

Women's Health Source

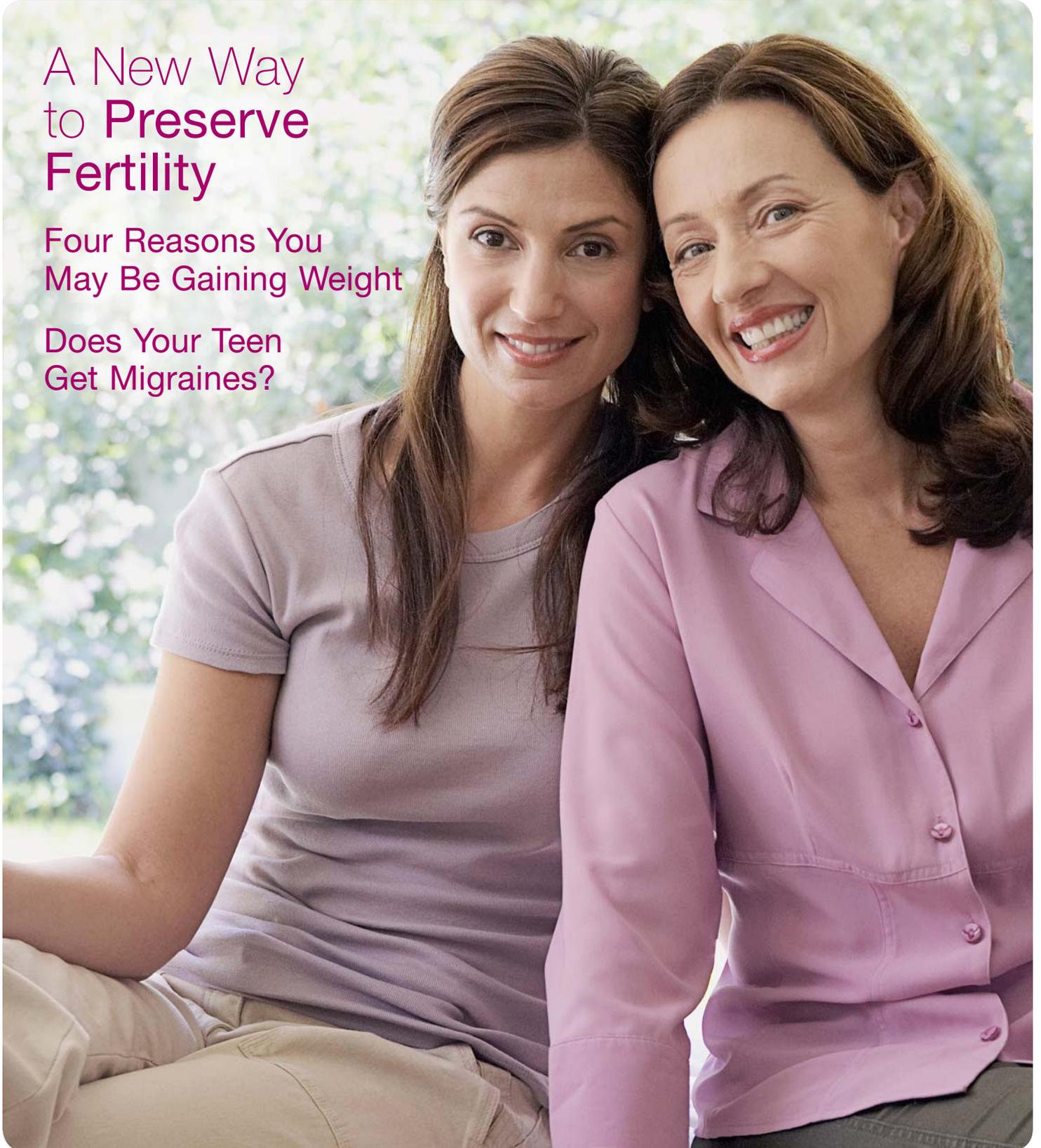
SUMMER 2009

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

A New Way to Preserve Fertility

Four Reasons You
May Be Gaining Weight

Does Your Teen
Get Migraines?



A Holistic Approach to Heart Failure Treatment



Those living with advanced heart failure know it can impact every aspect of life—physical, emotional, social, even financial. That’s why Main Line Health developed the Advanced Heart Failure and Ventricular Assist Device (VAD) Program. This program provides highly specialized care to heart failure patients, helping to prevent progression of the disease, prolonging survival, and improving quality of life through cutting-edge treatment.

“The Advanced Heart Failure and VAD Program includes a team of specialists—doctors, nurses, nutritionists, social workers, physical therapists, psychologists, and pharmacists—all dedicated to improving the lives of people with advanced heart failure,” explains Elena Casanova-Ghosh, MSN, CRNP,

nurse practitioner for the program. “We work closely with each person’s cardiologist to provide this unique approach to care.”

Advanced Treatment Options
The program’s medical team offers the most effective heart failure treatment. Some options include:

- **Medications** to improve heart function and prolong life. “Every year, heart failure medications get better,” says Ghosh. “As specialists, we are up-to-date on the latest advancements in medical therapy.”
- **Cardiac resynchronization therapy defibrillators**, which are implanted devices that

Be Heart Smart

Research cardiac conditions, get tips for choosing a specialist, and learn about services offered by the Main Line Health Heart Center at www.greatheartdoctors.com.

