

Women's Health Source

FALL 2008

BRYN MAWR HOSPITAL ✿ LANKENAU HOSPITAL ✿ PAOLI HOSPITAL ✿ RIDDLE MEMORIAL HOSPITAL

A Common Heart Condition Now Has an Easier Repair

Are You Exercising
Enough?

Find Our Events
Calendar on
Pages 6-7

WHS Welcomes
Riddle Memorial
Hospital



A Common Heart Condition Now Has an Easier Repair

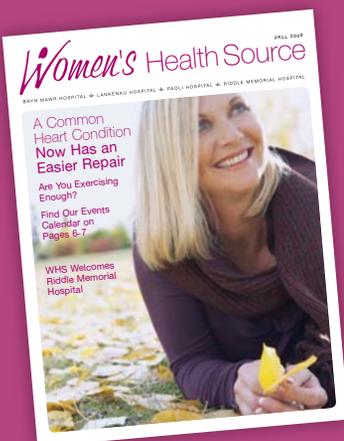
Greetings from WHS!

We're especially delighted to share this issue of *Women's Health Source* with you. The front cover has a fresh new look, and be sure to take a peek inside for more exciting changes.

First off, we'd like to warmly welcome our newest member to Main Line Health, Riddle Memorial Hospital. Many of our WHS members already appreciate Riddle's medical expertise, and now we're pleased to present their services to the rest of our community.

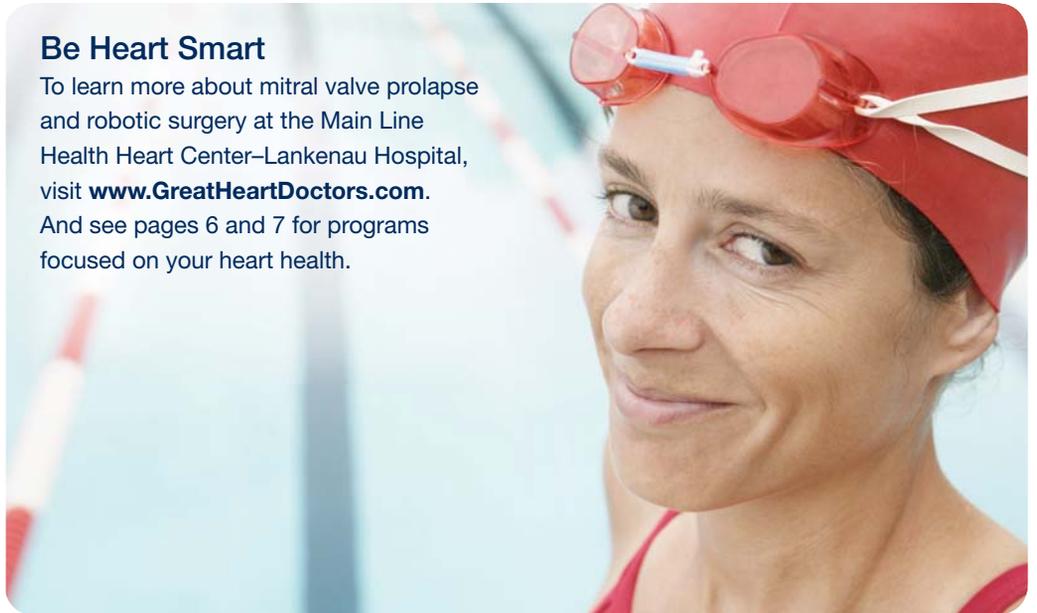
We always enjoy hearing your opinions. Through your responses to surveys and program evaluations, we've listened to what you had to say. In response, we've expanded the magazine to provide more timely health and wellness articles. We've doubled the space for the calendar of events and classes. And we're now offering coupons for special discounts provided by our preferred merchants.

We hope you find this new format more engaging and enlightening. Of course, we'd love to hear your thoughts! Drop us a line at whs@mlhs.org or call us at 1-888-876-8764.



Be Heart Smart

To learn more about mitral valve prolapse and robotic surgery at the Main Line Health Heart Center–Lankenau Hospital, visit www.GreatHeartDoctors.com. And see pages 6 and 7 for programs focused on your heart health.



It's a common condition that affects up to five percent of Americans, but you may not have heard of it. Mitral valve prolapse (MVP) involves the most complicated valve in your heart—and one that plays a key role in how your heart functions.

Keeping the Blood Flowing

The mitral valve consists of two flaps located on the left side of the heart, between the upper and lower chambers. These flaps regulate blood flow between the chambers, allowing blood to exit the heart and supply the body.

