BRYN MAWR HOSPITAL 🗣 LANKENAU HOSPITAL 🗣 PAOLI HOSPITAL 🗣 RIDDLE MEMORIAL HOSPITAL





Protect Your Back While Shoveling

This winter, watch your back ... especially when the white stuff is falling. Low back pain is one of the top two reasons Americans visit their doctor, and shoveling snow is a common source of back strain. How can you avoid back pain? By shoveling safely:

- 1. Select the right shovel appropriate for your height and strength. Avoid shovels that are too long or too heavy.
- 2. Dress in layers of light, waterrepellent clothing that breathes while keeping you warm.
- 3. Take it slowly. Pace yourself and take frequent breaks.
- 4. Push the snow; try not to lift.
- **5. Lift properly.** If you must lift, bend your knees and keep your back straight. Pick up small loads, and avoid throwing them over your shoulder or to the side.
- 6. Clear early and often to avoid heavy accumulations.

Most importantly, know when to see your doctor. "If you experience serious symptoms such as numbness or tingling in your legs and feet, or you have difficulty walking, call your doctor immediately," says Angelo Colonna, Director of Physical Therapy at the Bryn Mawr Hospital Orthopedic Center. "Symptoms may appear in the next 24 to 48 hours. You should still see a doctor if the symptoms are serious, or if your pain is caused by an injury."

orthopedic health

Posture: The Straight News

Do you slouch down in your easy chair to read or watch TV? Carry a heavy shoulder bag? Regularly wear high heels? Strain your wrists and crane your neck for hours at the computer?

If so, it's time to sit up, balance your load, change shoes, and take a break.

Good posture improves balance and circulation. It even helps some overeaters burn off excess calories-rather than storing them as fat.

Poor posture is bad for your health. It throws your head forward and strains the muscles in the neck, shoulders, back, and kneesa prescription for pain and injury down the road. And as people's lifestyles become more sedentary and computerdriven, posture-related problems are increasing.

Jeffrey Rihn, MD, orthopedic surgeon at Riddle Memorial Hospital, recommends, "If you work sitting down, make sure your chair 'fits.' Between the front edge of your seat and the back of your knees there should be a space of two inches. The seat's height is correct if your knees form a 90- to 120-degree angle. And for computer users, the top of the monitor screen should be at or below eye level."

To improve your standing posture, Dr. Rihn suggests the following: With feet apart and knees slightly bent, tighten your stomach muscles and tuck your buttocks under. Now imagine two straight, vertical lines connecting your ears, shoulders, hips, knees,

and heels. Standing this way maintains the natural curves of your back, relieving stress along the spine.

Posture isn't just how you sit or stand. When you exercise, lift a child-even sleep or drive—correctly, you are helping to prevent future back pain, neck and shoulder

disorders, and headaches.

Strong back and abdominal muscles can help you maintain good posture. That makes exercise important. But, Dr. Rihn warns, "Avoid exercises—such as neck rolls or double leg lifts-that could strain and even injure the neck or back."



Pregnancy: What to Expect

if You're Older Than 35

More women than ever are starting families in their 30s and 40s. Most have happy, healthy pregnancies and children, even though these moms are considered "high risk."

According to Andrew Gerson, DO, Chief of Maternal/ Fetal Medicine at Lankenau Hospital, women 35 and older do have an increased risk for problems during pregnancy and birth. The risks for momsto-be include high blood pressure, gestational diabetes, and an increased rate of cesarean sections. The risks for baby are an increased chance of an abnormal chromosome complement, premature birth, or low birth weight. If reproductive technology is used to assist with conception, there is a higher risk of birth defects.