LVAD Leads to a New Lease on Life

Ned Smith didn’t want to accept the fact that his heart was giving out. But by November 2008, the 69-year-old from Nottingham knew he wouldn’t survive unless he had surgery to keep his heart pumping.

Now, he’s spending time with his grandchildren and enjoying his favorite sport, fishing.

What keeps Ned alive is known as Destination Therapy. A HeartMate® XVE Left Ventricular Assist Device (LVAD) is attached to the left side of his heart, taking over the pumping ability of his weakened left ventricle.

Ned’s lifesaving procedure was performed at Lankenau Hospital. Main Line Health’s Advanced Heart Failure and VAD Program is headed by Surgical Director Louis Samuels, MD, Chief of Cardiothoracic Surgery at Paoli Hospital, and Medical Director Christopher Droogan, DO. They lead the team that implanted the HeartMate XVE.

Dr. Droogan recalls, “We managed Ned’s advanced heart failure with intravenous medications, but his condition worsened until he was basically confined to a bed or a chair.” Ned was not a candidate for a heart transplant. However, the devices used for Destination Therapy are the same ones used to keep patients alive until donor hearts become available.

“These devices are electric pumps hidden under the skin,” Dr. Samuels explains. “The breakthrough was discovering that these pumps could provide long-time support for patients who are not candidates for transplantation. The pumps provide a much-improved quality and quantity of life.”

help maintain a normal heart rhythm and protect against dangerous arrhythmias.

- **Surgery** to correct any structural problems such as blocked arteries and dysfunctional valves or to reshape an enlarged heart.
- **Left ventricular assist devices (LVADs)**, which are implanted pumps that help the heart circulate blood. The pumps sustain life when other treatments no longer work. They can be implanted in patients waiting for a heart transplant or in those who are not transplant candidates.

Treating the Whole Person

The program doesn’t just focus on treating heart failure. It also helps people make lifestyle and behavioral changes to improve their quality of life.

Nurse practitioners coordinate a management plan for each patient. For example, program experts may help patients learn how to eat healthier, quit smoking, or cope more effectively. Patients also may get help in understanding insurance issues or solving transportation problems to and from treatment.

“The program looks at the total picture,” explains Ghosh. “We address any aspect of a patient’s life that may keep him or her from obtaining the best outcomes.” ●

A New Way to Preserve Fertility

Fertility is a woman's natural capability of giving life, and for most women, it exists just that way—naturally. Sometimes, however, modern reproductive technology is the only road to conceiving a child.

Babies have been conceived using frozen sperm for decades, but the concept of freezing eggs is a relatively new one. Many clinics in the U.S. offer egg freezing, but most of them haven't yet thawed those eggs for a successful pregnancy. There have been fewer than 50 babies born in this country from frozen eggs.

Now, for the first time in the tri-state area, there are two moms-to-be pregnant from successful egg freezing, here at Bryn Mawr Hospital. Both are patients of Michael Glassner, MD, a reproductive endocrinologist at Main Line Health, and will be delivering their babies in the summer and fall.

The first birth from egg freezing occurred about 10 years ago. But progress was stalled until recently, largely because the slow-freezing method resulted in much lower egg survivability. A new technique, known as vitrification, developed at Main Line Fertility, freezes the egg more quickly, resulting in higher

Trying to Conceive?

Are you looking for a reproductive medicine specialist? You can search conveniently and privately at www.mainlinehealth.org. Just click on "Find a Doctor."

egg survival. Now a woman's unfertilized, mature eggs can be frozen, preserved indefinitely, and thawed for fertilization and implantation.

This has dramatic implications. "Imagine being the parent of a teenage girl facing cancer treatment. You worry whether she will survive, then you're told the treatment will cause her to become sterile," says Dr. Glassner. "I am ecstatic that young women now have the opportunity to preserve their ovarian function."

Dr. Glassner noted that egg freezing also is an option for women who want to delay childbearing for professional reasons, women who don't have a partner, and couples with moral concerns about freezing embryos.

"The idea of freezing eggs has been the talk of everyone's research for decades, and now we can offer this revolutionary service to Philadelphia-area women," says Dr. Glassner. ●



Safety Tips for the Nail Salon

Sandal season is here! If you're thinking about a pedicure, get the facts first. Dirty instruments and poor sanitation at some nail salons can put you at risk for contagious diseases, such as athlete's foot and hepatitis B and C.

Jeffrey Gerland, DPM, a podiatrist at Bryn Mawr and Lankenau Hospitals, recommends taking the following precautions:

- First, make sure your salon has an up-to-date operating license.
- Don't shave your legs the night before or the day of a salon footbath. Scrapes and nicks can make you more susceptible to infection.

If you have scrapes, cuts, or open sores on your feet or legs, avoid soaking until you have consulted your podiatrist.

■ Check that nail instruments are properly sanitized. Heat sterilization is best. Even better: Bring your own nail tools. It's also a good idea to bring your own nail polish, thus avoiding cross-contamination.

■ Take heed when using a soaking basin. Be sure the basin has been disinfected and that fresh water has been added before putting your feet into it. Test the temperature, as well.

A final tip: To help prevent ingrown toenails, ask your nail technician to trim your toenails straight across and not too short.





How to Cope in Trying Times

Our country's economic and financial climate has caused more and more Americans to seek help for mental health issues.

