

Bryn Mawr Hospital  
Lankenau Hospital  
Paoli Hospital

WINTER 2007

# Women's

## HEALTH SOURCE

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fabulous prizes.

Look inside! 

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**Sizzling foods, sultry moves, and sexy shoes... see page 8 for details!**

# WIN

## ONE OF FABULOUS PRIZES

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### **\$400 COZY CUISINES**

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*\*Appreciation is extended to Cozy Cuisines and Eileen Fisher for their generous prize donations.*

# REGISTERING IS FAST AND EASY! JUST GO TO:

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Let WHS be your trusted resource for health information.

Women's Health Source realizes how valuable your time is. So, trust us to share timely, reliable health and wellness information that you can use today and tomorrow.

Registering for our e-newsletter *Update* is fast and easy. Simply complete the online form, using the same information that appears on this publication's mailing label, and you'll begin receiving these enhanced Women's Health Source membership benefits:

- Monthly health and wellness *Update* on hot topics
- Advance notice of education programs and health screenings at Main Line Health
- Discounts and special offers on shopping, entertainment and more
- Exclusive email invitations to private events

Prize drawing will take place on January 31, 2007. Winners will be notified via email and names will be posted on the WHS website.

Please know that Women's Health Source respects your privacy and will not release your personal information to any other organizations. In addition, we're sensitive to the amount of email you receive, and we pledge not to overwhelm your inbox!

Membership on the medical staff of Main Line Hospitals does not constitute an employment or agency relationship.

You also may enter to win these prizes by printing your name, address, and daytime phone number on a 3x5 card and mailing it to Main Line Health, Women's Health Source, 130 S. Bryn Mawr Avenue, Bryn Mawr, PA, 19010.

*Women's*  
HEALTH SOURCE

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Main Line Health

# Add Colorectal Cancer Screenings to Your Calendar

# M

any women get their Pap tests and mammograms right on schedule. But when it comes to colorectal cancer, women aren't quite as diligent, according to a recent study in the journal *Cancer*. Just over half of adults between ages 55 and 70 had undergone the colorectal cancer screening recommended for adults age 50 and older. And women were less likely than men to have been screened.

Men are likelier than women to get colorectal cancer after age 50, when the disease is most common. But colorectal cancer is hardly a man's disease. Women and men younger than age 50 face an equal risk, says the National Cancer Institute.

According to Robert Noone, MD, Lankenau colorectal surgeon, regular screening can be lifesaving in two ways. "First, screening can help detect the disease at an earlier, more treatable stage,"

he explains. "Second, screening may reveal lesions called polyps. While colorectal polyps usually are not cancerous, most colorectal cancers do begin in polyps. Removing these polyps should prevent cancer from forming."

There are more methods to screen for colorectal cancer than for any other cancer. Dr. Noone recommends discussing these options with your doctor:

- ▶ **Colonoscopy every 10 years.** A doctor inspects the colon and rectum using a flexible, lighted tube. Tissue samples can be examined, and polyps can be removed.
- ▶ **Flexible sigmoidoscopy every five years.** A doctor inspects the walls of the rectum and part of the colon using a flexible, lighted tube. This test should be combined with a barium enema or fecal occult blood testing for best results.
- ▶ **Double-contrast barium enema every five years.** X-ray pictures of the colon and rectum are taken after barium and air are injected into the lower bowel.

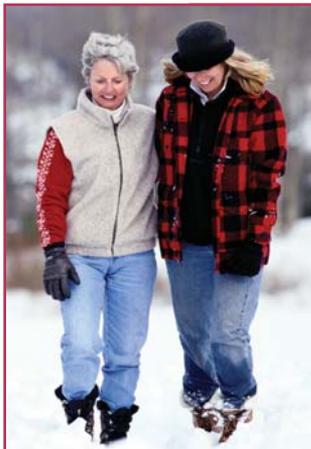


- ▶ **Fecal occult blood testing once a year.** A laboratory checks for hidden blood in three stool samples. ❖

In one recent study published in the *New England Journal of Medicine*, colonoscopy was even likelier than flexible sigmoidoscopy to diagnose colorectal cancer in women who had no symptoms.