"When a woman is older than 35, her physician will typically recommend additional perinatal testing and

offer genetic screening," says Dr. Gerson. "These procedures can help you and your doctor assess the risk for problems and make informed decisions."

women should see a physician prior to pregnancy to assess risk factors and learn what can be done to eliminate them. "You can take action to decrease some of the risks associated with pregnancy at a later age," he notes, including:

- Don't smoke, drink, or use illegal drugs.
- See your doctor right away to begin prenatal care. Regular visits will help her detect and treat any problems quickly.
- Stay at a healthy weight by stocking up on fruits, veggies, and whole grains—and exercising (consult your doctor).
- Get at least 400 micrograms of folic acid each day to help prevent birth defects—even before you get pregnant.

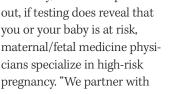
Dr. Gerson adds that

Finally, Dr. Gerson points out, if testing does reveal that you or your baby is at risk, maternal/fetal medicine physicians specialize in high-risk

your obstetrician during the course of pregnancy, taking extra precautions and using the most advanced technology to help you bring a healthy baby into your family."

Thinking About a Baby?

Contact us for a FREE Pregnancy Planning Kit, which includes pre-conception health tips and a pregnancy journal calendar. Call 1-866-CALL-MLH or visit www.mainlinehealth.org/pregnancyplanning.



Find Good Bargains, Support a Great Cause

If you've ever browsed one of the Main Line Health hospitals' consignment and thrift shops, you know the great bargains you'll find on items like gently used clothing, toys, and housewares. What you may not know is how important these shops are to the hospitals. Each year, our four consignment and thrift shops-located at Bryn Mawr, Lankenau, Paoli, and Riddle Memorial Hospitals-raise thousands of dollars to fund vital programs and services. Last year alone, the thrift shops donated

more than \$400,000 to the hospitals.

"People go to thrift shops because they love getting good deals," says Mary Louise Schall, president of the Hamper Shop Auxiliary at Lankenau Hospital. "But those small amounts add up over time. With the money we've raised, we've supported a lot of worthwhile programs and services, including equipment for the Neonatal Intensive Care Unit, health education for children, and research efforts that keep us on the leading edge.

"Volunteering at one of the hospitals' thrift

shops gives you the chance to stay busy and make new friends while contributing to the community," Schall adds. "The work includes sorting and organizing merchandise, staffing the cash register, and assisting customers."

More volunteers needed!

By donating your time, you can make a difference. For details about how you can help, visit www.mainlinehealth.org/whs and click on "Thrift Shop Volunteering Opportunities."



Why **Clogged Arteries**Are Everyone's Concern

A 15-year-old boy. A 29-year-old bride. A 38-year-old father. All outwardly healthy. All unaware that they have a disease that can lead to heart attack, stroke, or tissue death in the limbs.

The disease is called "atherosclerosis." This condition occurs when arteries narrow as they become clogged with fatty deposits, which disrupt the blood flow to different parts of the body. Researchers now know that fatty deposits can start accumulating in the arteries during childhood and that atherosclerosis runs in families. Your risk is also higher if you:

- Smoke. "Smoking is the single most preventable risk factor for coronary heart disease," explains Aaron Giltner, MD, Paoli Hospital cardiologist. "Women smokers are at more than double the risk for coronary heart disease than nonsmokers."
- Have high blood pressure, high cholesterol, or diabetes
- Are overweight
- Don't exercise

So what can you do? A healthy lifestyle can go a long way in slowing—or possibly preventing—fatty buildup in the arteries.

■ **Don't smoke.** Smoking speeds up the process of atherosclerosis.

- Eat a well-balanced, low-fat, low-salt diet. Opt for fish and skinless poultry, fruits and vegetables, whole grains, and skim or one percent milk.
- Exercise regularly. Just 30 minutes a day can help keep arteries clear. "Healthy parents more often have healthy children, and those who care for themselves are more likely to have children who grow up doing the same," explains Dr. Giltner. "Family events, like hiking, that involve physical activity can help instill in children the value of exercise."
- Maintain a healthy weight. If you're already at a healthy weight, eating well and exercising can keep you there. Experts recommend losing just ½ to 1 pound a week until you reach your goal.
- **See your doctor.** High blood pressure, high cholesterol, and diabetes need a doctor's care. •

Free Screenings

High cholesterol is a major cause of clogged arteries. If you're older than age 19, have your cholesterol checked every five years. Riddle Hospital is offering free screenings at our upcoming HeartSmart event; see the calendar on page 6 for details.

