their general surgeon, plastic surgeon, and oncologist to determine what’s appropriate. ❖

Request This FREE Guide

Act now! Learn how to prevent and detect cancer with this free guide. Simply call 1-866-CALL-MLH or visit www.mainlinehealth.org/whs and look for the Cancer Guide link.



Pelvic Prolapse: A Common Problem for Older Women

An ache in the lower abdomen or frequent urinary infections can be signs of pelvic prolapse. This condition occurs when pelvic muscles and other tissues become weak, and the uterus or other organs “sink” into the vagina.

“Women who have had a child through the birth canal are twice as likely to have pelvic prolapse,” says Roxanne Abder, MD, a Bryn Mawr Hospital obstetrician. Childbirth can

weaken pelvic tissue, muscles, and nerves.

The problem is more likely to develop in older women. Family history also may be a factor.

Dr. Abder notes these other signs of pelvic prolapse:

- ▶ A “full” feeling in the pelvis
- ▶ Painful intercourse
- ▶ Problems emptying the bladder completely

Many women with pelvic prolapse also suffer from urinary incontinence.

To reduce your risk, Dr. Abder recommends the following:

- ▶ Avoid straining to lift heavy objects.
- ▶ Stay at a healthy weight.
- ▶ Avoid constipation by drinking liquids, eating fiber, and exercising.
- ▶ Don’t smoke.

If you think you might have this condition, talk with your doctor about possible treatments. Surgery can help if the problem is severe.

Rheumatoid Arthritis: Striking a Healthy Balance Helps

When you have an autoimmune disease, such as rheumatoid arthritis (RA), you are your own worst enemy. In RA, the immune system mistakenly attacks the joints.

TREATING THE SYMPTOMS

“Women are affected by RA two to three times as often as men,” says Jennifer Kwan-Morley, MD, a rheumatologist at Paoli Hospital. Early symptoms include painful, swollen joints in the hands, feet, and knees. These signs may come and go. Sometimes they’re accompanied by fever, fatigue, and appetite loss.

Talk with your doctor, even if early symptoms disappear. Joint deterioration can continue when RA seems inactive. Several medications can be used alone or in combination to treat RA.

LIVING WITH RA

“Since there is no cure for RA,” explains Dr. Kwan-Morley, “the goal of treatment is to minimize patients’ symptoms and disability by introducing appropriate medical therapy early on, before the joints are permanently damaged.”

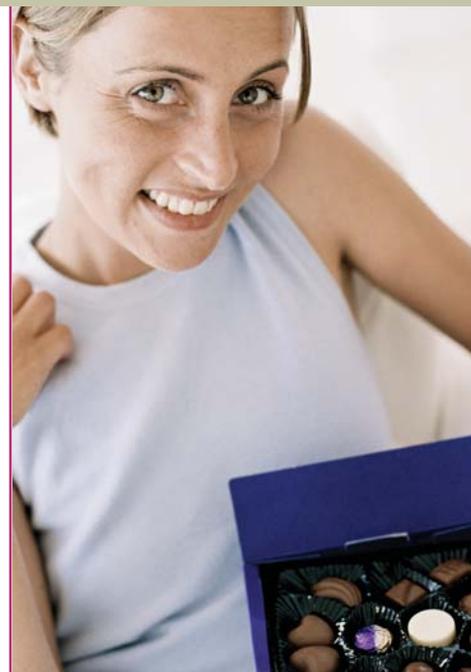
Treatment may include following these steps:

- ▶ Check out an arthritis education program to learn helpful stress-busting strategies. These include trying to avoid pain by not overdoing activities, or talking with others about the changes in their joints.
- ▶ Get moving. Exercise can help ease pain, reduce symptoms, and boost mood. Ask your doctor

which exercises are safe for you. Range-of-motion activities, such as gentle yoga, can keep joints flexible and decrease stiffness.

- ▶ Rest when you need to, especially when symptoms flare. Ask for help, and learn to say no. It’s especially important to get enough sleep because stress levels and symptoms both worsen when you’re weary.

Dr. Kwan-Morley recommends seeking treatment early. “With new medical advances and a multidisciplinary approach to wellness, we can protect your joints and keep up your mobility and your active lifestyle.” ❖



FINDING

Take a Bite Out of Your Blood Pressure

Here’s another reason to love chocolate: The dark variety offers a delicious way to lower blood pressure. And, it may be far more effective than often-touted tea. A recent review of several studies compared the effects of dark chocolate and tea on blood pressure. Even six cups of tea a day appear to have no effect. But, with dark chocolate, an average reduction of four to five points was seen in systolic blood pressure—the top number—and two to three points in diastolic pressure—the bottom number. That can translate to a 20 percent drop in stroke risk. And that makes dark chocolate about as effective as beta-blockers at reducing blood pressure.