“When a person has MVP, the structures that support the valve can lengthen, causing the flaps to close improperly,” says Scott Goldman, MD, Chairman, Department of Surgery, Main Line Health. “The blood then flows backward.”

MVP can damage the heart or lead to heart failure. But many people with MVP have no symptoms. Others develop chest pain, fatigue, shortness of breath, irregular heartbeat, or palpitations. Talk with your doctor if you're experiencing any of these. According to Dr. Goldman, a routine evaluation of the mitral valve should be done by your primary care doctor, who may detect the condition as “clicking” sounds through a stethoscope. MVP can be diagnosed through an ultrasound of the heart, known as an echocardiogram.

Repair, Not Replace

In the past, faulty mitral valves were replaced with artificial valves. This required patients to take blood thinners for the rest of their lives and significantly change their lifestyles.

Now, leading-edge surgeons across the country, including those at the Main Line Health Heart Center–Lankenau Hospital, use robotic technology to repair the heart valve instead of replacing it. “Making a small incision [1.5 inches] under the right breast, instead of the traditional long chest approach, gives a direct view of the valve. We then shorten the elongated structure and support the valve with a ring,” says Dr. Goldman, one of the first surgeons in the area to perform this procedure.

The result of these advanced techniques? Patients return to their normal activities more quickly. They experience immediate and long-lasting pain relief with very little impact on lifestyle. Another plus: The benefits of a repair last longer than those of a replacement. ●

Arthritis Isn't Just a Concern for Older Adults

According to the Centers for Disease Control and Prevention, more than one in five adults has arthritis. Nearly two-thirds of those diagnosed with arthritis are younger than age 65. Clearly, arthritis is not limited to older adults. But luckily, there are steps you can take to protect your joints so that arthritis won't slow you down.

What Is Arthritis?

Arthritis describes any disease that involves inflammation of the joints. Osteoarthritis, the most common type of arthritis, is less often associated with inflammation than with degeneration of a joint. It typically affects the hands, knees, and hips. Symptoms include joint pain, stiffness, swelling, and limited movement of the joint.

Several risks for arthritis include:

- **Too much stress on a joint.** Some jobs and high-impact sports can be risk factors for arthritis.
- **An injury to a joint.** Because arthritis often involves the breakdown of cartilage and bone, joints damaged by injury are often later affected by arthritis. "Arthritis of the hand and fingers is very common due to the cumulative stress of repetitive activities and injury," says Charles Odgers, MD, orthopedic surgeon at Paoli Hospital.
- **Excess weight.** "Hips and especially knees are affected

by excess weight because of the stress of weight-bearing activity," says Dr. Odgers.

Protect Your Joints

To prevent arthritis:

- **Maintain a healthy weight.** "Body weight plays a significant role in the deterioration of the knee as well as the lumbar spine," explains Michael Maggitti, MD, orthopedic surgeon at Paoli Hospital. If you need to lose weight, eat a variety of healthy foods and engage in regular exercise.
- **Show your joints some**

TLC. "Activity modification is the simplest form of reducing stresses across arthritic joints while allowing for continued physical activity," says Dr. Maggitti. "Walking rather than jogging, biking rather than running, and swimming rather than impact aerobics are reasonable alternatives to maintain aerobic conditioning and minimize the impact on arthritic weight-bearing joints."

- **Protect joints from injury.** Wear protective gear and avoid repetitive motions. ●

Jingle All the Way!

Paoli Hospital is a sponsor of the Arthritis Foundation's Jingle Bell Run/Walk. See page 7 to learn how you can participate.



Setting Limits Keeps Your Teens Safe Behind the Wheel

Each year, car crashes kill 5,500 young people, mostly boys. Fortunately, there's a lot that parents can do to raise good drivers—and avoid deadly accidents:

- **Control your teen's access to the car.**
- **Limit or prohibit young drivers from driving unsupervised with friends.**
- **Teach kids to focus on the road while they are driving.** They shouldn't talk on the phone or eat.
- **Set penalties for breaking the rules,** such as no driving for a few weeks.

Did You Know? Bryn Mawr, Lankenau, and Paoli Hospitals offer FREE hip and joint pain seminars. Call 1-866-CALL-MLH for dates, times, and locations.



The Latest Treatments

To learn strategies for preventing prostate cancer, visit us online at www.mainlinehealth.org/whs.

Radiation “Seeds” Shrink Early Prostate Cancer

For many men with early prostate cancer, an innovative therapy available at Main Line Health offers a proven alternative to surgery or traditional radiation. In this treatment, tiny radioactive seeds are implanted in a prostate tumor to shrink it within several months.