Digital Technology Means Faster Treatment for a Heart Attack

When it comes to a heart attack, every second counts. To help save precious time, Main Line Health is working with local Emergency Medical Service (EMS) providers to upgrade diagnostic cardiac technology in ambulances and its hospitals.

The LIFENET system uses technology such as Bluetooth to expedite treatment in the field. It allows EMS personnel to transmit electrocardiogram (ECG) information from the ambulance to hospital care teams. Physicians can then begin to diagnose the patient and activate treatment before arrival. The system is expected to be in place at all Main Line Health hospitals by early February. A similar system is already being used at Riddle Memorial.

According to Steven Gamburg, MD, Main Line Health chairman, Emergency Medicine, the technology aims to reduce treatment time for patients experiencing STEMI, a common, lethal form of heart attack. "Studies show that patients who get lifesaving treatment—called angioplasty—within 90 minutes of arrival have the best chance of surviving and lower chances of long-term effects."

Heart Health Online

The Main Line Health Heart Center is one of the most experienced cardiovascular programs in the Delaware Valley. Please visit www.greatheartdoctors.com to learn about women's heart health, find a doctor, download healthy recipes, and more!



Help Stop Digestion Woes with

Mindful Eating

Americans spend an average of just 65 minutes a day eating and drinking. This rapid consumption hardly means we're taking in too little: More than one in five women ages 20 and older is obese. Along with weight gain, speed eating and overeating also can cause digestive problems, including heartburn, gas, and bloating.

Why Mind Your Eating?

According to Rebecca Bailey, CHLC, director of the Nutrition and Weight Center at Riddle Memorial Hospital, "A woman who eats on the run may not

know that she's overeating or that her body is signaling fullness. That's because it can take as long as 20 minutes to feel full after beginning to eat."

To help calm common digestive woes, Bailey suggests eating smaller meals and being more aware of what you eat. This "mindful eating" can help reduce binge eating and promote weight loss.

How to Eat Mindfully

- When you eat at home, turn off the television. Families who eat in front of the TV consume fewer healthy fruits and vegetables and more pizzas, snacks, and soda-and calories-than people who eat first and watch later.
- Use all your senses to enjoy your food, as if you were a wine taster.
- Eat slowly to swallow less gasproducing air.
- Don't automatically clean your plate. Learn to be aware of feeling hungry and full so that those feelings can cue your eating.



Calling All Cooks!

Send us your favorite recipe at whs@mlhs.org, and we'll send you a Good Health, Great Food recipe booklet. One of the entries submitted will appear in the spring issue of

Women's Health Source. Hurry, quantities are limited!

 Consider what you love about certain treats to find healthy alternatives. For example, if you love soda, ask yourself why. Is it the bubbles, the sweetness, or the flavor? You can get bubbles from seltzer water and flavor it with juice. Or you can switch to diet soda.



Did You Know?

Riddle Memorial Hospital offers a Nutrition and Weight Center. To learn about its medically based weight-loss programs or to attend a free orientation session, call 610-891-3490.