## Do you need a screening?

If you have questions about colorectal cancer screening or would like a referral to a physician, visit us online at [www.mainlinehealth.org](http://www.mainlinehealth.org) or call 1-866-CALL-MLH.



## FINDING

### Exercise and Your Brain

Experts think that exercise may release chemicals in the brain, such as serotonin, that affect mood. It also may help the brain release natural painkillers—called endorphins—in your body. Some researchers think these endorphins might induce a painless euphoria, resulting in the “runner’s high” that intense exercisers sometimes get.

Your comprehension also may improve if you exercise. In one study of older adults, walkers had improved cognitive skills, compared with people who stretched but didn’t walk. For example, walkers switched between tasks faster after exercising than those who only stretched.

# Just a Passing Cramp? Or Carpal Tunnel Syndrome?

**C**arpal tunnel syndrome (CTS) is a painful condition caused by compression of a key nerve in the wrist. Symptoms of CTS usually start gradually, with pain and numbness that start in the hand and wrist and radiate up the arm.

According to Jack Abboudi, MD, Bryn Mawr Hospital orthopedic surgeon, "CTS is a result of pressure on the median nerve that runs through a narrow passage from your forearm into your hand." This passage tends to be smaller in women than it is in men. This may be one reason why three times as many women as men develop CTS.

In addition to numbness, CTS also may weaken your hand or send a sharp pain shooting up your arm. These symptoms often first appear at night, but eventually can occur during the day, too.

Pinching or gripping with a bent wrist boosts the risk for CTS. Women who work in jobs involving repetitive hand movements may be at higher risk for CTS, according to some studies. But CTS also can result from retaining fluid during pregnancy or menopause. Other possible causes of CTS include wrist sprains or fractures, rheumatoid arthritis, thyroid problems, and diabetes.

Seeking treatment for CTS can help prevent permanent nerve damage. "Initial treatment typically involves resting your wrist in a splint," said



Dr. Abboudi. "Keeping the wrist still helps prevent further damage from twisting or bending."

If rest doesn't help, you may benefit from corticosteroids injected directly into your wrist. If symptoms come back or last for six months or more, carpal tunnel release surgery may be your best option. In this common outpatient surgery, done under local anesthesia, a surgeon cuts the band of tissue around the wrist to reduce nerve pressure. Most patients with CTS recover completely when they undergo the appropriate treatment. ❖

## \* Do you have numbness in your hand and wrist?

To make an appointment with an orthopedic physician specializing in hand and wrist conditions, call **1-866-CALL-MLH**.

## Hospital Updates

### Bryn Mawr Hospital

Construction of the new Bryn Mawr Hospital Health Center in Newtown Square, PA, is progressing at a rapid pace. The exterior walls of the spacious, beautiful brick building now can be seen at the Ellis Preserve on Rt. 3 (West Chester Pike), just west of Rt. 252. Opening in July 2007, the health center will offer you and your family a wide variety of outpatient services, the latest technology, and specialty and primary care physician services, all at a convenient location with ample free parking.

### Lankenau Hospital

For the second year in a row, Lankenau Hospital has been named one of the nation's 100 Top Hospitals for Cardiovascular Care by Solucient, an information products company serving the health care industry. The annual award objectively measures performance on key criteria at the nation's top performing acute-care hospitals. Some of the areas measured include mortality, complications, core measures score, volume, length of stay, and cost.

### Paoli Hospital

Paoli Hospital's new parking garage is scheduled to open mid-February 2007! The garage will house more than 700 cars and provide convenient access to the hospital and medical office buildings. Then, this spring, construction of a new four-story patient-care building begins. It will house a new emergency department more than twice the size of the current ED and a new surgical department including 14 operating rooms, ambulatory surgery beds, a critical care area, and private inpatient beds for adult acute care. Details are at [www.mainlinehealth.org/paoliexpansion](http://www.mainlinehealth.org/paoliexpansion).

