

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

WINTER 2006

# WOMEN'S

## HEALTH SOURCE

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### **Getting Personal with Women's Heart Health**

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Learn more about WHS by visiting [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

# Getting Personal with Women's Heart Health

*One size fits all* is okay when it comes to clothes. But when the issue is preventing heart disease and stroke in women, you've got to get personal.

That's the message from the American Heart Association (AHA), whose new guidelines for preventing heart disease and stroke in women are based on a woman's individual cardiovascular health. What a doctor might recommend depends on whether a woman has a low, intermediate, or high risk of having a heart attack in the next 10 years. High risk is having a greater than 20% chance, intermediate risk is a 10 to 20% chance, and lower risk is a less than 10% chance.

## RISKS AND RECOMMENDATIONS

"For many women, this means understanding heart disease and stroke in an entirely different way," explains Antoinette Sulpizi, MD, cardiologist at Paoli Hospital and The Main Line Health Center in Collegeville. "Rather than thinking of heart disease as something you either have or don't have, think of it as a condition that develops over time—with every woman somewhere on the spectrum."

For women at high risk, the AHA recommends:

- ▶ aspirin therapy
- ▶ ACE inhibitors
- ▶ cholesterol-lowering drugs, preferably statins
- ▶ considering omega-3 fatty acid and folic acid supplementation.

For women with intermediate risk, the AHA says aspirin can be considered as long as blood pressure is controlled and the benefit is likely to outweigh the risk



Visit our website at [www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart) for the latest on women and heart disease, including heart-healthy recipes.

of side effects, such as stomach bleeding. Aspirin therapy is not recommended for women with low risk.

To prevent stroke, women with atrial fibrillation, a type of heart arrhythmia, and those with intermediate or high risk for embolic stroke should take the blood clotting drug warfarin, the guidelines say. If they cannot take warfarin, or if they are at low risk for stroke, they should be given aspirin.

## GOOD ADVICE FOR ALL WOMEN

"Smoking cessation, regular physical activity, eating a heart-healthy diet, and maintaining a healthy weight should be top priorities for all women," Dr. Sulpizi says. Not only can these strategies reduce existing cardiovascular disease, they also may prevent major risk factors from developing.

But the AHA also says that certain interventions should not be used to prevent heart disease and stroke in women because they are not helpful—and may even be harmful. These include:

- ▶ hormone therapy—combined estrogen plus progestin—in postmenopausal women
- ▶ other forms of hormone therapy—such as unopposed estrogen—in postmenopausal women
- ▶ antioxidant vitamin supplements.

"Overwhelming evidence suggests that in most cases, heart disease can be prevented," Dr. Sulpizi concludes. "The new guidelines can help women lower their risk. Every woman should know her risk level and talk to her doctor about her prevention goals and the best way to reach them." ♦

# Weekend Warriors: How to Keep Yourself Injury-Free

If you sit at a desk Monday through Friday, don't expect to hit the tennis court on the weekend with the intensity of a competitive athlete. Sports medicine specialists see "weekend warrior syndrome" all the time—people who exercise vigorously or play a sport just one or two days a week without the proper conditioning.

"I advise people to focus on conditioning year-round," says William D. Emper, MD, orthopedic surgeon at the Bryn Mawr Hospital Orthopedic Center. "This way, when you want to ski or play golf, you're in shape. A sensible exercise program that combines cardiovascular training with strength and flexibility is the key to remaining injury-free."

## GET THE MOST OUT OF YOUR WORKOUT OR SPORT

Stretching and warming up is key to keeping your muscles limber, particularly as you age. Try five to 10 minutes of light jogging or brisk walking before you start your workout.

While exercising, listen to your body. Don't try



to push through pain, or you could suffer a serious injury. Also, make sure that you're using the proper equipment and that your technique is correct, helping you avoid unnecessary stress on your joints and ligaments.