"A bad economy doesn't cause mental illness by itself, but it can impose stress on people who may be vulnerable," states Lorraine A. Winsey, RN-BC, Patient Care Manager for the Department of Psychiatry at Bryn Mawr Hospital. A study conducted by the American Psychological Association in October 2008 revealed that 83 percent of American women and 78 percent of American men were suffering from financial stress.

Coping with the Crisis

For anyone touched by the economic crisis—and very few aren't—dealing with stress and anxiety may be a challenge. Winsey suggests trying these coping mechanisms:

- Exercise, rest, and eat healthful foods. Limit alcohol use.
- Volunteer; be of service to others.
- Look for positive distraction. Start a new hobby, or watch a favorite movie.
- Get some support. Seek professional help, or go to friends who are good listeners. Don't hold worries inside.

Add Potassium, Help Avoid High Blood Pressure

High blood pressure can be deadly. It's the leading cause of heart disease and stroke. Fortunately, adding a little potassium to your diet can help control and even prevent high blood pressure. Most of us get only about half of the daily recommended amount of potassium (4.7 grams a day). You can boost your potassium—and help control your blood pressure—by snacking on bananas, prunes, sunflower seeds, plain peanuts, and avocado. Talk with your doctor before boosting your potassium intake with a daily supplement. *The Journal of Clinical Hypertension, vol. 10, no. 7, supplement*

Need to Talk?

If you'd like to speak with a health care professional, call Main Line Health's Behavioral Health Services Monday through Friday, 7:30 a.m. to 7:30 p.m., at 1-888-CARE-898. To learn more about our services, visit www.mainlinehealth.org and click on "Hospital Services."

- Socialize. Get out of bed and out of the house. See family members and friends regularly.
- Meditate. Take long, deep breaths. Getting oxygen to the brain gives your body the message that you're not in danger.
- Talk with your kids. Give them a context for understanding the economic crisis and your own anxiety.

Focus on Mental Wellness

In these trying times, protecting and strengthening your mental health is more important than ever. Mental wellness allows you to cope well with daily life and the challenges it brings.

Start by turning off the evening news and spending more time with loved ones. Taking a step back will help you gain perspective and focus on the people who matter most in your life.

The relationship between physical health and mental health is key. Work on eating a healthy diet, engaging in regular exercise, and getting a good night's sleep.

Don't make rash decisions. Try not to react immediately to bad news. Focus less on the things you can't control, like the stock market and the cost of living, and more on the things you can. Review your expenses: Can you postpone that vacation or eat out a little less? Use the opportunity to do things with your loved ones that bring you closer and cost less, such as a family game night or hand-made birthday presents. ●

It's Not You: Four Reasons You May Be Gaining Weight

You're eating right, and your exercise plan is on target. Yet the pounds keep piling on. Before giving up, listen up. Tomi Mc Cann, MD, Riddle Memorial Hospital internal medicine specialist, suggests that one of these four things could be contributing to your weight gain.

1. You have a health condition that makes you gain weight. The possibilities include:

- An underactive thyroid
- Diabetes
- Sleep apnea or getting fewer than six hours of sleep per night
- Depression or stress

If stress or depression is skewing your food choices, try these tips. First, remember to eat breakfast every day; you'll be less likely to overeat later. And second, keep low-fat, low-sugar snacks at hand, such as these options:

- Low-fat yogurt with low-fat granola
- Oatmeal or high-fiber cereal with fat-free or low-fat milk
- A dab of peanut butter on whole wheat toast

Talk with your doctor if you're gaining weight and don't know why. Treating a medical condition could tip your scale back in the right direction.

2. It's your medication. Drugs that can cause weight gain include:

- Antihistamines used to treat allergies

- Beta-blockers for high blood pressure
- Oral contraceptives containing progestins
- Medications to treat depression or other behavioral health conditions
- Insulin or other diabetes drugs

If you take any of these medications, discuss your treatment with your doctor. Switching to a different medication could make a difference.

3. You're undergoing a life change.

Starting college? Beginning to go through menopause? Both changes sometimes produce weight gain.

Dr. Mc Cann references a study published in the *Journal of American College Health*. It found that female college students who put on pounds consumed more alcohol and caffeine; chose unhealthy, low-fiber diets; and coped poorly with stress. And an editorial in the *Clinical Journal of Sports Medicine* noted that being more active and watching less TV helped women between ages 42 and 52 keep off excess pounds.

4. You're quitting smoking. Quitters gain an average of 6 to 8 pounds. But one in 10 gains 30 pounds or more. Ask your doctor about taking a class or medication or using a quitting aid, which could help you quit and gain less weight. ●



Health eCooking™ Recipe

Broccoli and Cauliflower Salad

This crunchy broccoli and cauliflower medley creates a light side dish.

- 6 cups broccoli florets
- 4 cups cauliflower florets
- 1/2 cup raisins
- 1/3 cup sliced almonds
- 2 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 tsp. honey
- freshly ground black pepper to taste

1. Steam broccoli and cauliflower in a large saucepan for 2 minutes, drain, and pat dry with paper towels.

2. In a large salad bowl, add broccoli, cauliflower, raisins, and almonds. Whisk together vinegar, lemon juice, olive oil, and honey and pour evenly over the salad. Add freshly ground black pepper to taste.

