

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital

WINTER 2004

Women's

HEALTH SOURCE



**Breast
Health:
A Topic You
Can't Ignore**

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Lower Your Health Risks with Exercise

By now, many people are aware that you should get at least 30 minutes of moderate activity on most days of the week.

You may be able to further reduce your risk for some chronic illnesses—such as those that run in your family—by expanding on this workout schedule.

OSTEOARTHRITIS

High-impact exercises, such as running, may increase the risk of osteoarthritis. If you are worried about developing this condition, consider choosing exercises that are easier on the joints, such as water aerobics or cycling.

Weak thigh muscles also may contribute to knee osteoarthritis. Strength-training exercises may protect vulnerable joints.

HEART DISEASE

You can reduce your risk even further by working out longer or harder than 30 minutes of moderate activity a day. In one study, runners who averaged more than 40 miles a week had a 30% lower risk of heart disease than those who ran less than 10 miles a week.

However, some experts recommend limiting exercise for heart health to 60 minutes of vigorous activity a day.

TYPE 2 DIABETES

Regular aerobic exercise may help prevent diabetes by controlling blood sugar levels. It also can help people control another diabetes risk factor—excess weight.

OSTEOPOROSIS

Choose weight bearing activities, such as brisk walking and aerobics. Young women who exercise hard enough to affect their periods actually risk losing bone mass.

High-impact exercises, such as jogging, may promote bone growth. But these may be too risky for people whose bones have begun to thin.

In addition, adding some strength-training and flexibility exercises to your routine can cut your risk of falls and fractures.



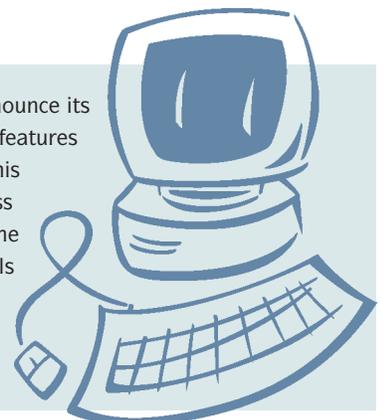
Main Line Health's Sports Medicine program combines the region's foremost orthopedic specialists, with advanced treatment options and rehabilitation facilities, as well as an individualized approach to care.

For more information on the orthopedic services offered through Main Line Health, check the Take Charge Coupon, visit us online at www.mainlinehealth.org/takecharge, or call 1-888-876-8764. ❖

Check with your doctor before starting a vigorous exercise program.

Whether you're a professional athlete, a weekend warrior, or an occasional player, the ability to compete, or simply enjoy, your activity depends on the health of your bones, ligaments, cartilage, tendons, muscles and joints. The Orthopedic experts at Main Line Health can guide you toward restoring the highest level of function. Call **1-866-CALL-MLH** to find an orthopedic specialist.

Main Line Health is pleased to announce its newly designed website. With new features and resources at your fingertips, this improved layout offers easier access to information important to you. The clean look and easy navigation tools help guide you through the site quickly and effectively. Come visit us at www.mainlinehealth.org.



Cholesterol Control: What Works for Women?

Managing cholesterol levels can greatly lower the risk of heart disease—the number-one killer of women. There are two types of cholesterol circulating in the blood:

1. Low-density lipoprotein (LDL), or “bad cholesterol,” is the main source of blood-vessel blockage. All women should keep an eye on their LDL levels. However, it’s especially important as women age. Research shows that, on average, LDL levels are 24% higher in women ages 55 to 64 than in those ages 35 to 44.

2. High-density lipoprotein (HDL), or “good cholesterol,” removes LDL from the blood and prevents cholesterol buildup in the arteries. High HDL may be even more important than low LDL—especially for women older than age 65.

According to Michael Ryan, MD, cardiologist at Bryn Mawr and Lankenau Hospitals, “Women also need to pay attention to a blood fat called triglyceride. Combined with high LDL and/or low HDL, high triglyceride levels leave older women particularly vulnerable to heart disease.”