## COMMON INJURIES

Recreational athletes often suffer sprains, fractures, tendonitis, bursitis, shoulder pain, back problems, and knee ligament tears.

Should an injury occur, try the

R-I-P-E steps first: rest the injured tissue;

ice the injury for 24 hours to reduce inflammation and pain; protect the injury to prevent further damage; and elevate the injury, especially during the first 24 hours.

If you think your injury is serious, see your doctor immediately or go to an emergency department. "Ignoring a potentially serious injury could make it more difficult to regain normal function," Dr. Emper points out. ❖

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For a referral to a sports medicine physician, call **1-866-CALL-MLH**.

## Tips for Talking with Your OB-GYN

Doctors sometimes seem to talk a language all their own. But to communicate with yours, you don't have to learn "doctor-speak." Just try to be as clear and honest as you can. And don't be concerned about bringing up embarrassing topics—your doctor discusses sensitive issues every day.

An obstetrician-gynecologist (OB-GYN) is a physician who specializes in the care of women of all ages.

They provide a wide range of services, including:

- ▶ prenatal, pregnancy, and postnatal care
- ▶ screenings, such as Pap tests and mammograms
- ▶ postmenopausal care
- ▶ surgery, including procedures to treat conditions

of the urinary tract and pelvic organs.

When you see your OB-GYN, it's important to share information about the following:

- ▶ Whether you are or might be pregnant, as well as detailed information about previous pregnancies
- ▶ Your history of menstrual periods
- ▶ Your sexual habits
- ▶ Unusual symptoms—such as nipple discharge, genital itching, or painful urination—including when they started and what triggers them
- ▶ What medicines you take
- ▶ Any other health care specialists you see. ❖

## Hospital Updates

### Bryn Mawr Hospital

The Bryn Mawr Hospital Radiation Oncology Department has expanded their High Dose Rate (HDR) brachytherapy suite. This new suite, partially funded through the 2004 Devon Horse Show and Country Fair, includes updated procedure and waiting rooms, enabling Bryn Mawr Hospital to treat HDR patients with an improved continuity of care. For more information, call Radiation Oncology at 610-526-3370.

### Lankenau Hospital

Lankenau Hospital has been selected as a 2005 Top 100 Cardiovascular Hospital by Solucient, an information company serving the health care industry. Solucient's study evaluates seven areas including volumes, mortalities, length of stay, and cost. Among the findings: cardiovascular patients at Top 100 hospitals return to everyday life faster and have fewer postoperative infections. Visit [www.mainlinehealth.org/lh](http://www.mainlinehealth.org/lh) for more information.

### Paoli Hospital

The Holloway Breast Health Center at Paoli Hospital now offers Stereotactic Breast Biopsy, a minimally invasive, nonsurgical outpatient procedure used to determine whether an abnormality detected through mammography is cancerous. Computerized imaging allows surgeons and radiologists to perform the breast biopsy quickly with minimal discomfort and scarring. To learn more, call 1-866-CALL-MLH.

# Teen Girls Need to Build Bones Now to Prevent Problems Later



**E**xperts are very worried about the future bones of today's teenagers, especially girls. They have good cause to be alarmed, as do parents: more than 85% of girls ages 12 to 19 don't consume the recommended amount of calcium.

"A low calcium intake is bad at any age. But it's especially serious during adolescence," states Barbara-Jo Achuff, MD, pediatrician, Bryn Mawr Hospital. A young woman acquires almost 90% of her adult bone mass by age 19. The less bone your teen builds now, the likelier she'll suffer from bone fractures and osteoporosis later in life.

Children and teens age 9 and older need 1,300 milligrams of calcium a day. One 8-ounce cup of low-fat milk supplies 300

milligrams. "Dairy products are the preferred source of calcium because of their high calcium content and the body's ability to easily absorb the calcium," explains Dr. Achuff. "In fact, increase in bone mineral growth appears greater when people consume milk food groups instead of calcium supplements." Other high-calcium foods and beverages include cheese; yogurt; and green, leafy vegetables. Three daily servings of low-fat milk or yogurt are recommended to help adolescents meet the daily calcium requirements.