## Pep Up Your Meals—And Health—With Olive Oil



Do you often cook with olive oil? If not, you may want to branch out from your usual cooking habits and do so.

Several studies suggest that this monounsaturated fat can help lower LDL—or "bad"—cholesterol levels and boost HDL—or "good"—cholesterol levels. Olive oil may even reduce blood pressure.

You can use olive oil to sauté meats and vegeta-

bles in place of butter or margarine. Or make a citrus vinaigrette to dress a tossed salad. Use one part olive oil, one part vinegar, and one part orange juice.

Whether you choose a light, virgin, or extra-virgin olive oil is up to you. They all contain the same amount of fat and nutrients. The main difference among olive oils is their acid content, which affects flavor. Extra-virgin varieties are the lowest in acid and have the strongest flavor and aroma. Light olive oils have more acid and a subtler flavor.

# Is the HPV Vaccine Right for Your Daughter?



**T**he good news: The FDA has approved a vaccine to protect against cervical cancer. The tough part: How do you decide if the vaccine is right for your daughter?

Gardasil® is a new vaccine that helps prevent the human papillomavirus (HPV)—the leading cause of cervical cancer. The vaccine is approved for females ages 9 to 26. However, it is recommended for girls age 11 or 12. Because HPV is spread through sexual activity, girls should receive the vaccine before they become sexually active.

“When parents are deciding whether this vaccine is right for their daughter, I tell them to look at it as a cancer-preventive vaccine,” says Rachel Totoro, MD, pediatrician, Paoli Hospital. The vaccine is given in a series of three shots over six months. Its long-term effectiveness currently is unknown, and boosters may be necessary.

Almost all women will get an HPV infection at some point in their lives, but not all women will develop cervical cancer. Gardasil® protects women from the two types of HPV that cause 70% of

all cervical cancers. “Cervical cancer is now the second most common cancer in women, with almost 10,000 women in the United States diagnosed with it each year,” says Radhi Kakarla, MD, OB/GYN, Paoli Hospital.

Despite the availability of the vaccine, women still need to be screened for cervical cancer.

“Women should receive a yearly examination from their doctor,” says Dr. Kakarla. “This includes annual Pap smears until age 30.”

In addition to the Pap smear, women older than 30 also should be tested for HPV. If both the HPV and Pap screens are normal, these tests should be repeated in three years. An annual examination is still recommended to screen for other health issues. ❖

## Visit our website for a free brochure

Learn more about the new cervical cancer vaccine. Log on to [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs) and register to receive a free brochure on talking to your daughter about HPV.

## Talking to Your Kids About Sex

Have you talked to your child about sex yet? Are you unsure about when you should?

According to Jared P. Caruso, MD, pediatrician at Bryn Mawr Hospital, “It’s time to have that talk when you feel your child is mature enough to handle the information. Parents are usually the best judge of when their children are ready.”

One sure way to tell if children are ready is if they start asking questions, such as where babies

come from. When they ask, don’t be afraid to engage in the conversation. If they don’t get answers from you, they’re likely to seek them elsewhere. Here are some tips to get the conversation started and keep it going:

- ▶ Take advantage of teachable moments, such as a pregnancy or a news story.
- ▶ Use language your child can understand. Give definitions for unfamiliar terms, and use proper

names for body parts.

- ▶ Offer books, which give children the chance to explore information without embarrassment.
- ▶ Share your values and concerns. Many parents worry that talking about sex means giving children permission to have sex. But that’s not the case. When you give your children accurate information coupled with your values, they’re better equipped to make decisions.

# Winter: Heart Attack Season?

Winter is upon us, so it must be cold and flu season again. Winter is also heart attack season—but for different reasons than you may think.

From New York to Hawaii, more heart attacks occur during winter than at any other time of year. Why? Researchers aren't sure. They do know it's not necessarily because of cold weather. Other causes may include the following:

▶ **Flu and other infections.** These are more common in winter—even in tropical climates. In one study, researchers found that a person's risk of heart attack was temporarily tripled in the 10 days following an acute respiratory tract infection.