KNOW YOUR NUMBERS

Experts recommend cholesterol screening at least once every five years for women older than age 20. This test, called a lipoprotein profile, checks total blood cholesterol, LDL, HDL, and triglyceride levels. To prevent heart disease, the National Heart, Lung, and Blood Institute advises women with a normal risk for the disease to strive for these levels:

- ▶ Total cholesterol: lower than 200 mg/dL
- ▶ LDL: lower than 160 mg/dL
- ▶ HDL: 60 mg/dL or higher
- ▶ Triglyceride: lower than 150 mg/dL

Doctors may advise different goals and more frequent screening for women with heart disease or a

higher risk for it, including women who:

- ▶ have diabetes or high blood pressure
- ▶ smoke
- ▶ are overweight
- ▶ have a family history of early heart disease—prior to age 55 in a father or brother, or before age 65 in a mother or sister.

HEART-HEALTHY HABITS

Here are some strategies for managing LDL, triglyceride, and HDL levels:

▶ Manage your weight. This can greatly boost HDL and lower triglyceride and LDL.

- ▶ To lower LDL, eat less than 25 to 35% of daily calories from fat and less than 7% from saturated fat. To boost HDL and lower LDL, substitute poly- and monounsaturated fats—such as canola, sunflower, and olive oils—for saturated fat, found mostly in butter and other animal foods. Also helpful in lowering LDL: Avoid trans fats, commonly found in baked goods and fast foods.

To curb LDL, eat at least 25 to 30 grams of

fiber a day, particularly water-soluble fiber. This type of fiber is plentiful in oats, psyllium seed husk, and barley.

- ▶ Restrict dietary cholesterol to 200 milligrams daily to keep your LDL in check.
- ▶ Exercise for at least 30 minutes a day to raise HDL and lower triglyceride.
- ▶ Don’t smoke—it increases LDL and triglyceride and decreases HDL.

To learn more about your cholesterol levels, schedule an appointment with a Main Line Health cardiologist. Call 1-866-CALL-MLH. ❖



Eating a low-fat diet and exercising regularly are key to lowering cholesterol levels.



FINDING

Moms-To-Be Can Breathe Easier with These Tips

About 20% of all pregnant women experience a stuffy nose that lasts for weeks. A symptom of a condition called pregnancy rhinitis, this stuffiness often is worse when lying down, making much-needed sleep hard to come by.

What can you do to relieve this stuffy nose? Experts recommend avoiding over-the-counter (OTC) nasal decongestant sprays, which actually can increase stuffiness after several days of use. Instead, try these safe and effective strategies:

- ▶ Sleep propped-up on pillows.
- ▶ Run a humidifier in your bedroom.
- ▶ Try OTC nasal strips and saline nasal sprays.
- ▶ Get plenty of physical activity, with your doctor’s OK. Light to moderate exercise may reduce congestion and help you fall asleep more easily.

Journal of the American Academy of Nurse Practitioners, Vol. 14, No. 12

Taking Breast Health Seriously...

Breast Care Choices for Every Woman

No woman likes to think about breast cancer, but breast health is a topic we can't afford to ignore. This year more than 180,000 women in the United States will be diagnosed with breast cancer. About 1 in 8 of us will develop the disease.

Bryn Mawr, Lankenau and Paoli hospitals offer women the latest mammography technology including a computer-aided detection system, ImageChecker®, which assists radiologists in finding abnormalities. "This new technology has been shown in clinical studies to increase the cancer detection rate by as much as 20 percent," explains John Stassi, MD, Director of Breast Imaging at Bryn Mawr Hospital.

When a breast abnormality is discovered, Main Line Health breast surgeons and radiologists work together to offer women biopsy techniques that are less invasive and disfiguring. Procedures such as stereotactic biopsy, ultrasound guided biopsy and sentinel node biopsy provide women with additional options.

BRYN MAWR HOSPITAL ESTABLISHES CENTER OF EXCELLENCE

Bryn Mawr Hospital has a long-standing tradition of serving the needs of women in its community. The opening of our Comprehensive Breast Center in January 2004 will expand upon that care and offer patients an array of breast health services in one comfortable, convenient and private location.

Medical direction for this integrated center is provided by Thomas Frazier, MD, a recognized leader in breast surgery in the region. "We're bringing together the most experienced specialists to provide women a comprehensive, coordinated approach to breast health," says Dr. Frazier. "Our goal is give each patient individual attention and easy access to specialists."

The Comprehensive Breast Center at Bryn Mawr Hospital will offer the first digital mammography department on the Main Line.



The Comprehensive Breast Center at Bryn Mawr Hospital will offer the first digital mammography department

on the Main Line. Other services include breast MRI, and ultrasound guided and stereotactic mammotome breast biopsies. Supportive services include surgical consultation, high-risk evaluation, genetic screening, counseling and osteoporosis testing. A nurse coordinator will guide each woman through

the system making sure patients are referred to any appropriate specialists.