Chicken Gumbo

- 1 tsp. vegetable oil 1/4 cup flour
- 3 cups low-sodium chicken
- 1½ lbs. chicken breast, skinless, boneless, cut into 1-inch strips
- 1 cup (½ lb.) white potatoes, cubed
- 1 cup onions, chopped
- 1 cup (1/2 lb.) carrots, coarsely chopped
- ½ medium carrot, grated
- ¼ cup celery, chopped
- 4 cloves garlic, finely minced
- 2 stalks scallion, chopped
- 1 whole bay leaf
- ½ tsp. thyme
- ½ tsp. black pepper, ground
- 2 tsp. hot (or jalapeño) pepper
- 1 cup (1/2 lb.) okra, sliced into ½-inch pieces
- **1.** Add oil to large pot and heat over medium flame.
- 2. Stir in flour. Cook, stirring constantly, until flour begins to turn golden brown.
- 3. Slowly stir in broth using wire whisk. Cook for two minutes. Broth mixture should not be
- **4.** Add rest of ingredients except okra. Bring to boil, then reduce heat and simmer for 20 to 30 minutes.
- **5.** Add okra and let cook for 15 to 20 minutes.
- 6. Remove bay leaf and serve hot in a bowl or over rice.

Preparation Time: 10 minutes Number of Servings: 8

Each serving contains: Calories: 165. total fat: 4 g, saturated fat: 1 g, cholesterol: 51 mg, sodium: 81 mg, total fiber: 2 g, protein: 21 g, carbo-hydrates: 11 g, potassium: 349 mg

Source: Centers for Disease Control and Prevention

whs calendar of events

hospital updates

BRYN MAWR HOSPITAL Named Best Hospital by Readers' Choice

Bryn Mawr Hospital is honored to be selected as the Best Hospital of 2008 by the readers of the Main Line Times through its annual Readers' Choice Awards. The award recognizes Main Line area businesses and organizations for their excellent quality and service. Bryn Mawr Hospital has been serving the Main Line community for 115 years, and our commitment continues as we grow to meet the area's health care needs. Most recently, we opened the Bryn Mawr Hospital Health Center in Newtown Square, offering a broad range of outpatient services and medical practices.

LANKENAU HOSPITAL Teaming Up with the 76ers

Main Line Health is now the official health care partner of the Philadelphia 76ers. Jack McPhilemy, DO, Lankenau Hospital orthopedic surgeon and 76ers medical director, works in partnership with Daniel Lazowick, DO, Lankenau Hospital internal medicine specialist, to coordinate all the team's health care needs. The 76ers medical team includes a range of physician specialists from Main Line Health, including Bryn Mawr, Paoli, Riddle, and Bryn Mawr Rehab Hospitals. In addition to supporting the Philadelphia 76ers, Lankenau Hospital physicians are the team doctors for professional, collegiate, and club sports in our region, including the world champion Philadelphia Soul.

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.

Women and Weight Loss: A Prescription for Success

Learn clinically reliable facts about weight loss at this threeweek lecture series for women by women. Professionals will provide the tools to change your attitude toward food, design nutrition and exercise plans that are right for you, and provide the motivation to get you started. Tuesdays, January 20 and 27 and February 3, 7 to 8:30 p.m. Bryn Mawr Hospital Health Center, 3855 West Chester Pike, **Newtown Square** \$15/session or \$40/series WHS members receive a \$5/session discount.

PerfectFit Exercise Class

Are you looking to begin an exercise program but aren't quite sure where to start? Has it been a while since you've exercised? Then join us for an eight-week exercise series where you'll learn from fitness specialists the basics of low-impact aerobics, muscle strengthening, and stretching exercises. Mondays and Wednesdays beginning January 26, 6 to 7 p.m. Bryn Mawr Hospital Health Center, 3855 West Chester Pike, **Newtown Square** \$60/\$50 WHS members



Knee or Hip Pain? Take This Step

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. You'll gain valuable insights on the causes of joint pain, and you'll learn about treatment options ranging from medications and exercise to advanced surgical techniques ... all designed to help you return to an active lifestyle. Call or visit our website for upcoming dates and locations.

FREE Smoking Cessation Classes

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

HeartSmart 2009

In celebration of American Heart Month, Riddle Memorial Hospital presents HeartSmart 2009. Join us for this popular event that features two seminars on cardiac topics and a mini health fair including products and services to keep your heart in tip-top shape. Call 610-891-3560 to register. Thursday, February 12, 10 a.m. to 2 p.m. Riddle Memorial Hospital

Childbirth Education Classes

A full range of prenatal and education classes for the entire family is offered at our hospitals. Qualified instructors teach important information about pregnancy, birth, breastfeeding, choosing a pediatrician, safely setting up a nursery, and parenting. Call our toll-free number for details or visit us online at www.mainlinehealth.org/whs.