Yield: 10 servings

Nutrition facts per serving: Calories: 96; fat: 5 g; saturated fat: 1 g; cholesterol: 0; sodium: 13 mg; carbohydrates: 13 g; fiber: 3 g; protein: 3 g

Click to Cook!

Our online Health eCooking resource features delicious recipes with fewer calories and lower fat. Each month, new dietitian-approved recipes are added. Visit www.mainlinehealth.org/whs to plan your next meal!



whs calendar of events & programs

hospital updates

BRYN MAWR HOSPITAL

Bryn Mawr Hospital Named Among 100 Top Hospitals in the U.S.

Bryn Mawr Hospital was named to the 2008 list of the top 100 hospitals nationwide for overall performance by Thomson Reuters, a leading health care rating organization. The 100 Top Hospitals: National Benchmark Award is based on objective statistical performance across five critical areas: clinical process and outcomes, patient safety, patient satisfaction, operational efficiency, and financial stability. In making their selection, Thomson Reuters evaluated outcomes from among 3,000 (non-federal) hospitals nationwide. Bryn Mawr Hospital ranked tops in the Teaching Hospitals category.

LANKENAU HOSPITAL

Lankenau Hospital Celebrating 10 Years in Delaware County

The Main Line Health Center at Lawrence Park—Lankenau Hospital's outpatient health care center—celebrates 10 years of service in Delaware County. Located in the Lawrence Park Shopping Center in Broomall, the Main Line Health Center was developed to provide the Delaware County community with easy access to the high level of medical care and expertise offered at Lankenau Hospital. Services at the Health Center include X-ray and diagnostic imaging, lab work, sleep medicine, oncology/chemotherapy, adult day services, physical rehabilitation, and wellness programs. Lankenau and Main Line Health physicians—including primary care doctors, OB/GYNs, and a range of specialists—are located on site.

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.



Bar-B-Q Tuesdays

Join our Bryn Mawr Hospital health care experts for a cookout and small-group discussions on any or all of the three hot health topics listed below.

6:30 to 8 p.m.

Devon Manor

235 Lancaster Ave, Devon

Your Health on the Web

Tuesday, July 14

Join David Fox, MD, family practice physician, for an important look at how the Internet can help or hinder your quest for good health information. Learn how the Internet is changing the patient-doctor relationship, and discover how to find reputable and relevant online resources.

Causes of and Treatment Options for Shoulder Pain

Tuesday, July 21

Kevin Freedman, MD, orthopedic surgeon, will discuss shoulder injuries and conditions among children and adults. Topics include:

- Use and overuse of medications
- How athletes can protect against shoulder injury
- Treatment options ranging

from medications and physical therapy to surgical procedures

Helping Aging Parents Remain Independent

Tuesday, July 28

This workshop, presented by Occupational Therapist Susan Condi, OTR/L, will provide useful tips for maintaining your parents' independence. Topics include checklists to safeguard the home, household tools to simplify daily living and minimize stress on arthritic joints, and resources to keep parents active.

FREE Smart Shopping Nutrition Tour

Join us for a 45-minute nutrition tour at Whole Foods Market.

We'll focus on healthy fats, whole grains, vegetarian items, lower-sodium selections, and much more. Learn some insider tips on reading labels and cooking healthy. Enjoy delicious food samples at our tasting stations throughout the store.

Tuesday, July 28, 7 or 8 p.m.

Whole Foods Market, Wynnewood

Emergency Care and Safety Institute (ECSI) First Aid Course

Join us for a course that teaches basic first aid for adults and infants. Participants receive a three-year ECSI certification upon completion.

Wednesday, August 26

7 to 10 p.m.

Riddle Memorial Hospital

Fee: \$30

To register, call 610-891-3560.

Safe Sitter

Babysitting Classes

The Safe Sitter® course is a medically accurate child-care course developed especially for 11-to-13-year-olds. Safe Sitter teaches you the skills you need to safely care for children and infants through school age. Pre-registration is required, but space is limited. Completed registration packet and payment must be received for enrollment. Classes are offered throughout the summer.

Call for dates and times.

Riddle Memorial Hospital

Fee: \$60

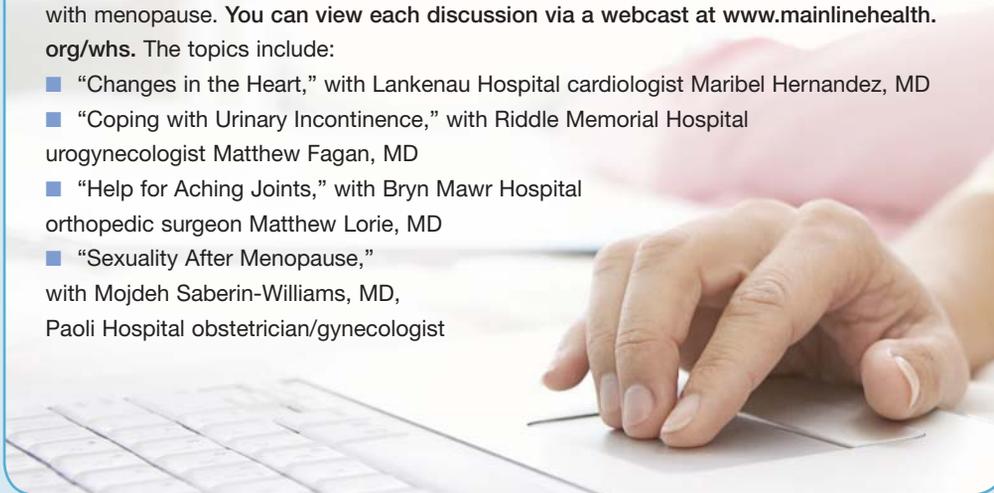
To register, call 610-891-3560.