The Comprehensive Breast Center is backed by a team of cancer specialists at Bryn Mawr Hospital, which includes radiation oncology with IMRT,

medical oncology, dedicated pathologists and plastic and reconstructive surgeons.

For more information on the Comprehensive Breast Center at Bryn Mawr Hospital, please check the Take Charge Coupon.

Main Line's breast care specialists are committed to preventing, detecting and treating breast cancer.



LANKENAU HOSPITAL: A LEADER IN TEACH- ING AND RESEARCH IN THE COMMUNITY

Delaware Valley residents are fortunate to have access to an exceptional breast cancer team at the Lankenau Cancer Center. Supporting this medical expertise is a well-established research initiative that includes basic bench studies through the Lankenau Institute for Medical Research as well as access to clinical trials in breast biopsy, chemotherapy and prevention. Screening, risk assessment, counseling and education programs round out the continuum of care. In addition, Lankenau offers the latest in diagnostic and treatment technology including PET scanning, a revolu-

tionary imaging system that provides physicians with critical diagnostic information.

Lankenau doctors have been at the forefront of breast cancer care. Paul Gilman, MD, Medical Director of the Lankenau Cancer Center, was instrumental in establishing a multidisciplinary treatment team for breast cancer. “We bring together a panel of experts from different disciplines to examine each patient’s case and recommend the best possible approach,” says Dr. Gilman. “The team then meets with the patient and family to communicate their recommendations and make joint decisions.”

Most recently, Marisa Weiss, MD, Lankenau Director of Breast Radiation, was recognized for being the first radiation oncologist in the area to offer the MammoSite® technique, an internal breast radiation therapy that dramatically reduces treatment time. Dr. Weiss adds, “We’re also working on nutrition, exercise, physical and occupational therapy, employment, self-image and support.”

ACCESS TO NATIONALLY RECOGNIZED CANCER PROGRAMS AT PAOLI HOSPITAL CANCER CENTER

Women in the western suburbs have known for nearly 15 years that they can access the renowned programs of Fox Chase Cancer Center.

The Paoli Hospital Cancer Center offers all of the same high quality innovation and care that residents expect from a Main Line Health hospital: access to national clinical trials, the latest technology in detection and radiation, including IMRT, and experienced and skilled surgeons and physicians. These components are supported by programs in risk assessment, prevention and psychosocial counseling. “Our patients feel comfortable knowing that they are being treated in a state-of-the-art setting with highly skilled professionals on site,” commented Michael Dabrow, DO, Cancer Center Medical Director. “We offer optimum quality, but in a convenient setting close to home.”

In the summer of 2004, Paoli Hospital will launch a Breast Health Center with a comprehensive, coordinated approach to breast cancer detection and care. ✦



WHAT’S A CCOP? Community Clinical Oncology Program (CCOP) is a designation from the National Cancer Institute to award federally funded grants to cancer programs. These grants allow patients access to clinical research trials, such as STAR and SELECT. Cancer clinical trials allow physicians to evaluate new approaches to cancer prevention, diagnosis and treatment. The Main Line Health Hospitals—Bryn Mawr, Lankenau and Paoli—are one of only 50 designated CCOPs in the country.

Hospital Updates

Bryn Mawr Hospital

The Bryn Mawr Family Practice relocated to the Main Line Health Center in the Lawrence Park Shopping Center. The new location provides new up-to-date facilities, proximity to specialists and services and a shuttle service between the Center and Bryn Mawr Hospital. For more information, call **610-325-1390**.

Lankenau Hospital

Lankenau Hospital Celebrates 50th Anniversary in Wynnewood!

This December begins a year-long celebration of Lankenau’s move from Philadelphia to the Wynnewood location. Our theme, *Celebrating 50 Years of Medical Milestones on the Main Line*, showcases the medical expertise, dedication, and innovation that have been the cornerstone of the hospital’s mission. Visit www.mainlinehealth.org/Lankenau to read about Lankenau’s milestones and the events planned to celebrate this special occasion.

Paoli Hospital

The Main Line Health Centers in Exton and Collegeville offer radiology services including x-rays and mammography delivered by Paoli Hospital radiologists and radiology technicians. Many times, next day appointments are available at these locations. For scheduling, call **610-648-1414**.