How can you get a teenager to care about calcium? The following approaches might help:

- ▶ Pour low-fat milk for everyone in the family at all meals.
- ▶ Keep your kitchen stocked with calcium-rich snacks, such as frozen yogurt, cheese cubes, pudding made from low-

fat milk, and small cheese pizzas.

- ▶ Discourage soft drinks. Instead, offer flavored milk or calcium-fortified orange juice. The reason so many girls are consuming so little calcium may be because they're choosing carbonated drinks instead of calcium-rich beverages. Regular exercise also is vital for strong bones. Activities that involve jumping, climbing, walking, or running can help your daughter build bone mass. Examples of bone-healthy sports include basketball, soccer, jumping rope, dancing, hiking, skating, and tennis. ❖

## Did you know?

Main Line Health offers "The ABCs of Babysitting," a class to train baby-sitters ages 11 to 15. For class times and locations, call 1-888-876-8764.

## Safety First for Baby-Sitters

You don't have to worry about leaving your children after taking these steps to prepare your baby-sitter:

- ▶ Discuss how to handle common situations, such as diaper changes.
- ▶ Acquaint the sitter with your children's special health needs.
- ▶ Walk the sitter around your home. Identify children's safety issues, such as steep stairs.

- ▶ Show the sitter where you keep emergency supplies and your first-aid kit.
- ▶ Discuss how to handle common emergencies, such as cuts that don't stop bleeding.
- ▶ Leave emergency phone numbers by the phone. Include fire, police, poison control, and the child's doctor, as well as the name and number of a helpful neighbor or nearby relative.

### free!

### Baby-Sitter Note Board

A must-have for every family that uses a baby-sitter. Important information is readily accessible on this erasable magnetic note board. Obtain yours by calling **1-888-876-8764** or by completing the Take Charge form on **www.mainlinehealth.org/whs**.



# Back and Neck Pain: New Treatments Can Alleviate Pain

Most adults will suffer from back pain at some point.

And it's not surprising when you consider how hard your back works: stooping, lifting, and performing dozens of other tasks each day.

Another common medical complaint is chronic neck pain, which can be caused by factors such as bad posture, your sleeping position, arthritis, and degeneration of the neck's cervical disks.

If you're suffering from back or neck pain, here's good news. There are several less-invasive treatments you can try before considering surgery.

## STEER CLEAR OF INJURIES

The first rule of good back care is to avoid injury. Be careful when lifting heavy articles or shoveling snow. Remember to bend your knees to ease stress on your back. If your job causes repetitive strain on your back or neck, or if your back pain is associated with numbness or weakness in the legs, seek medical help.



## PAIN SPECIALISTS CAN HELP

Pain specialists are trained to diagnose the causes of back and neck pain and properly treat them.

"Once the source of the pain is diagnosed, new treatment options, such as nerve blocks, can give relief," says Kavita Gupta, DO, Lankenau Hospital Pain Specialist. "Nerve blocks can reduce inflammation or irritation in the nerves. Other options include freezing or permanently blocking the nerves with the help of strong chemicals or radiofrequency waves."

If nerve block injections alone

do not help, combining some newer medications and rehabilitation can provide significant pain relief. In addition, several nontraditional treatments can supplement more conventional approaches to pain relief, including yoga; Pilates; meditation; and Reiki, Chakra, and Mantra therapy. Of course, all treatments should be taken under proper medical direction.

Your doctor may also recommend the following self-care strategies:

▶ Stop smoking, if you smoke.

Nicotine may increase pain.

▶ Lose excess weight, if necessary. Extra weight can worsen your back pain.

▶ Avoid negative thoughts such as, "I'm never going to feel better." Instead, tell yourself, "I am stronger than this pain is."