▶ **Snow.** Researchers in Minnesota found that the amount of snow—and possibly the physical stress of shoveling it—was more closely linked to heart attack deaths than was temperature.

▶ **The holiday season.** In a study of deaths in Los Angeles County, the highest number of heart attacks occurred around January 1. The emotional stresses of the holidays, coupled with people's tendency to overindulge in food and alcohol, may be factors.

To reduce your risk, experts suggest the following:

▶ **Maintain heart-healthy habits.** A low-fat diet, regular exercise, and not smoking are the keys to good health year-round.

▶ **Ask your doctor about the flu shot.** The flu can be life-threatening. Adults age 50 and older and patients with heart disease or other chronic illnesses are especially at risk. In a study of heart attack patients, those who received a flu shot lowered their risk of a second attack by 67%.

▶ **Be careful outdoors.** If you have heart disease or high blood pressure, check with your doctor before shoveling snow or engaging in outdoor physical activities.

▶ **Know the heart attack warning signs.** According to Svetlana Nikitina, MD, PhD, Bryn Mawr Hospital cardiologist, "The warning signs may include chest pain as well as shoulder, neck, or arm pain; dizziness, fainting, sweating, or nausea; or shortness of breath. If you think you're having a heart attack, seek medical help immediately. Don't wait." ❖

## Benefit Update

### Great Harvest Bread Company

128 East Lancaster Ave., Wayne,  
610-975-0200

Buy any loaf and get one loaf of honey whole-wheat free.  
(not valid with any other offer)

### Margaret Kuo's Mandarin

190 Lancaster Ave., Malvern,  
610-647-5488

10% off meal bill  
(excludes special offers and alcohol)

### Margaret Kuo's Wayne

175 E. Lancaster Ave., Wayne,  
610-688-7200

10% off meal bill  
(excludes special offers and alcohol)

### Cozy Cuisines

#### Personal Chef Service

Receive 10% off your next order. Visit [www.cozycuisines.com](http://www.cozycuisines.com) to choose a meal plan and your menu selections. To set up your next cooking day, call us at **215-774-1179** or e-mail [info@cozycuisines.com](mailto:info@cozycuisines.com).

Remember to show your WHS membership card when taking advantage of these special offers. For a complete listing of participating merchants, visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

**Are you receiving two copies of this publication?**  
Please let us know by e-mailing [whs@mlhs.org](mailto:whs@mlhs.org) or calling **1-888-876-8764**.

## Having a Baby? Discover CarePages!

If you're having a baby at a Main Line Health hospital, be sure to add CarePages to your to-do list!

CarePages are free, private, personalized Web pages offered by Main Line Health to help you connect with loved ones while you're in the hospital or under medical care. Creating a CarePage will help you:

- ▶ announce your pregnancy and baby's birth
- ▶ receive support from friends and family around the world
- ▶ update everyone about your progress without repeated phone calls

▶ share photos—including ultrasound images!

CarePages can be set up from any computer in minutes. Just follow these three easy steps:

- 1 Go to [www.mainlinehealth.org/carepages](http://www.mainlinehealth.org/carepages).
- 2 Click on the "Create a CarePage" link.
- 3 Register, and follow a few simple steps to complete your CarePage.

CarePages also are ideal for anyone planning a surgery, recovering from surgery, or getting continuous medical care at one of our hospitals.





## If You're Considering Plastic Surgery

**P**lastic and reconstructive surgeries are more popular than ever. Some of the most common are breast augmentation/enhancement, nose reshaping, tummy tucks, eyelid surgery, and liposculpture.

Doctors who perform these procedures can improve the outward signs of aging and enhance or restore features. Many also use their skills to correct birth defects and reconstruct people after cancer surgery.