How to Keep You and Your Family Safe on the Road

In the United States, more than 40,000 people die, and more than 5 million are injured, in motor vehicle crashes annually. Not surprisingly, two of the biggest killers are alcohol and unbuckled seat belts. But some lesser-known facts also could prove lifesaving:

- ▶ Nine out of 100 cars on American roads are driving with at least one bald tire. Driving without proper treads makes your car likelier to skid into a life-threatening accident.
- ▶ More than one-quarter of all vehicles are driven with at least one underinflated tire. Proper inflation keeps a tire from blowing out.
- ▶ More than 25% of all cars have defective lighting, and more than 20% have faulty windshield wipers. Lights and wipers in poor working order can boost the risk of accidents.

CAR SAFETY CHECKLIST

You can prevent or minimize traffic accidents by maintaining your car in good condition:

- ▶ Using a tire gauge, check all your tires—including the spare—for proper pressure every month. Inspect the tires when they are cold, or at least three hours after driving the car. Your car's recommended tire pressure should be listed in the owner's manual, or on a small card in the glove compartment or on the driver's doorjamb. Add the missing pounds of pressure to each underinflated tire at a service station.
- ▶ Regularly check the tread on your tires, using the built-in

tread indicators. These raised sections dot the grooves between the tire treads. When the tread is worn down to the height of these indicators, replace your tires. Check your car manual for more information about tread indicators.

- ▶ Inspect your car's outside and inside lights each month.
- ▶ Replace your wiper blades every six months.
- ▶ Check your owner's manual for a schedule of preventive-maintenance measures, and stick to it. ❖

Did you know?

Estrogen and progestin therapy is no longer recommended to prevent heart disease and Alzheimer's. Low-fat diets with high fiber, exercise, no cigarette smoking, and cholesterol-lowering medications are the direction heart health is taking. To learn more, visit our Menopause and You site on www.mainlinehealth.org.



FINDING

Low Magnesium, High Heart Risks?

In one study, older women ate a low-magnesium diet. After about three months, they were almost twice as likely to have a fluttering or racing heartbeat than were women who ate the same diet but also took a daily magnesium supplement.

Good food sources of magnesium include bananas, potatoes, spinach, bran, and almonds.

American Journal of Clinical Nutrition, Vol. 75, No. 3

Could You Have Fibroid Tumors?

Fibroid tumors are exceptionally common, affecting an estimated 25% of all women in the U.S. Fibroids are noncancerous lumps that grow on the walls of the uterus. They may appear in clusters or individually, and they can be microscopic or as large as a cantaloupe. Fibroids typically stop growing or shrink after menopause.

WHO'S AT RISK?

Genes, hormones, and environmental factors probably all play a role in the development of fibroids. But scientists don't know for sure what causes them. Nor do they know why African-American women are two to five times more likely than Caucasian women to develop them. Giving birth lowers a woman's risk, while being overweight or obese nudges the risk upward. Some research suggests that women who eat large amounts of red meat face a higher risk of developing fibroids. However, an association between diet and fibroids has not been confirmed.

WHEN FIBROIDS POSE A PROBLEM

A typical fibroid causes no symptoms and needs no treatment. In fact, most women never even suspect that they have fibroids. If your doctor discovers you have a fibroid during a routine exam, you may be advised to come back regularly so the doctor can monitor whether it has grown.

According to John J. Orris, DO, MBA, an associate of the Center for Reproductive Medicine at Bryn Mawr Hospital, "Some fibroids, because of their size

or position, may cause a wide array of conditions, including:

- ▶ painful or heavy periods
- ▶ bleeding between periods
- ▶ low back pain
- ▶ pelvic pain not associated with menstruation
- ▶ a "full" feeling in the stomach
- ▶ frequent urination
- ▶ constipation, painful bowel movements, or hemorrhoids
- ▶ infertility
- ▶ miscarriage
- ▶ premature labor
- ▶ breech birth.

TREATMENT OPTIONS

If you have fibroids but no symptoms, the good news is that you may not need any treatment at all. Over-the-counter medications, such as acetaminophen or ibuprofen, can help soothe mild pain. If serious pain or other troublesome symptoms occur, prescription drugs may provide relief.

If your fibroids cause severe symptoms, surgery may be recommended. There are minimally invasive surgical options available, including procedures to remove or shrink fibroids. If symptoms are especially serious, your doctor may suggest surgical intervention.