Introducing: Menopause and You Webcasts

The physical and emotional changes that occur during menopause can be confusing. To help you cope, our Menopause and You medical coordinator, Beverly Vaughn, MD, conversed with Main Line Health physician specialists on four common issues associated with menopause. You can view each discussion via a webcast at www.mainlinehealth.org/whs. The topics include:

- “Changes in the Heart,” with Lankenau Hospital cardiologist Maribel Hernandez, MD
- “Coping with Urinary Incontinence,” with Riddle Memorial Hospital urogynecologist Matthew Fagan, MD
- “Help for Aching Joints,” with Bryn Mawr Hospital orthopedic surgeon Matthew Lorie, MD
- “Sexuality After Menopause,” with Mojdeh Saberini-Williams, MD, Paoli Hospital obstetrician/gynecologist



Need a Little Support?

Main Line Health offers support groups to help you cope with many illnesses or issues. Please visit www.mainlinehealth.org/support for a complete listing. A few examples include bereavement, brain injury, breastfeeding, cancer, caregivers, and diabetes.

FREE Blood Pressure Screenings

Have your blood pressure checked at one of many locations throughout the Main Line area. Visit www.mainlinehealth.org/events or call 1-866-CALL-MLH for dates, times, and locations.

● Mark Your Calendars! Healthy Women: Healthy Hearts Forum

The Women’s Heart Team is pulling out all the stops to host a dynamic experience this November for Women’s Health Source members. Workshops, cooking demonstrations, and shopping are just a few of the activities planned for this festive gathering. Be sure to check the fall issue of this newsletter for details.

Help Us Make Health Care Better: Join Our Consumer Panel

Our “myMLHvoice” online consumer research and advisory panel offers you the opportunity to share your opinion on health-related issues. As a panelist, you’ll be asked to complete quick and easy surveys about current topics in health care and your experiences with health care services in the area. Even better, you’ll have the chance to win fun prizes such as movie tickets, books, and gift cards through random drawings for active panelists. Visit www.myMLHvoice.com for eligibility rules and enrollment.

PAOLI HOSPITAL

Orthopedic Program Honored

The Paoli Hospital Orthopedic Program earned the Gold Seal of Approval™ from The Joint Commission, the nation’s most respected standards-setting and accrediting body in health care. The process included an extensive, on-site evaluation of Paoli’s patient-centered Joint Replacement Program and in-depth interviews with members of its multidisciplinary Joint Replacement team regarding processes, outcomes, and quality measures. As a result, Paoli was awarded Disease-Specific Care Certification for both hip and knee replacement. Paoli is one of the few hospitals in the region to receive this prestigious distinction.

RIDDLE MEMORIAL HOSPITAL Riddle Welcomes New President

Riddle Memorial Hospital welcomed its new president, Gary L. Perecko, on March 16. Perecko brings more than 20 years of executive health care experience to Riddle and Main Line Health. As president, he will focus on continuing Riddle’s mission to deliver a superior patient experience to the Delaware County community. Under his leadership, the hospital will work to enhance the quality of care and patient satisfaction and provide outstanding services in the region.

“The opportunity to serve as Riddle Memorial’s president is an honor,” says Perecko. “It’s been wonderful to work collaboratively with the board, medical staff, management, and all hospital staff in offering quality-driven health care to our community.”



Something New Under the Sun: UV-Protective Clothing

About 1 million Americans will develop skin cancer this year, according to the National Cancer Institute. That makes skin cancer your number one cancer threat.

“While sun damage begins in childhood, most skin cancers don’t appear until after age 50,” states Sean A. Wright, MD, Riddle Memorial Hospital plastic and reconstructive surgeon. “*The American Journal of Nursing* notes that nearly 25 percent of new cases of melanoma—the deadliest type of skin cancer—occur in men older than age 65.”

Dr. Wright believes it’s never too late to protect yourself from harmful UV rays. He recommends that one of the best ways to do so is also the simplest: Wear sunblock, and cover up with sun-protective clothing. There are three types from which to choose:

■ **Ordinary street clothes.** Many items you already own may be sun-protective. However, the classic white cotton T-shirt isn’t one of them. Instead, choose long-sleeved shirts and long pants made of



tightly woven fabric. Polyester and nylon are best, and darker colors are more protective than lighter shades.

■ **Specially made clothing.** Several companies make apparel certified as sun protective. Brand names include Solumbra and Coolibar. The clothing is made of special fabric blends that protect but still allow skin to breathe, unlike most standard polyester or nylon garments. Labels include the UV protection factor, or UPF rating. UPF is equivalent to SPF and ranges from 15 to 50.

■ **Clothing laundered in a sun-protective additive.** By adding a product called Rit® SunGuard™ detergent to your washer, you

can raise the UPF of that white T-shirt from five to 30. And that’s after just one washing, according to research. Two washings in quick succession will boost the UPF to 50.

Of course, clothing can’t cover every inch. For best protection, slather a broad-spectrum sunscreen with an SPF of at least 15 on exposed skin. Add a hat, wraparound sunglasses, and SPF 15 lip balm, and you’re ready for your next picnic. ●

Sun Savvy

Get more sun safety tips at www.mainlinehealth.org/whs.

