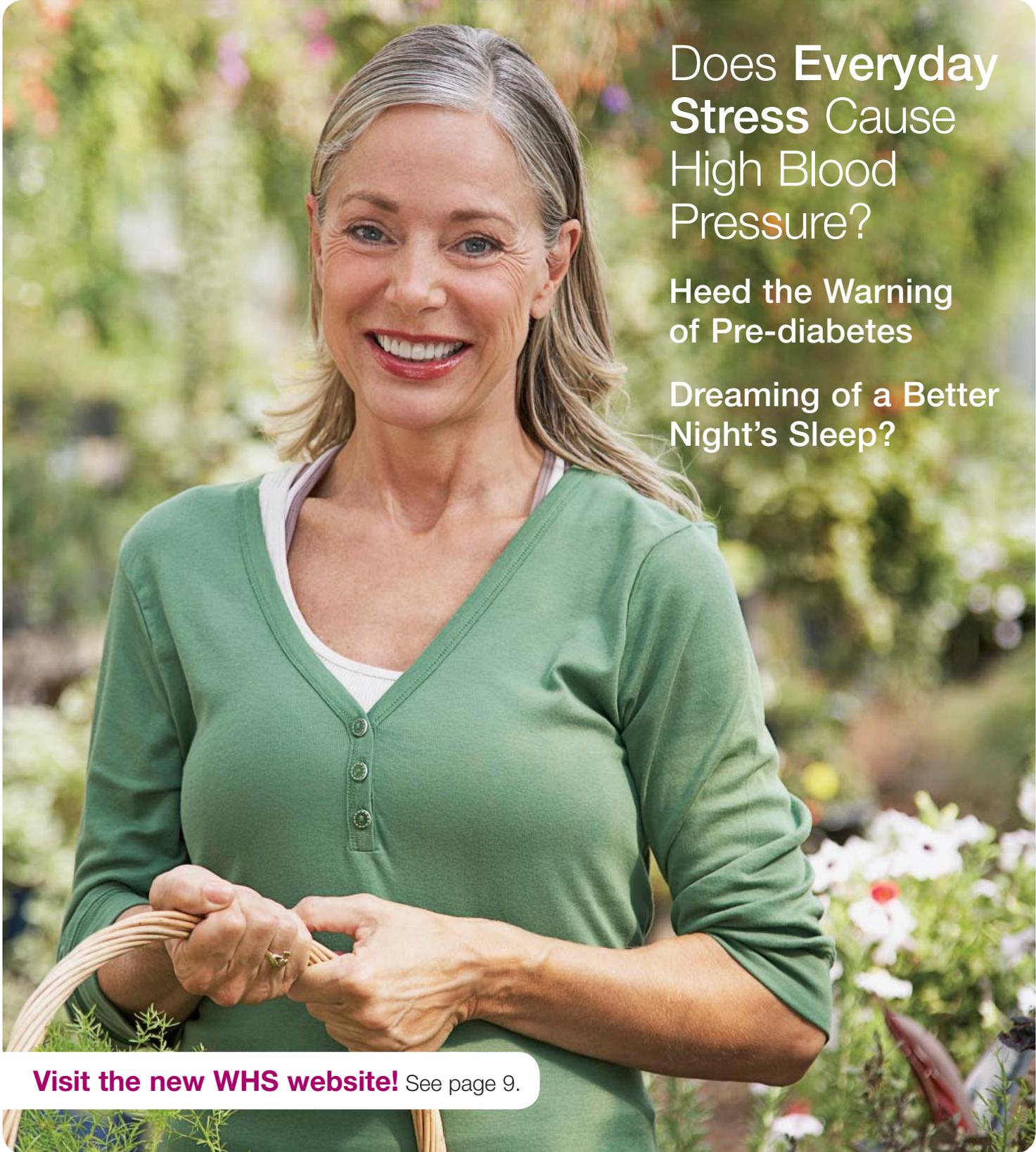


Women's Health Source

SPRING 2010

BRYN MAWR HOSPITAL ✦ LANKENAU HOSPITAL ✦ PAOLI HOSPITAL ✦ RIDDLE HOSPITAL



Does **Everyday Stress** Cause High Blood Pressure?