For more information on our fertility services at Main Line Health, please check the Take Charge coupon, visit us online at www.mainlinehealth.org/takecharge, or call 1-888-876-8764. ❖



FINDING

Make "Soul Food" Good for Your Body, Too

Compared with women of other ethnicities, African-American women face a higher risk of colorectal cancer, high blood pressure, and unhealthy weight gain. But these risks often can be lowered through simple diet changes. Nutrition experts stress the importance of understanding where "soul food" falls in a healthy diet:

▶ Meats such as bacon, fat-back, sausage, pigs' feet, chitlins, and hog jowls actually contain more fat than protein. Enjoy them only sparingly. Serve chicken or fish instead.

▶ Adding those same high-fat meats to turnip greens, rutabagas, beans, or collard greens turns good-for-you vegetables into less-healthy dishes. Again, use them only sparingly for flavor.

▶ Choose spices and herbs, rather than salt, to season food.

Journal of the American Dietetic Association, Vol. 102, No. 5

Caregivers Need Caring, Too

In many families, the care of elderly or sick relatives falls to women. Most female caregivers wouldn't have it any other way. But caregiving without relief can harm a woman's mental and physical health. It can raise her blood pressure, interfere with her sleep, and trigger depression.

If you're a caregiver, care for yourself, too:

▶ **Get moving.** Caregivers who exercised four times weekly for at least 30 minutes each time slept much better than nonexercisers. Exercise also

curbed stress-related jumps in blood pressure.

▶ **Get together.** Social support may ease the stress associated with caregiving. Join a support group, or make a special effort to see friends regularly.

▶ **Get wired.** Participate in an Internet discussion group for caregivers.

▶ **Get relief.** You deserve time to visit a friend, read a book, and do other things for yourself. Friends, relatives, social-service agencies, and religious groups may be able to help out with duties. ❖

Event Calendar

New Advances in Breast Health: Prevention, Detection, and Treatment Choices for Today's Woman

Join us for an informative discussion about the latest advances in preventing and detecting breast cancer. Learn about how to assess your personal risk and innovative treatment approaches. Refreshments will be served.
Date/Time: Tuesday, March 23, 7 p.m.

Location: Bryn Mawr Hospital
Pennypacker Auditorium

Speakers: Thomas Frazier, MD, surgical oncologist and Medical Director, Comprehensive Breast Center at Bryn Mawr Hospital
John Stassi, MD, Director, Breast Imaging, Comprehensive Breast Center at Bryn Mawr Hospital
Rachael Brandt, MS, CGC, Program Coordinator, Risk Assessment and Genetics Program
Call 1-866-CALL-MLH to register.

BENEFIT UPDATE

Healing Hands Massage

Receive 15% off any full massage or gift certificate. 1127 West Chester Pike, West Chester, PA 19380. For information, call 610-436-6010.

Smoke Free

Learn to become and remain an ex-smoker. This six-session behavior modification program addresses the physical and psychological addiction to smoking. Numerous free classes are scheduled throughout the area.

Call 1-866-CALL-MLH for dates, times and locations. Free.

Funding provided by the PA Department of Health

Stretch Your Limits

This bi-weekly program builds strength and tones muscles. Using a resistance tube, our fitness instructors will guide you through a routine of exercises specially developed for the middle-aged or older adult.

Date/Time: Wednesdays, 2:30 to 3:30 pm
Fridays, noon to 1 pm

Location: Bryn Mawr Hospital

Fee: \$5 per class
(\$8 to purchase Theraband)

Call 1-866-CALL-MLH to register.



Take Charge of Your Health!

Check the information that interests you, fill out your name and address, and send us this coupon. We'll mail you the FREE information you've requested.

- | | |
|---|--|
| <input type="checkbox"/> Orthopedic Services. Brochure complete with services and physician information. | <input type="checkbox"/> Fertility Services. Brochure complete with services and physician information. |
| <input type="checkbox"/> Yes. I am already a Women's Health Source Member | <input type="checkbox"/> If you would like more information on the Comprehensive Breast Center at Bryn Mawr Hospital. |

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ADDRESS _____		
CITY _____	STATE _____	ZIP _____
E-MAIL ADDRESS _____		

Send to: Main Line Health, Two Devon Square, Suite 110, 744 West Lancaster Avenue, Wayne, Pennsylvania 19087, log on to www.mainlinehealth.org/takecharge, or call 1-888-876-8764.

CUT ALONG THE LINE

Contact us at 1-866-CALL-MLH or visit www.mainlinehealth.org.

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