### SELECTING A SURGEON

According to Larry Jonas, MD, Main Line Health Chief of Plastic Surgery and Lankenau surgeon, it's good to get a little background information first. "Any licensed physician can say he or she is a cosmetic surgeon or board certified, so it's important to find one who has the proper training and experience. A good first step is determining if the doctor is certified by an AMA accredited surgical board, such as the American Board of Plastic Surgery. This means the doctor has met guidelines for training and clinical experience."

To find out if a doctor is board certified by the American Board of Plastic Surgery, ask him or her. Then check the American Board of Medical Specialties online at [www.abms.org](http://www.abms.org).

Thinking about cosmetic surgery? Visit us online at [www.mainlinehealth.org](http://www.mainlinehealth.org) to learn more. For a physician referral, call 1-866-CALL MLH.

### QUESTIONS TO ASK YOUR DOCTOR

- ▶ How many procedures of the type I'm considering have you performed?
- ▶ Am I a good candidate? Will I need more than one procedure?
- ▶ What kind of results can I expect?
- ▶ What are the possible risks of the operation? These might include infection or blood clots.
- ▶ Is your facility accredited by a program that demands a high quality of patient care in health care facilities?
- ▶ What will the procedure cost? You may want to compare fees, since insurance usually doesn't cover elective procedures like plastic surgery.
- ▶ How long will it take to recover? ❖

## Can You Prevent Arthritis?

Arthritis is one of the most prevalent health problems affecting Americans today. But according to Lankenau Hospital orthopedic surgeon Carl Deirmengian, MD, there are ways to lower your risk. "Heredity and age do influence whether people will

develop osteoarthritis. But healthy lifestyle choices may help prevent the disease."

Osteoarthritis involves the wearing away of cartilage that protects bones. To protect joints, try these strategies:

▶ **Lose excess weight.** In one study, overweight women

who lost extra pounds significantly reduced their risk.

▶ **Exercise regularly.** This helps keep bones, joints, and muscles healthy. Swimming and walking are two especially joint-friendly exercises.

▶ **Weight train to strengthen muscles.** Researchers

found that older people with weak quadriceps, or front thigh muscles, were more likely to have osteoarthritis of the knee. Even a small increase in quadricep strength was found to lower the risk of osteoarthritis by 20 to 30%. ❖

# What You Need to Know About Prediabetes

**D**iabetes can hit without warning, and a lot of people don't even know they're at risk for this serious disease. That's why it's important to detect it in its earliest stages.

In the journal *Diabetes Care*, an expert committee with the American Diabetes Association (ADA) recently reported that about 40% of adults ages 40 to 74 suffer from a condition called prediabetes. They are at risk for developing type 2 diabetes. This number is twice as large as previously thought.

Some symptoms of diabetes are frequent urination, dry skin, extreme hunger or thirst, and unexplained weight loss.

"Your doctor will order a few tests to determine if you are prediabetic," says Janet Wendle, RN, Director of the Diabetes Management Program, Main Line Health. "The tests will track blood sugar levels in your system and measure whether they climb higher than normal."

The ADA has found that many people with prediabetes develop diabetes within 10 years, but there is a bright side. People with prediabetes have the power to delay—or even prevent—diabetes by taking steps to lower their glucose levels.

"There needs to be a more comprehensive approach to this diagnosis, encouraging nutrition and physical activity," says Wendle.

If you have prediabetes and you're carrying



around excess pounds, losing just 5 to 10% of your body weight can delay or prevent the onset of diabetes, say studies. You can do this by eating a healthy diet and exercising moderately—such as walking briskly—just 30 minutes a day. In fact, in a study conducted by the National Institutes of Diabetes and Digestive and Kidney Diseases, researchers found that these simple lifestyle changes delayed the development of diabetes by 58% in people with prediabetes. ❖

## Paoli Hospital and ACAC Team Up to Fight Diabetes

Paoli Hospital's Diabetes Management Program is now available at ACAC Fitness & Wellness Center in West Chester. ACAC offers an exercise program for people with diabetes. It includes supervised small-group exercise sessions three times a week, nutrition support, and blood sugar, blood pressure, and heart rate monitoring. Preregistration is required to participate. Call 610-431-7000 to register for the ACAC diabetes exercise program. Call 866-CALL-MLH to register for the Diabetes Management Program.