▶ Consider a massage. Massage decreases stress hormones and seems to increase levels of endorphins, which are natural painkillers. ♦

If you'd like a referral to an MLH physician who specializes in chronic pain, please call **1-866-CALL-MLH**.

## Ask Sharon



Sharon Register,  
Women's Health  
Source nurse  
counselor

## Flu and colds: When do I seek out my doctor's help?

Thirty-five to 50 million Americans are infected with the flu during flu season, from November to March, and one billion suffer colds annually.

You usually don't need to call a doctor if you have flu or cold symptoms. You should contact your doctor if you experience any of the following: your symptoms worsen; your symptoms last longer than three days; or if after you feel better, you develop signs of a more serious problem. These include a sick-to-your-stomach feeling, vomiting, high fever, shaking chills, chest pain, or coughing with a thick, yellow-green mucus.

Cold and flu symptoms are somewhat similar. Call me at **1-888-876-8764** or visit the Women's Health Source website ([www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs)) for an article that includes a chart to compare characteristics of each, information on prevention, and help in finding a doctor.

**The WHS nurse counselor is here to help you! Contact Sharon with your question at [whs@mlhs.org](mailto:whs@mlhs.org) or 1-888-876-8764.**

## Helping Patients and Families Stay Connected



Main Line Health and CarePages.com are helping patients use the Web to communicate with loved ones while they're in the hospital.

CarePages are personalized Web pages that allow patients and their family and friends to stay in touch before, during, and after

a hospitalization. CarePages are free to patients at Bryn Mawr, Lankenau, and Paoli Hospitals and at Bryn Mawr Rehab. They comply with all patient privacy regulations and require a secure log-in. CarePage users can:

▶ Post and receive the most recent news about the patient.

▶ Post and receive messages anytime, from anywhere.

▶ Share important patient contact information.

▶ Post and share photos.

To set up a CarePage, visit [www.mainlinehealth.org/carepages](http://www.mainlinehealth.org/carepages).



For more tips on skin care, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Skin Care: Can You Find the Fountain of Youth?

Promises leap from magazine headlines and cosmetic ads about the anti-aging miracles of various skin creams and lotions. Can these products really turn back the clock?

Time isn't the only culprit—or even the major one—in the skin changes that come with age. Sunlight is the major cause of wrinkles and brown spots that signal aging skin. Smoking also takes some of the blame for wrinkles.

But you can put up a fight, say researchers who have studied over-the-counter skin-care products. Karen K. Deasey, MD, Bryn Mawr Hospital

dermatologist, agrees with researchers on the features of the following products.

Retinol, a type of vitamin A, is widely used in anti-aging skin products. While less potent than the prescription-only retinoid treatment used by dermatologists, retinol may improve the appearance of skin wrinkles and brown spots. Dr. Deasey recommends caution if you are thinking about pregnancy. Be sure to check with your obstetrician regarding retinol and Retin A use.

Hydroxy acids smooth the skin by removing its upper layer of dead cells, stimulating new, smoother skin to grow.

Using these products twice a day for several weeks to months can improve the look of fine lines.

Alpha hydroxy acid (AHA) is found in many moisturizers, cleansers, and cosmetics. While effective, these products can cause mild irritation. Newer polyhydroxy acids are similar to AHAs but tend to be less irritating, according to a recent report in the journal *Cutis*.

Kinetin, a synthetic version of a hormone that makes plants grow, is another ingredient found in some anti-aging products. Research suggests it can improve skin texture, lessen blotchiness, and reduce the appearance of fine wrinkles.

Using any anti-aging product may make your skin more sensitive to the sun, so be sure to wear a facial moisturizer with sunscreen.