New Technology Keeps Patients Safe at Home

By 9 a.m. every day, Martha Fedor, RN, has checked her patients’ weight, blood pressure, and blood-glucose levels without leaving her desk. As a telemonitor nurse coordinator for The Home Care Network at Main Line Health, Fedor is on the forefront of incorporating new technology that makes her computer the hub where patients’ vital signs are transmitted.

According to Sharon Johnson, director of Home Health & Hospice, the system enhances her organization’s home care services and helps keep patients out of crisis situations. “For chronically ill people with congestive heart failure, diabetes, or hypertension, it’s vital to be able to intervene as soon as possible,” she explains.

Fedor adds that monitoring is especially critical in the first week after a patient is discharged. Not being monitored

closely enough is the reason that 25 percent of patients are readmitted to the hospital.

Here’s how the system works: The nurse sets up the equipment in the patient’s home, then checks data twice a day, or more, depending on the patient. Monitoring does not replace the two to three weekly visits of a skilled nurse. Rather, it offers the opportunity to better manage those visits and take appropriate action if a problem arises.

Custom Care

The Home Care Network at Main Line Health can customize care for people who prefer to stay at home but need ongoing care or medical equipment. To find out about the services offered, call 1-888-533-3999 or visit www.mainlinehealth.org/whs.

Knee Replacement Provides Pain Relief, Mobility

Severe knee discomfort can make it hard to climb stairs, shop, or even sleep at night. The pain and frustration resulting from the inability to perform daily activities or be active are the primary reasons people pursue joint replacement.

Knee replacement surgery relieves pain in more than 90 percent of patients. Within months of surgery, most patients can play golf, drive a car, or go for a long walk again.

Are You a Candidate?

Knee replacement surgery is considered for people with severe arthritis or other knee problems only after other treatments—such as exercise and medicine—have failed. “Your initial conversation with your physician is important,” explains Richard Zamarin, MD, orthopedic surgeon at Paoli Hospital. “This helps you understand the surgery, the benefits, and your expectations after the replacement.” Other factors to consider include:

- Your age. The operation is safe for people of all ages. And with the progression of technology, 95 percent of artificial knees last 10 years, and 85 to 90 percent last 20 years. “Younger people in their 50s and even 40s now have knee replacements,” says Andrew Frankel, MD, Paoli Hospital orthopedic surgeon.
- Your health, such as heart disease and being at a healthy weight

- Your commitment to recovery and rehabilitation

What to Expect in Surgery

The procedure involves two main steps. First, surgeons take out the damaged parts of the knee. Then, they attach the artificial parts, made of plastic, metal, or another material. Surgery lasts a few hours.

Motion Is Key to Recovery

Battling stiffness and soreness is important after surgery. You may be encouraged to move around with a walker the day after surgery. You’ll also be taught various exercises to improve strength, flexibility,

and range of motion in your knees.

Pain medications will help relieve any remaining discomfort. Other complications—such as blood clots or an infection—are rare.

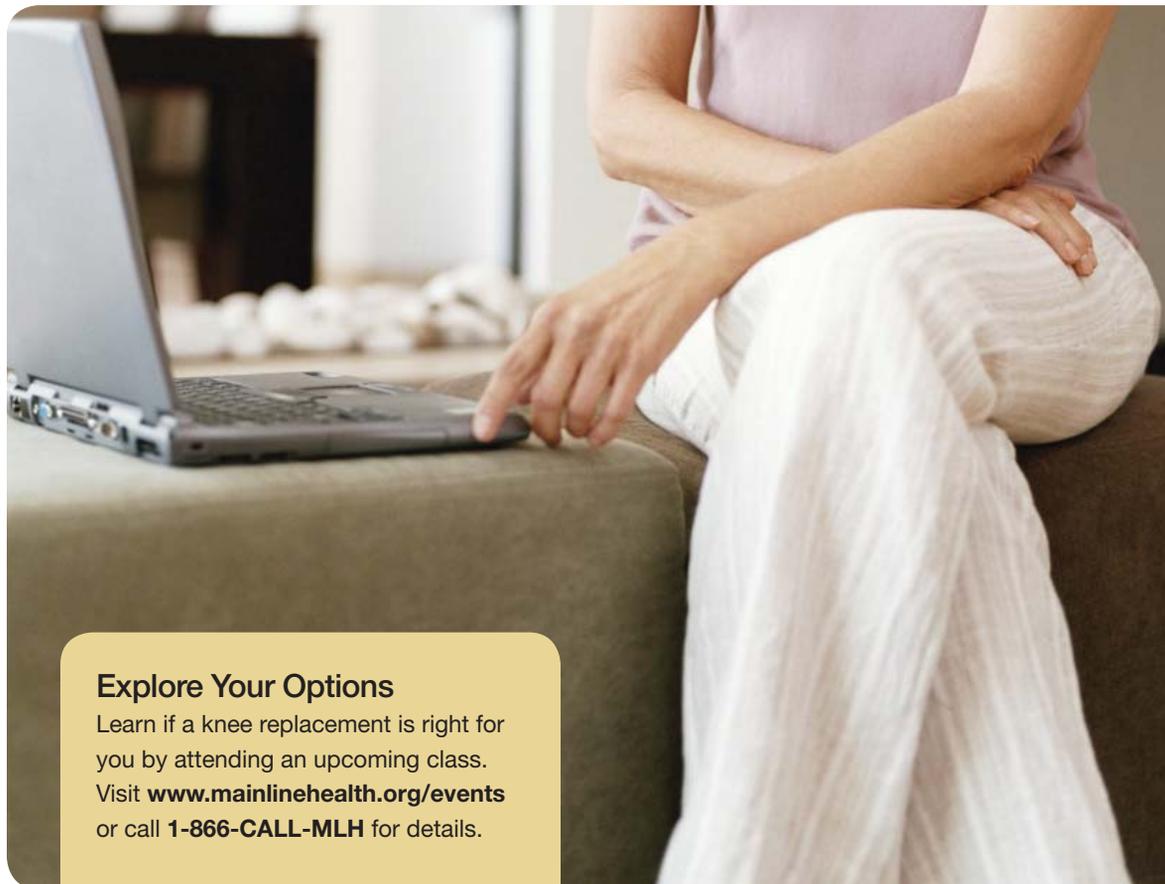
Most people leave the hospital within three days. But you’ll need to continue your exercises at home. As Dr. Zamarin notes, “Recovery is a full-time job.”