A Survival Kit for Staying Fit

Feeling fit and looking great is the theme of this program for the mature woman. You'll learn how your metabolism and diet requirements change over time from Paoli Hospital endocrinologist Marilyn Ryan, MD, and registered dietitian Judy Matusky. Simple ways to



exercises and the importance of maintaining muscle and core strength from Bryn Mawr Hospital sports medicine specialist Kevin Walsh, MD. Beverly Vaughn, Lankenau Hospital gynecologist, will start the program with a "Women's Health Update." Each attendee will leave with her very own Survival Kit for staying fit.

Saturday, March 7, 9 a.m. to noon

The Radnor Hotel, St. David's

Fee: \$15/\$10 WHS members

Registration required. Fee includes continental breakfast.

Learn to Effectively Manage Your Diabetes

Take charge of your health. Designed for people with type 1 or 2 diabetes, this program includes individual consultations and a 10-hour course in diabetes management. Call or visit our website for dates and locations. Most insurance companies will pay for all or part of the cost.



FREE Blood Pressure Screenings

Main Line Health offers blood pressure screenings at numerous locations throughout the area. Call or visit our website for dates, times, and locations.

Save the Date!

An Evening Under the Stars: A women's wellness event

Women's Health Source is partnering with the Bryn Mawr Hospital Comprehensive Breast Center (CBC) to host an upbeat and highly interactive event featuring educational workshops, activities, food, and shoppingall in the name of good health! For details on this event, visit www.mainlinehealth.org/whs. Thursday, April 30, 5:30 to 8:30 p.m. Bryn Mawr Hospital Health Center, 3855 West Chester Pike, **Newtown Square** Fee: \$10 donation to CBC

Join Our Club!

Birthday Club for Online Members

What better way to celebrate your birthday than with a relaxing massage? And to make it an even happier day, WHS will present you with a \$15 gift certificate toward a one-hour massage. To register, complete the online form found at www.mainlinehealth.org/ birthday, and during the month of your birthday, we'll e-mail you a gift certificate. In addition, you'll receive special notices from WHS on health news, upcoming programs and screenings, and special events.

hospital updates

PAOLI HOSPITAL New Pavilion Has Patients' Needs in Mind

With the roof and exterior complete and warm colors being painted on the walls, the new Pavilion at Paoli Hospital is becoming a reality! This state-of-the-art facility, being built to meet the rapidly growing health care needs of Chester County, has been designed to impact safety, patient and staff satisfaction, and quality of care. For example, 124 all-private rooms will help reduce infections, handrails from the patient bed to the bathroom will help reduce falls, and large windows in every room will increase exposure to natural light—a proven aid in enhancing people's moods. Stay tuned for further updates and the schedule of grand-opening activities slated for summer 2009!

RIDDLE MEMORIAL HOSPITAL **Obstetric Staff Developing Rapid-**Response Teams

Riddle is in the process of developing obstetric rapid-response teams, which will reduce the amount of time it takes to tend to an emergency. The teams consist of skilled providers including obstetricians, pediatricians, anesthesiologists, and nurses to care for the most critical of obstetric emergencies. Their training includes simulation-based exercises using lifelike female "mannequins," which can actually speak and be hooked up to medical monitors to provide blood pressure and fetal heartbeat readings. The team acts out real emergency situations using the mannequins. These sessions are videotaped and reviewed to improve communication, teamwork skills, and the quality of care for mom and baby.

Seven Strategies that Protect Against Colon Cancer

Each year, cancer of the colon or rectum kills more Americans than any other cancer except lung cancer. But the outlook is bright: Experts are discovering ways to lower your risk of dying of this cancer.