But remember: Dark chocolate is high in sugar and fat and packs a whopping 150 calories per ounce. So, use it only to replace other high-fat treats. That can help keep both your weight and your blood pressure down.

Archives of Internal Medicine, Vol. 167, No. 7



Health Tip

Certain supplements might help ease the symptoms of rheumatoid arthritis. These include fish oil and gamma-linolenic acid, which is found in the oils of some plant seeds. But for your safety, the National Center for Complementary and Alternative Medicine recommends talking with your doctor before taking any supplements.

Bryn Mawr Hospital Health Center Welcomes New Physician Practices

The Bryn Mawr Hospital Health Center in Newtown Square welcomes new physicians specializing in the areas of internal medicine, family medicine, geriatric medicine, and OB/GYN. The Health Center is located on the grounds of the beautiful Ellis Preserve, 3855 West Chester Pike, just west of Rt. 252, and boasts ample free parking and convenient hours. For an appointment or more information, please call **610-886-6000**.

Paoli Hospital Physicians and Specialists Are Close to Home

At the Paoli Hospital Health Center in Exton and at the Main Line Health Center in Collegeville, you'll find an ideal health care resource for your family, offering a wide range of board certified physicians and the latest technologies in a neighborhood location. In fact, at our Exton facility, you'll find 35 Paoli Hospital physicians and at our Collegeville location, 47 physicians. Both locations offer a full complement of imaging and lab services. To learn more, call **1-866-CALL-MLH** or visit www.mainlinehealth.org/ph.

Simple Backache or Serious Back Problem?

The source of lower back pain isn't always obvious. Pain located centrally in the lower back should resolve gradually after a few days of rest. Conservative treatments—applying cold compresses and heat or taking over-the-counter pain relievers—are often all that's needed.



“Degenerated disks are among the most common causes of low back pain,” explains Christian Fräs, MD, spine surgeon at Lankenau Hospital.

These disks, made up mostly of water, separate and cushion the spinal column's 24 vertebrae. They deteriorate with age and more quickly after a trauma, such as an auto or on-the-job accident.

Degenerated disks are more likely to become herniated or ruptured—also known as a slipped disk. The disk pushes outward, sometimes pressing on nerves, resulting in pain and numbness in the legs and/or feet.

“Most symptoms caused by herniated disks should resolve in four weeks with conservative treatment,” advises Dr. Fräs. “Your doctor may prescribe pain relievers or physical therapy to stretch and strengthen muscles supporting the spine. Severe pain or a lasting loss of feeling or function may require surgery to relieve the affected nerve.”

It's important to know the signs of a more serious back problem. You should see the doctor when you have:

- ▶ Pain lasting longer than four weeks
- ▶ Pain as the result of a fall or blow to the back
- ▶ Numbness, weakness, or a tingling sensation in the leg or foot
- ▶ Pain radiating down the leg, a condition called sciatica
- ▶ Sudden loss of bladder or bowel control ❖

Lankenau Hospital Opens New Pain Center

Lankenau Hospital announces the opening of the Lankenau Pain Center. Directed by anesthesiologist and pain specialist Evan Frank, MD, PhD, the center offers comprehensive services for people living with chronic back, neck, or headache pain; pain associated with cancer or nerve damage; phantom limb pain; and others. Physicians use a variety of techniques including injections, implantable pumps, and spinal cord stimulation, with the goal of reducing pain and improving function with minimal side effects. Services are provided on an outpatient basis. Dr. Frank is joined by Associate Director Shailen Jalali, MD; John Park, MD; and Jason Lee, MD, all specialists in chronic pain management. They work closely with the patient's primary care physician to coordinate care. For more information about the Lankenau Pain Center, call **1-866-CALL MLH**.



Just Another Sore Throat ... Or Strep?

Viruses cause most sore throats. In addition to throat pain, sufferers may have a cough, watery eyes, and a runny nose. While unpleasant, viral sore throats usually clear up on their own. But if you have a sore throat and a fever *without* other cold symptoms, you may have strep throat. Strep throat is caused by an infection from certain streptococcus bacteria. This means that you will need an antibiotic.

Strep throat usually is spread by coughing or sneezing. Anyone can get strep throat, but it is most common in children ages 5 to 15.

SIGNS OF STREP

Besides a sore throat and fever, strep throat can cause other symptoms, including:

- ▶ Headache
- ▶ Swollen neck glands

Infants and Cold Medicines Don't Mix

Your 8-month-old has a bad cold. Should you give her some children's cold medicine? No, according to the Centers for Disease Control and Prevention. Cough and cold medicines can be harmful and even fatal in children younger than age 2. Instead, try clearing your baby's stuffy nose with a rubber suction bulb. Saline nose drops and a cool-mist humidifier are other safe ways to help your baby breathe easier.