Called brachytherapy, this treatment is as effective as surgery or external beam radiation for Stage II prostate cancer. Yet it offers benefits over both, says Erik Assarsson, MD, a Bryn Mawr Hospital board-certified radiation oncologist.

“Unlike surgery, brachytherapy is not invasive,” says Dr. Assarsson, who has used seeds to treat patients for 15 years. “No incisions are needed. Instead, we

implant 60 to 70 tiny seeds—which look like metallic grains of rice—in the prostate using needles. The patient can go home the next day.”

Brachytherapy is also more convenient than external beam radiation, which typically requires five treatments a week for eight weeks. “For men who work or have busy schedules, a one-time visit to the hospital for brachytherapy can be a major advantage over traditional radiation.”

Brachytherapy can be combined with other cancer treatments, such as radiation or hormone therapy, Dr. Assarsson says. The risk for side effects from seed implants is similar to that of surgery and traditional radiation. ●

The Link Between Chronic Bronchitis and Smoking

About 50 percent of smokers develop chronic bronchitis, a nagging, wet cough that lasts at least three months and returns at least two years in a row.

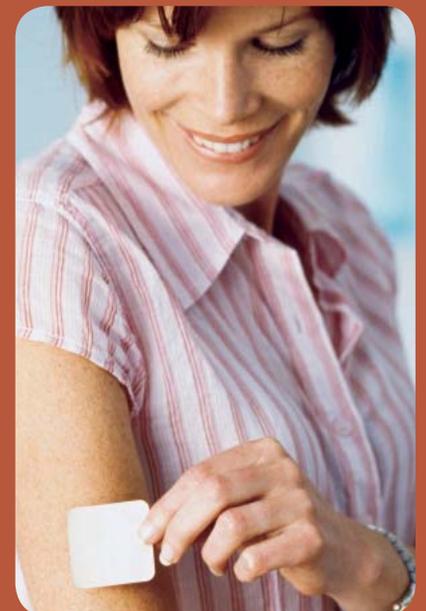
If you smoke, quitting is the best way to prevent and treat chronic bronchitis. Although it's best to quit smoking as early as possible, stopping later in life—even at age 65—can spare your lungs and your life.

Consider the following strategies:

- Set a quit date.
- Consider over-the-counter nicotine gum and patches. Nicotine spray and inhalers are available with a prescription.
- Ask your doctor, friends, and family for support. Consider a quit-smoking program.
- Find activities that make it tough to puff, such as walking. Walking 20 minutes twice daily keeps you busy and can help you breathe better.

Ready to Quit?

Main Line Health offers **FREE** smoking-cessation classes at numerous convenient locations. Call **1-866-CALL-MLH** today!



q&a You Don't Have to **Stress Out** Over **Stress Incontinence**

A fit of laughter, a sneeze or cough, heavy lifting, exercise—if they cause you to leak a bit of urine, you could have stress incontinence. The good news is that this common and potentially embarrassing condition is often successfully treated.

Q. What causes stress incontinence?

A. One cause is the weakening in the tissues and pelvic muscles that support the bladder and urethra. Childbirth tends to weaken these structures; however, even women who do not experience childbirth or pregnancy can develop stress incontinence. The condition is common in younger and middle-aged women, but it can affect women at any age. Matthew Fagan, MD, urogynecologist at Paoli Hospital, explains, "New research indicates that some women may inherit a predisposition to stress incontinence and other pelvic floor disorders."

Q. What can women do to help the condition?

A. Special exercises—called both Kegel and pelvic floor muscle exercises—can

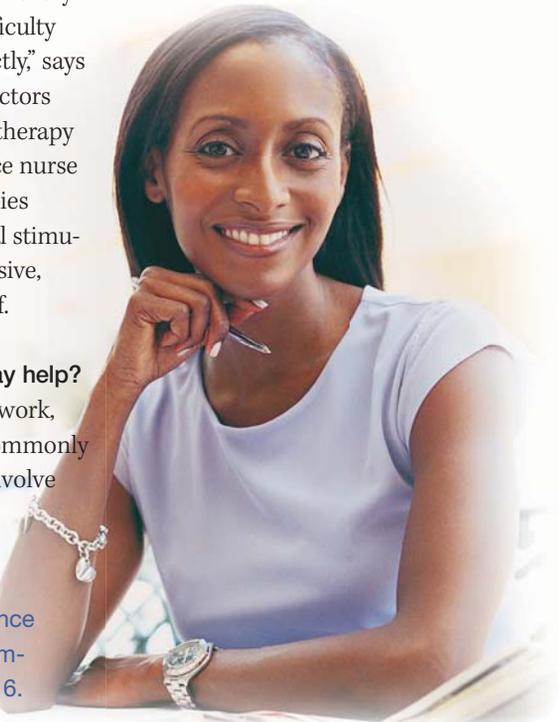
help control the problem. Health experts recommend exercising these muscles for about five minutes three or four times a day. Learning to contract pelvic floor muscles before and during a cough, sneeze, or activities that cause urine loss also can help prevent leaking.