Six Lifelong Habits

Colon cancer usually doesn't strike until after age 50. But choices you make today could protect you later in life:

- **1.** Maintain a healthy weight. Excess pounds around the waist are especially risky.
- 2. Limit your intake of red meat.
- **3.** Eat a diet rich in fruits and vegetables and other plant foods, such as whole grains. Many of these foods contain substances that fight off cancer.
- **4.** Take a multivitamin that contains folic acid. Long-term use may decrease colon cancer risk by 75 percent.
- **5.** Exercise regularly. It can cut the risk for colon cancer in half.
- **6.** Get adequate calcium from foods or a supplement. Consumption of about 700 to 800 milligrams of calcium a day reduced the risk for one type of colon cancer by 40 to 50 percent.

The Seventh Strategy: Screenings

According Robert Noone, MD, Lankenau Hospital colorectal surgeon, there are

often no symptoms for colon cancer until it reaches an advanced stage. These symptoms may include:

- Blood in or on the stool
- Recurrent stomach pain or cramping
- Narrow, ribbonlike stools
- Unexplained weight loss
 But because colon cancer often
 doesn't produce symptoms, experts
 recommend regular screenings for
 people at high risk: men and women ages
 50 and older, people with a personal or
 family history of colon cancer or polyps,
 and anyone with inflammatory bowel

"Talk with your doctor about when to begin screening and which screening tests to take," adds Dr. Noone. "If colon cancer is detected, choose a hospital that offers all the surgical options available today, including laparoscopic or

How Much Do You Know?

disease.

Take a quick online quiz to learn more about colorectal cancer.
Visit www.mainlinehealth.org, click on "For Patients & Visitors," then "Research a Condition." To find a doctor, call 1-866-CALL-MLH.

minimally invasive surgery. This procedure cuts down on incision size and pain and offers a shorter hospital stay and recovery time than traditional open surgery.

"The colorectal surgeons at Lankenau have expertise with this technique," he adds. "For more advanced cancers, new therapies have shown a doubling in the cancer survival rate compared with five to 10 years ago." ■



MLH Hospital Campuses Are Now Smoke-Free!

Because of the well-established health impact of tobacco use, all Main Line Health (MLH) hospital campuses became totally smoke-free—outside as well as inside—on November 20.

"As an organization deeply concerned about our community's health and safety, we feel it is our responsibility to provide a smoke-free environment for all our patients, employees, and visitors," says Jack Lynch, MLH president. "Tobacco smoke is the chief, single, most avoidable cause of death in our nation, and it is the major cause of emphysema, chronic bronchitis, lung cancer, and coronary heart disease. We recognize the effect this policy will have on smokers, and we intend to help ease the transition as much as possible."

If you smoke and would like to stop, contact our Community Services Department for upcoming FREE smoking-cessation classes. **Call 1-866-CALL-MLH** for details.

Got a Cold? 10 Tips to Help You Feel **Better Faster**



When sneezes, sniffles,

and coughs start, you might reach for over-the-counter cold remedies. Yet they can't shorten or cure your cold. Plus, they may bring unwelcome side effects, such as drowsiness or insomnia.

Roxanne Hionis, MD, Bryn Mawr Hospital internal medicine specialist, says, "There are plenty of natural-and less costly—ways to quickly combat a cold and its symptoms." Here are a few suggestions:

- 1. Drink lots of noncaffeinated fluids every day. Fluids keep mucus loose, making it easier to clear out.
- 2. Suck on a zinc lozenge

every couple of hours. Taken for fewer than three days, zinc is generally safe. But it can cause harm if used regularly. Pregnant women should avoid it altogether.

- **3.** Breathe in hot vapors from the shower or a steaming bowl of water. Steam may relieve congestion.
- 4. Gargle with warm salt water to help soothe a sore
- 5. Try raw garlic or garlic supplements. Both may speed recovery and relieve symptoms.
- 6. Take two to six grams of vitamin C daily at the start of symptoms. Vitamin C may shorten a cold and lessen

symptoms. But avoid megadoses: They can cause diarrhea and other harmful effects.