Morbidity and Mortality Weekly Report, Vol. 56, No. 1

- ▶ Chills, body aches, upset stomach, and vomiting—particularly in children.

If your sore throat is severe or lasts more than three days, see your doctor. Strep throat is sometimes tough to detect by examination, so your doctor may do a throat culture or other test. It is important to get a test to confirm the presence of strep before being treated with antibiotics. This will avoid the unnecessary use of antibiotics, which can lead to antibiotic resistance, says Maureen McMahon, MD, Nemours pediatrician on staff at Bryn Mawr and Lankenau Hospitals.

TO SOOTHE STREP THROAT

- ▶ Finish your medicine, in order to minimize relapse or reoccurrence. If not properly treated, strep can harm heart valves and kidneys and cause other problems.
- ▶ Eat soft foods, such as soup and ice cream.
- ▶ Drink plenty of fluids to stay hydrated.
- ▶ To help ease throat pain, gargle with salt water several times a day. Add ¼ teaspoon of salt to ½ cup of warm water. Over-the-counter throat drops and sprays also may help.
- ▶ Put a warm, moist towel on your neck to soothe swollen glands.
- ▶ Call your doctor if symptoms don't improve a few days after you've started taking the antibiotic. ✦

✦ Is your child feeling under the weather?

Visit www.mainlinehealth.org and search our "Find a Doctor" section for a pediatrician close to your home.

Benefit Update

Difabio's 9th Street Catering and Event Planning

1032 N. Providence Rd., Media
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Ten percent off your in-store or catering order. Let Difabio's 9th Street make your catered event a memorable one for years to come.

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Waterloo Gardens

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Twenty-five percent off the regular price of any one item.* In-stock merchandise only. Cannot be used with any other coupons or sales.

* Exclusions listed on the WHS website.

Kimberton Whole Foods

www.kimbertonwholefoods.com

Ten percent off all supplements and body care products. Dedicated to customer service and quality products.

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.



Cardiac Risk Profile

Be good to your heart and participate in our two-step cardiovascular screening program, where you'll learn your personal risk for heart disease. Registration is required for both the screening and the lecture.

Step 1: Blood Screening

Our comprehensive blood screening identifies those at risk for heart disease. The full lipid panel reads your total cholesterol, HDL, LDL, and triglycerides. All studies will be reviewed by Main Line Health cardiologists. Note: Participants must fast—nothing to eat or drink—for 12 hours prior to the screening.

Jan. 28 to Feb. 2 and Feb. 4 to 9
7 to 11 a.m.

Call for locations.

Step 2: Community Lecture

Attend one of our community education lectures, where you'll receive a copy of your screening test results and learn about the risks of cardiovascular disease from one of our Heart Center specialists.

Take charge of your heart health.

Call 1-866-CALL-MLH or visit www.mainlinehealth.org/heart for dates, times, and locations.

Pajama Party

Join us for a night of good health and fun featuring a combo of bedroom topics from slumber to sex. Get help with things that keep you up at night (finance, health, kids). Visit our "chat rooms" for brief discussions on topics ranging from dreams to décor.

Thursday, March 27

5:30 to 8:30 p.m.

Bryn Mawr Hospital Health Center, 3855 West Chester Pike, Newtown Square

Fee: \$10/WHS members, \$15/non-members

Fitness Sampler

Sample the hottest trends in exercising! In four 20-minute interactive sessions, fitness experts will get your heart pumping to cardio salsa, glide you through martial arts movements, demonstrate proper techniques for strength training, and cool your body with a stretching routine.

Thursday, Jan. 24, 7 to 9 p.m.

Ellis Athletic Center
3819 West Chester Pike,
Newtown Square

Help Us Make Health Care Better: Join Our Consumer Panel

Main Line Health is recruiting new members for "myMLHvoice," an online consumer research and advisory panel. As a panelist, you'll be asked to complete quick and easy surveys about current topics in health care and your experiences with health care services in the area. Even better, you'll have an **opportunity to win fun prizes**—such as movie tickets, books, and gift cards—through random drawings for active panelists. Visit www.myMLHvoice.com today for eligibility rules and to enroll.

We Appreciate Your Feedback!

In a recent survey to WHS members, 94 percent of respondents reported having a very high opinion of our program. Thanks for your vote of confidence. Congratulations to the winners of our random drawing: **\$250 American Express gift card**—Mary Gretton of Exton **\$100 American Express gift card**—Helen Kaplonski of Broomall **First aid kit**—Carol McCardle of Upper Darby

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
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DETACH ALONG DASHED LINE.