In about six weeks, you will begin to feel strong enough to drive or perform light activities. After three months, you’ll be able to lift heavy items or stand for longer periods of time. ●

Color-Coded Wrist Bands Improve Hospital Safety

To enhance our commitment to patient safety, and to align with a state and national voluntary movement, Main Line Health has adopted the state-standard color designations for patient wrist bands. For instance, a red wrist band indicates an allergy, and a yellow band identifies being at risk for a fall.

Bryn Mawr, Lankenau, and Paoli Hospitals adopted five new color codes. Bryn Mawr Rehab adopted an additional three colors for circumstances unique to that facility. Riddle Memorial Hospital has instituted the yellow wrist bands and is working to implement the other colors. For more details, visit us online at www.mainlinehealth.org/whs.



Explore Your Options

Learn if a knee replacement is right for you by attending an upcoming class. Visit www.mainlinehealth.org/events or call 1-866-CALL-MLH for details.

q&a

Heart to Heart

By Maribel Hernandez, MD,
Co-Chair, Women's Heart Team

Q. Do palpitations mean I have an abnormal heart rhythm?

A. Heart palpitations are a sensation that your heart is beating faster than normal or seems to be skipping or stopping a beat. Heart palpitations do not necessarily mean an abnormal heart rhythm, known as an arrhythmia. Many people experience heart palpitations at one time or another, but women feel them more often than men.



Maribel Hernandez, MD

In perimenopausal and menopausal women, heart palpitations often accompany hot flashes and may increase your heart rate by 8 to 16 beats per minute. Generally, they're considered to be the result of fluctuating hormones, and they go away in a few months as your hormones stabilize.

After hot flashes, heart palpitations are the second most common complaint associated with perimenopause. The chest pounding commonly occurs when you're lying in bed.

If you begin to experience heart palpitations, be sure to talk with your primary care physician.

Get More Answers

This Q&A is part of our Women's Heart Team. Got more questions? Log onto www.mainlinehealth.org/women, and sign up to join our Heart Health Community. You'll receive information on upcoming FREE health screenings, timely e-updates on the latest in women's heart health, invitations to educational events, and monthly recipes. Join today!



When Teens Suffer Migraines: How You Can Help

Does your teenager regularly visit the school nurse's office with a migraine? Anything that can trigger a migraine in an adult can also make a teen's head ache, says Elliott Schulman, MD, a neurologist with Lankenau Hospital who specializes in migraines.

In people with this genetic inclination, a migraine can result from extra stress, certain foods, an approaching storm or, in women, changing estrogen levels. Indeed, hormone shifts help explain why females get many more migraines than males.

Some unavoidable aspects of teen life predispose them toward migraines. It's important to recognize the triggers and treat the headache; a child who has a headache may end up missing school.

A teen girl's first migraine may coincide with her first period. A disruption in daily routines can cause headaches, too, explains Dr. Schulman. "During the week, many teenagers stay up to write papers. Then, on the weekend, they typically sleep in. They also may skip meals or exercise infrequently."

Other issues that can contribute to headaches include sleep disorders or anxiety. In addition, untreated depression makes some teens more apt to suffer migraines. Experts believe too little of a

brain chemical called serotonin underlies both conditions. Symptoms of depression include sadness, low energy levels, loss of interest in favorite activities, and changes in weight or sleeping.

In addition to exercise and healthy eating, Dr. Schulman advises his teenage patients to go to sleep and get up at the same time every day. He also recommends limiting caffeine. "There's a lot of caffeine in soft drinks and iced tea," he says. "Limit caffeinated beverages to one per day."

To help his patients understand what could be causing their migraines, Dr. Schulman has them keep a headache calendar. Patients can track their triggers, rate how bad the headache was, and note how long it lasted, the treatment used, and any patterns, such as getting headaches only on weekends.

Migraines are treatable. Dr. Schulman advises parents to find a medical provider who takes their child's migraine problem seriously and is comfortable treating adolescents. ●

Help for Headaches

To learn more about migraines, visit www.mainlinehealth.org/whs. To find a physician specializing in migraine management, call 1-866-CALL-MLH.