- 7. Drink a bowl of chicken soup. Soup helps thin mucus and may ease a runny or stuffy nose.
- 8. Sip a cup of echinacea tea. If used at the start of symptoms, this herb-and its tinctures-may make a cold go away quickly. However, it can affect your immune system if taken on a regular basis.
- 9. Seek heat. Cold viruses can't grow stronger in warm temperatures.
- **10.** Get rest to strengthen your body against infection. You'll also feel less groggy.

A Sure Cure for **Family Cabin Fever**

Feeling cooped up and cranky from sitting indoors? Cure your family's cabin fever with a healthy dose of active playtime.

The first thing to do may be to cut down on TV and computer use. A study in Archives of Pediatrics and Adolescent Medicine found that children who parked themselves in front of a TV or computer screen three or more hours per day were less fit than children who spent less time on those same activities.

"The key is to be a good role model," says Gayathri Rao, MD, pediatrician at the Main Line Health Center in Collegeville. "Join in the fun to help your kids get an hour a day of active play."

Try these tips:

- Plan a family trip to ice skate, toboggan, ski, or snowboard. Don't forget helmets and wrist guards for snowboarders.
- "Bundle them up and take a walk," says Dr. Rao. "Build a snowman or go sledding."
- During TV commercials, lead your family in push-ups or jumping
- Try an exercise video or an interactive video game.
- With an older child, train to walk or run a race for your favorite
- Have a Hula Hoop® or jump rope
- Put on music and invite your family to dance.

To find a pediatrician in your neighborhood, visit www.mainlinehealth.org.

A Woman's Choice: An Alternative to Fibroid Surgery

A hysterectomy—the removal of the uterus—is a major operation. And about one-third of the 600,000 hysterectomies performed in the U.S. each year are due to common, noncancerous growths called uterine fibroids. But what many women don't know is that there is a far less invasive treatment for the condition.

According to Eric Stein, MD, chief of Interventional Radiology at Main Line Health, "Uterine fibroid embolization [UFE] is a safe and effective treatment for symptomatic fibroids, significantly reducing pelvic pain and bleeding from fibroids in appropriately selected patients.

"The procedure entails catheterization of the arteries that supply the uterus and injection of small particles to reduce blood flow to the fibroids," Dr. Stein explains. "This causes the fibroids to shrink over time and alleviates symptoms of pelvic fullness and abnormal vaginal bleeding."

The UFE procedure is FDA-approved and recognized by the Society of Obstetrics and Gynecology. It has been performed successfully at Main Line Health hospitals for more than 10 years. Generally, an overnight stay is all that is required, and women return to normal activity within seven to 10 days.



Many women with fibroids do not need treatment. But those bothered by symptoms should talk with their doctor. Symptoms include:

- Heavy menstrual bleeding
- Cramping
- Frequent urination
- Pain with intercourse
- Pressure in the pelvic area
- Constipation

There may be other causes for pelvic pain and heavy menstrual bleeding or bleeding between periods. Your doctor can advise you whether you are an appropriate candidate for UFF.

There's More Online

What happens during a UFE procedure? Visit www.mainlinehealth.org/whs to get the details. For a physician referral, call 1-866-CALL-MLH.

Five Questions to Ask Before Any Surgery

When you're considering surgery, it's a good idea to get all the facts before making a decision. Here are five questions you can ask your surgeon.

1. Why have surgery? Make sure you understand how the operation can improve your medical problem and how long the benefits should last. What would you gain or lose by postponing or not having the surgery?

2. What kind of operation is recommended? "There are some well-established criteria for patients to determine if surgery is the best option," explains Scott Kripke, MD, surgeon at Paoli Hospital. "They include a person's symptoms, test results, and a physical exam." Ask the surgeon to explain the steps involved.