The Diabetes Management Program at Bryn Mawr, Lankenau, and Paoli Hospitals helps countless individuals with diabetes live healthy, active, productive lives. You'll find more information at [www.mainlinehealth.org](http://www.mainlinehealth.org).

## Why You Should Chart Your Family's Health History

The risks for certain medical disorders, such as heart disease and some cancers, can be passed down from generation to generation. Drawing up a family medical tree can help you discover what runs in your family. And it can help you and your doctor in making health care decisions.

Begin by gathering basic facts about your

family's health history. Include grandparents, parents, siblings, and children. Information on cousins, aunts, and uncles also may reveal patterns.

Next, arrange the information into a chart. Start with your grandparents at the top. Each entry should include:

▶ date of birth

- ▶ diseases or conditions and age at onset
- ▶ age and cause of death, if deceased.

Ask your doctor to review your chart. You may be able to decrease—or increase— inherited risks through lifestyle choices such as being active and not smoking.

Visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs) to learn about our Cancer Risk Assessment Program.



Registration is required for most programs.  
To register, call toll free **1-888-876-8764**.  
For additional information on these and other programs,  
visit [www.mainlinehealth.org/whs](http://www.mainlinehealth.org/whs).

## Hot, Hot, Hot— Women's Health from Dance to Romance!



Ladies, mark your calendar for a hot evening of sizzling foods, sultry moves, and sexy shoes, all in the name of your good health! The evening's festivities include:

- **Cardio-salsa**, the latest hot dance workout demos

- **Cooking demos** with celebrity chef Maria Liberatti
- **Wellness workshops:**
  - "From High Heels to Sneakers": Orthopedic surgeon Joseph Eremus, MD, will share best bets for sexy shoe wear and speak about female foot conditions
  - "Keeping Your Heart Healthy, from Dance to Romance": Featuring cardiologist Svetlana Nikitina, MD, PhD

**Thursday, March 8,  
6 to 9 p.m.**

Ellis Athletic Center, 3819 West Chester Pike,  
Newtown Square, at the Ellis Preserve—  
future home of Bryn Mawr Hospital Health Center  
Fee: \$15; WHS members: \$10 • Light dinner included • Free parking

*Sponsored by Bryn Mawr Hospital*

### Cardiac Risk Screening

**FREE!**

Celebrate Heart Month with Paoli Hospital by participating in our FREE two-step cardiovascular screening program to learn your risk for cardiovascular disease.

**Step 1:** Comprehensive full lipid panel blood screening offered during the first two weeks of February at the Main Line Health Center in Exton.

**Step 2:** Attend a community education lecture, featuring a Paoli Hospital cardiologist, where you'll receive a copy of your screening test results and learn about the risks of cardiovascular disease.

For details, visit us online at [www.mainlinehealth.org/ph](http://www.mainlinehealth.org/ph).  
Registration is required for both the screening and the lecture.  
Call **1-866-CALL-MLH**.

### Knee or Hip Pain?

Attend a FREE one-hour seminar sponsored by the nationally respected Orthopedic Centers of Bryn Mawr, Lankenau, and Paoli Hospitals to learn what you can do about joint pain.  
Call **1-866-CALL-MLH** for upcoming classes.

### A Heartfelt Valentine's Wish from the Main Line Health Heart Center

Women today are so busy taking care of others that we often forget to take care of ourselves. The experts at the Main Line Health Heart Center want you to pay special attention to your heart during the month of February. Visit us online at [www.mainlinehealth.org/womenandheart](http://www.mainlinehealth.org/womenandheart) and learn how our cardiac specialists treat women with the care they deserve. Download heart-healthy recipes, get a list of questions to ask your doctor at your next checkup, and learn the unique symptoms women experience during a heart attack.



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