While some products may help you maintain a youthful appearance, good skin-care habits play a key role, too. Dr. Deasey shares these tips for keeping skin healthy and attractive as you age:

- ▶ Wash only twice daily unless your skin is very oily.
- ▶ Use lukewarm—not hot—water.
- ▶ Use a mild cleanser with moisturizer.
- ▶ Follow with moisturizer while skin is still damp.
- ▶ Use sunscreen.

Finally, Dr. Deasey emphasizes, “It’s never too late to try to rejuvenate your skin. Consistency is important. Be patient, and you will see results.” ❖

### Magical Makeover Winner Unveiled!

More than 300 women enjoyed a day of education, exercising, shopping, and pampering at the Women’s Wellness Event at the ACAC in West Chester. Our Magical Makeover winner, Martha Day of West Chester, was introduced at our luncheon. Pictured are (l–r) Greg Espenshade from Kelly’s Sports Inc.; Karen Gerlach, Director of The Spa at ACAC; Kim Alles, a Jane Iredale representative; Martha Day, the winner; Hilary Collins, Paoli physician liaison; and Lou DeCola and Valerie Regan from DeCola Salon. We extend special thanks to these sponsors for making Martha look and feel fantastic.



# Main Line Health Hospitals Receive Nursing's Top Award

## Magnet Status Recognizes Excellence in Patient Care



**M**ain Line Health Hospitals' nursing service at Bryn Mawr, Lan-kenau, and Paoli Hospitals was awarded Magnet® designation by the American Nurses Credentialing Center (ANCC), the nation's highest award for excellence in nursing care. These three hospitals represent 2,000 registered and licensed practical nurses.



At the typical Magnet hospital, patient outcomes are excellent and nurses have a high level of job satisfaction, low turnover, an appropriate way to resolve grievances, and are involved in making decisions about patient care.

"The ANCC is highly respected among nurses, and we're thrilled that our hospitals have this impor-

tant stamp of approval," says Barbara J. Tachovsky, RN, MS, CNAA, Chief Nursing Officer for Main Line Health and President of Paoli Hospital. "Main Line Health has always prided itself in the quality of its nursing practice, and being Magnet hospitals validates what our patients already know: Every day, we deliver excellence in nursing care."

### WHAT MAGNET STATUS MEANS

According to the ANCC, Magnet facilities consistently outperform non-Magnet organizations, deliver better patient outcomes, spend more time at patients' bedsides, and have shorter lengths of patient stay.

Of some 6,000 hospitals in the country, only 169 have been granted Magnet status. To achieve this, hospitals must undergo a rigorous evaluation and satisfy criteria that measure the strength and quality of their nursing practice as defined by the American Nurses Association.

There are many benefits to having Magnet status, including reassuring patients they will receive the highest quality care and making it easier to recruit and retain qualified nurses and attract high-quality physicians and scientists. ✦



## Benefit Update

### Belvedere Flowers

101 W. Eagle Road,  
Havertown, 19083  
610-449-3880

WHS members receive 15% off their first flower order. Call for details.

### Candy Bouquet

422 Summer Way,  
West Chester, 19382  
610-399-8757

10% discount on the regular price of any purchase. Sale items excluded; maximum discount \$25. The perfect place to find that perfect gift.

### Sussex Fitness Center

1101 Sussex Boulevard,  
Broomall, 19008  
610-328-2610

WHS members will have the \$199 processing fee waived.

### ToppersSpa Salon/Devon

745 West Lancaster Avenue,  
Wayne, 19087  
610-989-9660

15% discount on a massage or facial (excluding Classic and Express facial and Swedish massage). Offer valid Monday through Thursday.

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

## Say Goodbye to Cigarettes

Smoking shortens the average smoker's life by 12 years. But by quitting, smokers may regain years that they would have missed.

Smoking is a complex addiction. According to Rose Tucci, Main Line Health Tobacco Educator, "Not only are smokers physically addicted to nicotine, but they also may be addicted to smoking as a behavior. It becomes automatic to light up when talking on the phone or having coffee. That's why many smokers need help quitting."