Heed the Warning of Pre-diabetes

Dreaming of a Better Night's Sleep?

Visit the new WHS website! See page 9.

q&a

Heart to Heart

By Shelley Hickey, RN, Lankenau Hospital



Shelley Hickey, RN

Q. What numbers are important to know to prevent heart disease?

A. More women die of cardiovascular-related conditions than any other disease. Knowing these important numbers

can help you protect your heart:

■ **BMI (body mass index):** Healthy BMI is 18.5 to 24. A BMI greater than 25 can lead to conditions such as hypertension.

■ **Blood pressure:** Normal reading is below 120 systolic and 80 diastolic.

■ **Hours of exercise:** Aim for at least 30 minutes of physical activity daily.

■ **Packs of cigarettes smoked:** The number here should be 0.

■ **Blood cholesterol:** Total cholesterol: less than 200 mg/dl; HDL (good cholesterol): greater than 50 mg/dl; LDL (bad cholesterol): less than 160 mg/dl; triglycerides: less than 150 mg/dl.

■ **Blood glucose:** Normal level is less than 100 mg/dl.

■ **Stress:** Rate the amount of stress in your life on a scale of 1 to 10, with 1 being stressed rarely and 10 being stressed daily. Rate your stress-relief practices on a scale of 1 to 10, with 1 being healthy, such as exercise, and 10 being unhealthy, such as overeating. If your scores are above 5 on both scales, you're at higher risk of heart disease.



Get a **FREE** brochure about your heart-health numbers! Call **1-866-CALL-MLH** or visit **www.MainLineHealth.org/womenandheart**.



Does Everyday Stress Cause High Blood Pressure?

Your mind races as you try to meet an impossible deadline. At the same time, your nervous system shoots out chemicals that cause your blood pressure to climb and your heart to beat faster.

This reaction to everyday stress is temporary, lasting an hour or so. But can these spikes eventually cause persistent high blood pressure, or hypertension?

Different Types of Stress

“Not all stress is bad for your health. When managed correctly, some stress, in small doses, actually can be good for you,” says Sean Curran, MD, cardiologist at Bryn Mawr Hospital. One example is stress that helps motivate you to finish a big project. But there’s also “bad” stress, which is often caused by serious issues such as problems with health, money, work, or relationships. This type of stress can have a negative impact on your health.

“Over time, a lot of daily stress can affect your health, too. Studies show that women and men with high job stress are more likely to get hypertension,” explains Dr. Curran. Experts theorize

that repeated spikes in blood pressure cause structural changes in your blood vessels, leading to hypertension.

In addition, some people experience a greater rise in blood pressure when they’re stressed than their peers do. Experts believe that having a high physical response to stress further raises the risk of developing hypertension.

Take Time Out

Stress management can help keep blood pressure in the healthy range. Here are some tips:

- Write down what makes you feel stressed, and try to change what you can.
- Learn to identify signs of stress, such as a headache or tense shoulders. Go for a walk or do some stretches.
- Consider meditation. Studies show it can relieve stress and lower blood pressure.
- Practice healthy habits, including exercise and getting enough sleep. ●

Learn to Unwind

Need more tips for reducing stress? Visit **www.MainLineHealth.org/whs**.

Endometriosis: A Mysterious but Treatable Disease

There's nothing simple about endometriosis. For some women, the disease causes debilitating menstrual cramps. But 30 percent of women feel no pain. And some only learn they have the disease when they try unsuccessfully to have a baby.

There isn't yet a cure for endometriosis, but treatment helps many women with the disease lead pain-free lives and fulfill their dreams of children.