However, this may not work for everyone. "Some women may have difficulty performing these exercises correctly," says Dr. Fagan. "In these situations, doctors may prescribe pelvic floor physiotherapy by a specially trained incontinence nurse or physical therapist." New therapies include biofeedback and electrical stimulation. These options are noninvasive, painless methods to provide relief.

Q. Is there anything else that may help?

A. If noninvasive therapies don't work, surgery is an option. The most commonly performed surgical procedures involve

providing additional support to the urethra, the canal that carries urine from the bladder. These operations are commonly called "bladder slings" and are extremely effective. Other treatment options include injections to narrow the urethra. ●



Help Is Here

Learn about managing incontinence at our program "Solutions to Women's Sensitive Issues." See page 6.



Do's and Don'ts of Bathing Your Newborn

Your baby needs tender, loving care, especially at bath time. To give your little one a pampering bath:

Do...

- Use a bathinette or a small plastic tub lined with a towel. Fill it with 2 inches of warm water.
- Ease your baby into the tub feet first. Keep one of your hands under her head for support.

■ Use a soft washcloth and mild baby soap. Lather your baby up for less than five minutes. Rinse well.

Don't...

- Over-bathe, or you may dry out your baby's skin. Two or three brief, gentle baths a week are fine for the first 12 months.
- Leave your baby unattended, even for a second.

whs calendar of events

hospital updates

BRYN MAWR HOSPITAL HEALTH CENTER

Recognized by *Philadelphia Magazine*

Philadelphia Magazine's 2008 Top Doctors issue named the Bryn Mawr Hospital Orthopedic Center and Wound Healing Center among the "... best places to go for expert treatment." The Orthopedic Center is widely recognized for its expert orthopedic care. Its physicians treat more than 4,000 patients each year. The Wound Healing Center offers innovative care in treating hard-to-heal wounds. For more information on these centers, please call **1-866-CALL-MLH** or visit **www.mainlinehealth.org/bmh**.

Main Line Health Imaging is pleased to announce the addition of MRI scans to Bryn Mawr Hospital Health Center. This new MRI scanner is four times faster than conventional MRI scanners, delivering high-resolution images of moving parts of the body. Call **610-526-2200** for more information.

LANKENAU HOSPITAL Campus Expansion Plan Approved

Lankenau Hospital recently approved a five-year facility master plan to upgrade and improve its campus. The plan calls for renovations to the nursing units and patient rooms that focus on improving the care, safety, and satisfaction of patients. This facelift will include resurfaced walls, new flooring and window treatments, and upgraded bathrooms. This fall, work will begin on a new 44-space parking lot adjacent to Parking Garage A and a 195-car lot by Garage E.

Girl Talk: A Woman's Wellness Series

It's crazy out there! If you're managing a job and/or a family, your time is golden. But the stress and strains on your life make it even more important to put your health first. Attend one or all of these FREE, open-forum sessions led by Paoli Hospital physicians and ACAC professionals.

ACAC Fitness and Wellness Center

1130 McDermott Drive, West
Chester

Girl Talk: The Rhythm of Your Life

Find solutions to sleepless nights and an aching body, and learn how to put your health first on the list.

Wednesday, October 15
6:30 p.m.

Girl Talk: How to Be a Heart-Healthy Woman

From how to prevent heart disease to how your heart beats and how to keep it strong, our panel of heart experts has the answers.

Wednesday, October 22
6:30 p.m.

Girl Talk: Solutions to Women's Sensitive Issues

Heavy and irregular periods, bladder problems, ovarian cysts—this forum will provide the straight talk every woman needs to hear.

Wednesday, October 29
6:30 p.m.



Women's Health Month

Join Riddle Memorial Hospital in celebrating their 14th annual Women's Health Month. A variety of seminars focusing on women's health issues will be featured throughout the month of October. For your special invitation, call 610-891-3560.

Women's HealthMart

Our favorite facet of Women's Health Month: A day exclusively dedicated to women's wellness featuring information tables, FREE health screenings, giveaways, and refreshments.

Tuesday, October 21
10 a.m. to 1 p.m.

Riddle Memorial Hospital,
Outpatient Pavilion

Our Cardiologist and You

Attend a unique, small group discussion program with a cardiologist. Come and discuss the heart health topics that matter most to you and your family.

Wednesdays, October 1, 8, and
15, 7 p.m.