What does work? Studies show that these are the most effective treatments, and that using them in combination offers the best chance of success.

- ▶ Behavioral counseling gives support to smokers, usually through group meetings. These help with the psychological part of quitting—for example, how to change smoking behaviors into nonsmoking ones.
- ▶ Nicotine replacement therapy (NRT) helps ease physical with-

drawal symptoms by weaning a smoker off nicotine. There are five types of NRT: over-the-counter lozenges, gum, and skin patches, and prescription nasal spray and inhalers.

- ▶ The prescription antidepressant bupropion also can lessen craving and withdrawal symptoms.

Keep that New Year's resolution—attend Main Line Health's free smoking cessation program. Look for the details on page 8. ✦



# WHS Event Calendar

Registration is required for all programs.  
To register, call toll free **1-888-876-8764**.

## Varicose Vein Screening

Bryn Mawr Hospital offers a minimally invasive procedure that treats varicose veins with little or no pain. Patients walk away from the procedure and are back to everyday activities typically within a day. Attend our FREE screening to find out if this procedure is right for you.

**Tuesday, March 7, 5 to 7 p.m.**  
**Bryn Mawr Hospital, Conference Room F**

## Uterine Fibroid Embolization

Control your fibroids—without surgery? Gone are the heavy periods lasting weeks . . . the frequent bathroom trips . . . the bloating, pain, and fatigue . . . all thanks to a procedure called uterine fibroid embolization (UFE). UFE is a minimally invasive procedure that is clinically proven to provide symptom relief without surgery. Please join us for a free lecture to learn more about this procedure.

**Wednesday, March 15, 6:30 p.m.**  
**Pennpacker Auditorium**

## Diabetes Alert Day at Lankenau Hospital

Join noted endocrinologist Claesa Levetan and diabetes educator Janet Wendle for a

continental breakfast, and learn about the steps you can take to live healthier and successfully manage diabetes.

**Tuesday, March 28, 9:30 a.m.**  
**Lankenau Hospital Auditorium**

## Free Smoking Cessation Class

Learn to stop smoking through this self-management program that addresses the physical and psychological addiction to smoking. Our trained professionals offer individualized needs assessment, a quit plan, and nicotine replacement. Call for upcoming class dates.

## Colorectal Cancer: Knowledge Is Your Best Defense

Did you know that early detection of colon cancer has a 95% cure rate? Join us for a presentation by Bryn Mawr Hospital surgeon Philip Pearson, MD, where he'll share important information on prevention, detection, and current treatments available for this highly curable disease. This program is co-sponsored by the American Cancer Society. A light dinner will be served.

**Tuesday, March 7, 6 to 8:30 p.m.**  
**Bryn Mawr Hospital, Warden Lobby**

## Happiest Baby Class

This new program teaches parents simple, effective, and fun techniques to quickly soothe their babies' cries and help them sleep a little longer. Call for upcoming Happiest Baby classes or other childbearing programs.

**More programs and events at**  
**[www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs)**



## Get a Free Heart Healthy Cookbook

Learn to reduce your family's risk for heart disease with a free copy of the Main Line Health Heart Center's *Recipe for Heart Healthy Living*\*. In addition to SmartHeart recipes, you'll discover important tips for keeping a SmartHeart kitchen, recommended nutritional guidelines, fitness tips for the family, and other important heart healthy information. Request yours today by calling **1-888-876-8764** or by visiting **[www.mainlinehealth.org/heart](http://www.mainlinehealth.org/heart)**.

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**Susan Wynne, MBA**  
VICE PRESIDENT OF MARKETING

**Sharon Register, RN, BSN**  
NURSE COUNSELOR

**Carol Finocchiaro**  
WHS PROGRAM COORDINATOR

**Frieda Schmidt**  
PUBLIC RELATIONS

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## Main Line Health

130 South Bryn Mawr Avenue  
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