3. Are there alternatives? "It is important that you and your surgeon are on the same page," says Dr. Kripke. "You may be able

to treat your problem medically. If, however, surgery is the best solution, it's key that everyone has the same expectations."

- **4.** What are the risks? Knowing the possible complications and side effects can help you weigh benefits and risks.
- 5. How much will it cost? Find out about the surgeon's fees, hospital costs, and fees from other doctors who will treat you. Check insurance coverage to find out what you will have to pay yourself.

Your Health—At Your Fingertips

Our New Website Helps You and Your Family Stay Healthy

Meet a Main Line Health doctor in the comfort of your living room. Set reminders for appointments and other important events. Take a quiz to see how much you really know about your child's first year. With Main Line Health's new interactive website, you have more ways than ever to access reliable health information.

"Because we know that so many people use the Internet to research health issues, our goal was to create a website that's engaging and incorporates all the latest multimedia technology—but also is easy to use," says Mark Mistysyn, director of Main Line Health's Web Center.

To start, log on to **www.mainlinehealth.org**. At the right of the screen, register for MyMLH, an online tool that enables you to chart your progress toward your personal health goals and get electronic appointment reminders. You also can sign up for free health e-newsletters.

Main Line Health's newly redesigned website also enables you to:

- Research our doctors and request an appointment
- Register online for screenings, classes, and events
- Sign up for weekly health-oriented podcasts in our Health Library. These are audio files you can download and listen to on your desktop or portable media player.
- Research a wide variety of health conditions, and take our educational quizzes to help you plan a healthier lifestyle
- Watch video clips of Main Line Health physicians discussing important health information ●



So why wait? Visit www.mainlinehealth.org and register for MyMLH today.

merchant spotlight





Benefit Update

Four Paws Shoppe

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Members save 10 percent on any order. Excludes wire service orders.

Remember to mention or show your WHS membership card when taking advantage of these offers. Find the complete list of participating merchants at www.mainlinehealth.org/whs.

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Take Charge of Your Breast Health

To learn more about the services offered at the Comprehensive Breast Center at Bryn Mawr Hospital or to schedule your mammogram, call 610-526-4400 or visit www.mainlinehealth.org/cbc. If you're interested in a risk assessment, call 610-526-8710. The Bryn Mawr Hospital Health Center in Newtown Square also offers mammograms. Call 610-886-6060 to make your

appointment.

hospital spotlight

Comprehensive Breast Care, Close to Home

Almost every woman

worries about breast cancer at one time or another. After all, it's the most common cancer faced by women of all races and ethnicities. So it's comforting to know that you don't need to travel far for superior breast care, whether it's mammography, a risk assessment, or treatment for cancer.

At the Comprehensive Breast Center at Bryn Mawr Hospital and the Bryn Mawr Hospital Health Center in Newtown Square, dedicated physicians, nurses, and staff do everything they can to make women feel immediately at ease.

"The Breast Center staff is fully committed to making sure that every woman we treat receives personalized attention," says Eileen Ann Morgans, RN, BSN, breast care coordinator and certified nurse navigator.

"We offer a full range of patient services—prevention and risk assessment, screening, diagnostic procedures,

treatment and education, and support services—to help women through this emotionally draining process," says Thomas Frazier, MD, FACS. medical director of the Comprehensive Breast Center. "Our physicians are all specialists in breast health, and they include breast radiologists and pathologists, surgical oncologists, and plastic and reconstructive surgeons. They've made breast disease their primary focus."

For women at higher risk for breast cancer, the Breast Center offers a High-Risk Program. It helps women determine their chance of developing cancer by evaluating both their personal and genetic risk factors. Women in the program receive a risk consultation, and, based on the results, further imaging studies may be arranged by the Breast Center's high-risk nurse, Sara Ashworth RN, BSN.

"We're one of the only facilities in the country with such an extensive high-risk program," says Morgans.

Looking for our Calendar of Events? Turn to page 6!

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