Bryn Mawr Hospital Health Center
Route 3 just west of Route 252 in
Newtown Square
Limited seating available

A Change of Heart

It's a well-known fact that a woman's risk for heart disease increases dramatically after menopause. Learn the why's and how's of these changes from Riddle Hospital cardiologist Richard R. McCurdy, Jr., MD. Joining him will be Robert T. Bair, III, director of Fitness Services for Riddle, sharing the new fitness guidelines for mature adults and demonstrating easy exercises to get you started on a healthier lifestyle.

Wednesday, October 22

11 a.m. to 1 p.m.

Riddle Memorial Hospital,
Community Education Center
Fee includes lunch and parking:
\$10; \$5 for WHS members

Back and Spine Pain: Causes and Treatment Options

Jay Siegfried, MD, physiatrist; John J. Park, MD, pain management specialist; and Christian Fras, MD, orthopedic spine surgeon discuss a full range of treatment options for back pain, including physical therapy, medication, injections and other pain management options, and surgery.

Tuesday, October 7
6:30 to 8 p.m.

Lankenau Hospital



**post
&
save!**

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**.

The ABCs and D's of Breast Health

An intergenerational approach to breast health for women and girls 8 to 80

Get the latest information on your own breast health, discuss the factors that influence girls when they are developing, and learn how family history influences risk. Featured speakers include Marisa Weiss, MD, director of Breast Radiation at Lankenau Hospital; Jennifer Lane Sabol, MD, FACS, director of the Breast Care Center; and Rachael Brandt, MS, CGC, coordinator for the Cancer Risk Assessment and Genetics Program.

This event also includes a Women's Expo sponsored by the Wynnewood Business Association and workshops including Finance, Nutrition, and Bra-Fitting. Dr. Weiss will autograph copies of her recent book, *Taking Care of Your "Girls,"* throughout the evening.

Tuesday, October 14

4:30 to 7 p.m.: Women's Expo

7 to 8:30 p.m.: Breast Health

Presentation

Lankenau Hospital, Annenberg Center

Fee includes dinner and parking:

\$15; \$10 for WHS members

Each paid guest may invite a girl ages 8 to 18 for free.



Evening of Elegance

Our fourth annual Evening of Elegance is going to be the best one yet! This event will extend beyond the cosmetic department to include personal wardrobe consultations from design experts, professional advice for selecting the right foundation, tips for picking the shoe with the perfect fit, plus more activities to enhance your well-being. Makeovers, in-store discounts, refreshments, and our annual holiday fashion show will complete your evening. Your \$10 donation to benefit Women's Health Source will enter you in a raffle drawing of fabulous prizes courtesy of Lord & Taylor.

Friday, November 21, 5 to 9 p.m.

Lord & Taylor King of Prussia

Headache and Migraine Forum

Join Elliott A. Schulman, MD, FACP, specialist in headache management and general neurology, for an informal and interactive discussion on headaches and migraines, including possible causes and treatment options. Discussion topics include over-the-counter medications, hormones and migraines, impact of sleep and stress, and a range of remedies.

Thursday, November 6, 6:30 p.m.

Lankenau Hospital, Annenberg Center



Jingle Bell Run/Walk

The Jingle Bell Run/Walk is a fun and festive way to kick off your holidays by helping others! Run or walk a 5 km route with your team members and celebrate the season by giving.

Sunday, December 14

8 a.m. registration

General Wayne Elementary School
Paoli Hospital is a sponsor of this Arthritis Foundation event. Visit www.jbrphilly.kintera.org.

Annual Safe Halloween Event

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

hospital updates

PAOLI HOSPITAL

Robotic Technology for Minimally Invasive Surgery

Robotic-assisted minimally invasive surgery for prostate, cervical, and endometrial cancers is now offered at Paoli Hospital with the recent arrival of the da Vinci® Surgical System. The da Vinci allows surgeons to perform complex, minimally invasive surgery with much more precision than is possible with standard laparoscopic instruments.

The da Vinci delivers exceptional imaging and fine surgical maneuvers in delicate areas where it's vital not to damage nearby nerves that control bladder and sexual function. Patients experience less pain and less need for blood transfusions. They recover faster and return to normal activities sooner. Learn more at www.mainlinehealth.org/ph.

RIDDLE MEMORIAL HOSPITAL

Providing Lifesaving Care for Heart Attacks

Riddle Hospital recognizes that heart disease is the number one killer of women, as well as of men. When it comes to a heart attack, every minute that passes diminishes your chance of survival. To help save precious time, Riddle has equipped its ambulances with the Philips HeartStart MRx Monitor/Defibrillator with Q-CPR. It enables paramedics to begin lifesaving treatment and send vital information to the emergency department (ED) before the patient reaches the hospital. Using Bluetooth and Internet technology, paramedics transmit real-time ECG data to the ED. Interpretation of this data allows for the diagnosis of a wide range of heart conditions, which can vary from minor to life threatening, before the patient arrives at the hospital.