Misplaced Uterine Tissue

At the end of a woman's monthly cycle, her body discards the tissue that lines her uterus—the endometrium. This shedding is what causes menstrual flow.

According to Riddle Hospital OB/GYN Doris E. Tirado, MD, "When a woman has endometriosis, endometrial tissue also grows outside the uterus. These growths typically occur in the ovaries, fallopian tubes, and other pelvic areas." This wayward uterine tissue still bleeds monthly when a woman has her menstrual period. But unlike uterine blood, which exits through the vagina, blood from the misplaced tissue has nowhere to go.

As a result, internal bleeding occurs and scars form around the misplaced tissue. Dr. Tirado explains, "The larger and more widespread the scars, the more likely the disease will cause infertility." Some experts believe the disease is caused when endometrial tissue backs up into the fallopian tubes during menstruation. From there it travels, implants, and grows. Heredity also may be involved. A woman whose mother or sister had endometriosis has double the risk of developing the disease.

A Personalized Solution

Treatment can often relieve symptoms. For mild pain, over-the-counter pain relievers may help. Doctors also may prescribe drugs that suppress hormones. However, these drugs interfere with a woman's ability to become pregnant. Finally, surgery is an option for women who have severe symptoms or wish to reverse infertility.

Pain management strategies also can help, such as exercise, biofeedback, and meditation. ●

Get the Facts

To learn more about women's health issues, visit www.MainLineHealth.org/whs.

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



Imaging Tests: Know the Risks and Benefits

Imaging improvements have greatly changed the practice of medicine today. "Medical imaging exams, such as CT scans, have been directly linked to greater life expectancy and declines in cancer mortality rates," says Harry Zegel, MD, system chair of the Department of Radiology for Main Line Health Hospitals. "And they are generally less expensive than invasive procedures."

However, widespread use has resulted in increased radiation exposure. According to the American College of Radiology, no published study shows that radiation from imaging exams causes cancer. Yet concerns do exist. So how much radiation is too much? Unfortunately, there's no magic number. "There is no radiation threshold for an examination that's medically justified," says Dr. Zegel. But less is better with radiation, so Main

Line Health Imaging follows the ALARA concept ("as low as reasonably achievable") and uses the minimum level of radiation needed to achieve the necessary results. In addition, Main Line Health Imaging has launched the Image Gently Campaign. This involves not only following ALARA, but also recording the dosage each patient receives.

"It's important to place risk in perspective," says Dr. Zegel. "Usually the risk of not doing the imaging study far outweighs any risks of the study itself."

Close and Convenient

Main Line Health Imaging offers a full range of imaging services at many locations. If your doctor recommends one, call **484-596-1800** to schedule a test close to home.

Tennis Elbow: Not Just for Tennis Players

Sometimes, a tennis player's most daunting opponent is an aching elbow. Tennis elbow, or lateral epicondylitis, can leave many people sidelined. Up to half of those who play recreational tennis have some symptoms of the condition.

Only about five to 10 percent of people who seek help for tennis elbow, however, actually play the game. Those at highest risk are older than age 35, less active, and in a physically demanding job, such as construction.

"If your elbow is tender or hurts on the outer part with any gripping, lifting, or pulling, you may have this condition," explains Kevin Mansmann, MD, Paoli Hospital orthopedic surgeon. "It may come on suddenly or build gradually."

Arm Yourself Against Sore Elbows

Overusing the elbow is what causes the pain. Repeatedly extending the wrist and similar actions can cause tiny tears in the muscles connected to the outside of the elbow. Conditioning exercises may help you prevent tennis elbow by building your overall strength and flexibility.

If your elbow aches, try taking a break from activity for a few weeks. Apply ice and take aspirin or ibuprofen. If it persists, see your doctor.

"Your doctor may prescribe physical therapy to strengthen the muscles," says Dr. Mansmann. "If that doesn't work, steroid injections may help relieve some pain."