New Approach to Hysterectomy Offers Better Options

The decision to have a hysterectomy isn't easy. But advances in surgical technique can mean less pain and a speedier return to normal life for women who need this operation.

Doctors may recommend surgery to remove a woman's uterus for a number of reasons, including:

- Noncancerous growths called fibroids that cause heavy bleeding or pain
- Endometriosis, in which tissue that normally lines the uterus grows outside of it
- Prolapsed uterus, in which the uterus has dropped down into the vagina
- Uterine, cervical, or ovarian cancer
- Persistent, heavy vaginal bleeding uncontrolled by medication or nonsurgical techniques
- Chronic uterine pain

David Holtz, MD, gynecologic oncologist at Lankenau and Paoli Hospitals, explains, "For endometrial cancer, the results for cancer care seem to be the same regardless of the type of surgery." But additional options may be available when a woman and her doctor decide surgery may offer relief from troubling pelvic conditions.

Hysterectomies That Are Less Invasive

Surgeons can remove the uterus through the vagina. The procedure, called vaginal hysterectomy, may be used for prolapse and menstrual

problems when the uterus is a normal size.

A newer procedure, laparoscopic hysterectomy, involves making very small incisions on the abdomen. A laparoscope—a thin, hollow tube connected to a video camera—is inserted through one incision to guide the surgeon. Instruments inserted into the other incisions are used to perform surgical tasks.

The laparoscope may be used as part of a vaginal hysterectomy. Or the entire surgery may be done laparoscopically.

Tiny Incisions Bring Big Benefits

"Laparoscopic hysterectomy brings the benefit of shorter hospitalization, less blood loss, less pain, lower infection rate, and a faster return to daily activities," says Dr. Holtz. While it may take one to two months to return to normal activity with an abdominal hysterectomy, most women are able to recover completely in one to two weeks with laparoscopic surgery. ●

Get the Facts

Find out about the latest minimally invasive techniques. Visit our website at www.mainlinehealth.org/whs.

For a referral to a gynecologist, call 1-866-CALL-MLH.



Benefit Update

Aesthetics

81 Mansion Road, Springfield, 610-541-7930

www.aesthetics.com

Receive a 10 percent discount on unique, handcrafted jewelry and other art pieces designed by Denise Pettit.

Avanté Salon and Spa

700 Downingtown Pike, West Chester, 610-429-1800

www.avantesalon.com

Members save 15 percent on facials Monday through Friday and Sunday. Not to be combined with any other offer. Mention this offer when scheduling.

High Level Fitness

19 North Merion Avenue, Bryn Mawr, 610-520-1680

www.highlevelfitness.net

Members receive a free introductory personal training or kettlebell session as well as a 10 percent discount on our personal training, classes, or massage services.

Kitchen Witch

610-322-8035

www.kitchenwitchcookie.com

Ten percent off your purchase of gourmet, ready-to-bake cookies, brownies, scones, and biscuits. All-natural, convenient, and delicious! 2008 Main Line Life "Best Cookie."

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.

merchant spotlight

Pilates for Movement



Try a month* of authentic Pilates classes for free with your purchase of one private session for \$45 (value of \$75).
34 Summit Grove Ave.
Bryn Mawr, PA • 610-581-0288
www.pilatesformovement.com

**Limit of two classes per week for four weeks; new clients only.*
Expiration date: 12/31/09

25% Discount on Arbonne Products!



Pure, safe, beneficial skin care products.
Denise Hay, Executive Regional Vice President
Independent Consultant
Arbonne International • 610-361-7979
www.denisehay.myarbonne.com

Expiration date: 9/30/09



hospital spotlight

Riddle's "Green" Medical Office Building on Track for Fall Opening

Riddle Memorial Hospital's exciting new medical office building is planned to open this coming fall. Located on the existing Riddle campus, it will be the first certified green building in Delaware County.

Riddle made the choice to lead by example in integrating sustainable design and construction elements into this project. The new building will follow environmentally responsible, or green, design and construction principles to create a superior environment for patients, employees, and visitors while preserving natural resources for future generations.

Green buildings have been proven to enhance occupant well-being and comfort, thereby decreasing patient healing time. These efforts also will result in significant energy and water savings. Riddle is proud to be at the forefront of an environmentally friendly community!

To ensure that the indoor air-quality standards are maintained, the building will implement a green house-

keeping program using environmentally friendly cleaning products and practices. Waste generated in the new facility will be effectively managed by a recycling program throughout the campus to reduce the burden on local landfills and reinforce the importance of environmental stewardship to building occupants.

To promote reduced automobile dependence, bicycle racks and shower facilities will be provided. Energy-efficient exterior lighting fixtures will be installed to reduce light pollution for the surrounding residential neighborhoods, making Riddle Memorial Hospital an even better neighbor!

This new facility will house the Rothman Institute Orthopaedic Center of Excellence and an outpatient surgical center, along with the Riddle Rehab Institute, physician offices, Riddle Speech and Hearing, the Riddle Weight and Nutrition Center, and fitness and wellness programs. The new building will be 80,000 square feet, and a new 540-car parking garage will accommodate the increased volume to Riddle's campus. ●

Learn more about the services offered at Riddle Memorial Hospital. Visit www.mainlinehealth.org and click on "Hospitals & Locations."



Time for summer events and programs!

Turn to page 6

MOMSPACE.COM

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