Mammograms: What to Expect, How to Prepare

Skipping regular mammograms after age 50 could double the risk of being diagnosed with late-stage breast cancer, says the *Journal of the National Cancer Institute*. But catching breast cancer early makes it easier to treat successfully.

Research shows that women ages 50 to 64 who get mammograms at least every two years are 30 to 40 percent less likely to die of breast cancer than those who don't get screened as often.

Who Needs a Screening?

The American Cancer Society recommends yearly mammograms for women ages 40 and older. The National Cancer Institute's guidelines call for screening every one to two years for women in this age group. However, women who face an increased breast cancer risk—those with a personal or family history of this cancer, for example—may need earlier or more frequent screening. Both organizations advise these women to discuss an appropriate screening schedule with their doctors.

Preparing for a Mammogram

Expect to undress above the waist; you will be given a gown or wrap to wear.



During the procedure, a special X-ray machine will push each breast between two panels before taking a picture. You will feel some pressure and perhaps discomfort. However, this X-ray lasts for only a few seconds. Usually, technicians take two pictures of each breast.

Take these steps before having a mammogram done:

- If you're still menstruating, have a mammogram taken the week after your period, when breasts generally are less tender.
- Don't wear lotion, powder, perfume, or deodorant under your arms or on your breasts the day of the exam. These products can cause shadows on the X-rays.
- Bring a list of places and dates of mammography, biopsies, or other breast-related procedures you've had before.

- Tell your doctor and X-ray technician if you are or might be pregnant. ●

Have a Breast Health Question?

Our breast health coordinators are a valuable resource. These dedicated specialists take pride in providing support and education for both cancerous and noncancerous conditions. To speak with a coordinator, call:
Bryn Mawr: Eileen Morgans, RN, BSN, **610-526-8744**
Lankenau: Cathy Scallon, RN, MSN, **610-645-6755**
Paoli: Laura Peters, RN, OCN, **610-648-1461**
Riddle: Lori Matson, RN, BSN, CCRP, **610-627-4480**

Five Ways to De-stress on the Job

Too much work and not enough control. These two factors often lead to job stress—whether you're a lawyer or an at-home parent. If this describes you, try these strategies:

- 1.** Negotiate a job description with your boss or partner. Discuss your workload. Then, spell out what is expected of you—and what you expect.
- 2.** Don't take on more than you can handle.

And don't be afraid to ask for help.

- 3.** Fix what you can about your work space that causes stress. Examples include lighting or noise levels.
- 4.** Breathe. Just 10 to 20 minutes of slow breathing can lower stress levels. Another method: Take a walk around the block.
- 5.** Visualize how you might successfully handle stressful situations, such as an angry customer or a stubborn toddler.



Are You Exercising Enough? Read the New Guidelines

Less than half of American adults get a healthy dose of exercise. If you're not sure what the right amount is, you're in luck. The American Heart Association and the American College of Sports Medicine have developed new, clearer guidelines on how much exercise you need to promote and maintain health.

What You Need to Stay Healthy

Research shows that regular exercise protects against heart disease, stroke, high blood pressure, obesity, bone loss, and some cancers. Based on these findings, Robert T. Bair, III, MS, CPT, CSCS, director of Fitness Services at Riddle Memorial Hospital, recommends healthy adults ages 18 to 65 should get:

- At least 30 minutes of moderate aerobic exercise, such as brisk walking, five days each week OR
- At least 20 minutes of vigorous aerobic exercise, such as jogging, three days

Need Help to Get Moving?

Main Line Health's medically based fitness program promotes health through exercise and education tailored to your stage of life. We offer personalized evaluations, individual training, monitoring of results, and communication with your physician. To learn more, call **610-891-3045** or **610-526-4357**.



each week

"Exercising even more provides greater health benefits," Bair says. "It's fine to combine vigorous and moderate exercises during the week. If you can't squeeze in all of your workout time at once, exercise sessions at least 10 minutes long can still count toward your goal."

The new guidelines also recommend strength exercises at least two nonconsecutive days each week. Try to do eight to 10 exercises that hit the major muscle groups. Go for eight to 12 repetitions if you're age 65 or younger, and 10 to 15 repetitions if you're older than 65.

Advice for Older Adults

Experts urge people older than age 65 to limit inactivity—common in older adults—and to increase moderate activities such as walking or dancing.

Bair agrees with the guidelines that suggest older adults perform flexibility exercises for at least 10 minutes, two days a week. In addition, it is recommended that balance exercises be performed to lower the risk of falls. ●

Finding: The Right Shoe for You

Whether you're an amateur or a pro, choosing the right running shoe helps you avoid injuries. Here are some tips:

- Try on shoes in the evening, when your feet are at their largest. And bring along a pair of running socks.
- Make sure there's a half-inch between the longest toe and the end of the toe box.
- Take a "test run" in the store.
- Replace shoes every six months or 600 miles.

Physician and Sportsmedicine



Cranberry Salsa

Cranberries aren't just for Thanksgiving dinner. Try this fresh salsa with chips or as a topping for vegetables or meat.

- 4 oz. 100% cranberry juice blend
- 1½ cups diced tomatoes
- 1 cup fresh cranberries, sliced thin*
- ¼ cup ripe medium avocado, diced
- ½ cup diced pineapple
- ½ cup thinly sliced scallions (including green tops)
- 2 tbsp. lemon juice
- ¼ cup finely chopped jalapeno peppers
- 2 cloves crushed garlic (about 1 tsp.)

Place juice into a saucepan. Boil for about 5 minutes until reduced to about 1 tablespoon of syrup. Place the reduced juice and all remaining ingredients into a medium bowl and stir until incorporated. Chill and serve immediately with favorite chips and vegetables.

*Fresh cranberries may be stored in your freezer for up to one year.

Preparation Time: 10 minutes
Number of Servings: 8

Each serving contains: Calories 35, total fat 1 g, saturated fat 0 g, cholesterol 0 mg, sodium 0 mg, total carbohydrate 8 g, dietary fiber 2 g, sugars 4 g, protein 1 g

Source: Centers for Disease Control and Prevention

Caring for Your Child's Concussion

When a cartoon character gets bonked over the head, twinkling stars encircle his skull and it gets a good laugh. But in real life, a hit on the head can lead to serious injury.

A concussion is a change in brain function resulting from a head injury. "People used to believe a significant concussion happened only if someone was knocked out," says Bradley J. Smith, MD, Bryn Mawr Hospital sports medicine specialist. "But we have since learned that many head injuries result in concussion, even if the person does not lose consciousness. And concussion—especially in a child—is a serious concern."

Mouth guards can lessen the risk for brain injury in case a child is hit in the jaw or chin.

Avoiding a head injury is the best way to prevent a concussion. Make sure your soccer players learn the right way to head a ball. Your football players should wear helmets and other appropriate gear. And for all sports, mouth guards can lessen the risk for brain injury in case a child is hit in the jaw or chin.

If there is an injury, says Dr. Smith, "parents should contact a hospital immediately if a child has lost consciousness for any amount of time. If you suspect



even a mild concussion, see your doctor."

Finally, Dr. Smith warns, "If your child has a concussion, do not let him or her back on the playground or in the game until a physician has given clearance. A second concussion could lead to brain damage or even death." ●

Testing Now Helps Injuries Later

The ImPACT Concussion Management test is a baseline cognitive test given to athletes. If an athlete is later injured, the test results can help diagnose a concussion. To find a physician who offers this test, call **1-866-CALL-MLH**.

Wound Prevention for People with Diabetes

When you have diabetes, a simple cut or blister on the foot can lead to an ulcer, or an open, inflamed sore.

"People with diabetes often develop peripheral neuropathy, a condition that causes numbness in their feet," explains William Dellevigne, MD, director of the Wound Healing and Hyperbaric Medicine Center at Paoli Hospital. "Their feet lose protective sensation, allowing untreated,

minor injuries and tight-fitting shoes to lead to calluses and ulcers that won't heal."

A daily foot-care routine can help you avoid many problems. Your routine should include the following steps:

- Wash and thoroughly dry your feet including between your toes.
- Carefully inspect both feet. You should look for redness, blisters, cuts, swelling, and other problems. Ask your doctor how

you should handle different types of foot problems.

- Apply moisturizing cream to dry feet, avoiding getting it between your toes.
- Sprinkle talcum powder on your feet if they tend to sweat.

"If the problem gets worse," says Dr. Dellevigne, "talk with your doctor about a referral to a specialist."

What Should You Do for Shingles?

More than one million people in the US get shingles each year. And if you've ever had chicken pox, you could be one of them. Why? The same virus causes both. Once it enters your system, it's there to stay. Illness, trauma, stress—or nothing at all—can “awaken” the virus at some point to then cause shingles.

Nicholas Giuliani, MD, family practice specialist at Riddle Memorial Hospital, shares, “The first symptoms of shingles are usually a burning, tingling pain. A few days later, a red rash of fluid-filled blisters appears. They usually are in clusters spanning one side of the body or circling the waist.”

Riddle's internal medicine specialist, Tomi McCann, MD, warns, “If shingles appears on the face, serious—and some-



times permanent—vision and hearing problems can occur. In addition, shingles will sometimes leave behind postherpetic neuralgia. This is pain that can persist long after the shingles rash has healed.”

The good news is that a one-time vaccine against shingles can reduce your risk for an outbreak by half. It was

approved by the Food and Drug Administration in 2006 for people ages 60 and older. Even those who have had shingles before can get the vaccine to prevent future outbreaks. In addition, it can help lessen the pain associated with the disease.

Should you have a shingles outbreak, see your doctor right away to help speed the healing process and avoid complications. Prescription antivirals, pain relievers, ointments, and other medications can provide relief. Your doctor also may recommend non-prescription pain relievers and self-care measures such as cool compresses. ●

To learn more about shingles and the vaccine, visit www.mainlinehealth.org/whs.



Benefit Update

Shape Up and Calm Down

Christine Dano, Certified Massage Therapist and Personal Trainer
610-357-7819

calmdownchris@yahoo.com

Save \$10 per session on massage or personal training services. Gift certificates and prepay packages are available. Why not look and feel great in 2008!

Weld Photography LLC

610-357-1265

www.weldphotography.us

Weld Photography specializes in wedding, portrait, event, and fine art photography. Receive \$50 off any wedding package. Schedule a portrait session and receive a FREE 8x10 portrait with any package purchase.

Cooljamaz!

1-877-sweat411

www.cooljamaz.com

For a good night's sleep that's no sweat! Sleepwear and accessories designed for women who are experiencing night sweats or hot flashes. Soft, comfy, stylish pajamas, loungewear, and bedding that draw moisture away from your skin. 15% off your order with code “nosweat.”

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.

merchant spotlight



FREE lipstick with
\$50 purchase

FREE Hollywood Makeover!

Love the way you look! Create a radiant, flawless-looking finish. Conceal imperfections. Enhance your natural beauty.

Denise Hay, Independent Consultant,
Arbonne International
610-361-7979
www.denisehay.myarbonne.com



\$10 off introductory \$49 facial!

Pure pleasure. Pure luxury. Purely affordable.

Facelogic
610-353-1232
4829 West Chester Pike,
Newtown Square

www.facelogicnewtownsquare.com



hospital spotlight

Lankenau Hospital Is Top in Patient Care

Lankenau Hospital has been recognized by Premier Healthcare Alliance as a winner of the Premier Award for Quality (AFQ). Lankenau was one of only 26 winners of the award among more than 3,800 eligible hospitals.

This award follows other recent national distinctions for Lankenau as a 100 Top Hospital for Cardiovascular Care by Thomson and as one of America's Top 50 Hospitals by HealthGrades.

AFQ recognizes leading healthcare organizations that efficiently provide outstanding patient care and consistently set the standard in clinical excellence nationwide. This award is different from many other quality awards because AFQ considers all acute-care inpatient facilities in the country that submit data to the Centers for Medicare & Medicaid Services



(CMS) and the CMS Hospital Compare.

"The quality of care we give our patients and our focus on their safety each day is job one for us," says Lankenau Hospital President Elaine Thompson, PhD. "We take pride in our ongoing efforts as a hospital team to improve how we deliver that care. This award affirms the outstanding work and dedication of our physicians, nurses, and staff."

"The Award for Quality differentiates its winners as industry leaders by recognizing clinical excellence in both quality of care and operational efficiency," says Stepha-

nie Alexander, senior vice president of Premier Healthcare Informatics. "Premier is pleased to honor this elite group of hospitals for the high quality of patient care they offer to improve the health of their communities."

"The medical staff at Lankenau works diligently every day to offer our patients the best possible care," says Robert Benz, MD, Lankenau's Medical Staff President. "The work is gratifying in and of itself, but even more so when outside organizations recognize our quality by ranking us among the top one percent in the nation. It's quite an honor." ●



Main Line Health is a proud Philadelphia sponsor of



Wyeth Pharmaceuticals

This publication has been partially funded by a grant from Wyeth.

Women's HEALTH SOURCE

Carol Finocchiaro
MANAGER, WHS

Frieda Schmidt
MANAGER, PUBLIC RELATIONS

Greg Joyce
DIRECTOR, CUSTOMER
RELATIONSHIP MANAGEMENT

Women's Health Source is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

© 2008 Printed in U.S.A.

Printed on Recyclable Paper 018M