Avoid Double-Faulting

Some tips before you hit the court:

- Before a match, warm up with a brisk walk, then stretch.
- Use the right racket. It's a good fit if your arm doesn't feel tired after swinging it. Your racket also should have a mid-level string tension.
- Use an oversized grip. When you hold the racket, make sure there's a finger's width between the base of your thumb and the tip of your middle finger. ●

Still Sidelined?

If you've tried these tips and still have discomfort, call **1-866-CALL-MLH** for a physician referral.



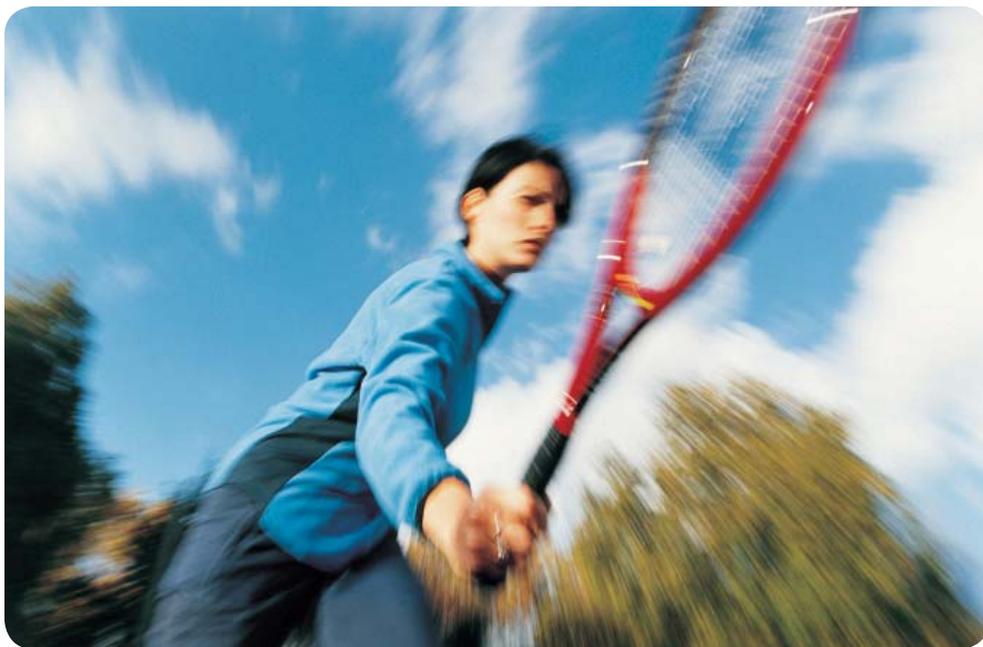
Pediatric EDs: Designed to Care for Your Kids

You hope your children never get hurt, but about 22 million kids age 19 and younger are treated in emergency departments (EDs) every year.

EDs designed for young patients are called pediatric EDs, and Main Line Health is fortunate to have one at Bryn Mawr Hospital. Pediatric EDs offer many benefits for kids that you might not find at a traditional ED. "Pediatric EDs are more likely to have the expertise and equipment that young patients need," says Hazel Guinto-Ocampo, MD, Bryn Mawr Hospital Pediatric Emergency Medicine physician. "Doctors, nurses, and other staff members in the pediatric ED are trained to work with children, families, and caregivers." You might see board-certified pediatric emergency specialists, pediatrics-trained physician assistants and nurses, social workers, and chaplains. They are skilled at:

- Assessing the unique treatment needs of children and teens
- Easing your child's fears
- Explaining what's happening
- Providing instructions on home care

If your child does need emergency care, you'll want the best that medicine can provide. You'll find it at the pediatric ED at Bryn Mawr Hospital.





Common Symptoms

When symptoms do occur, Dr. McKelvey says the most common ones include:

- Dysphagia, which gives a sensation of having food lodged in the chest (people with dysphagia often switch to softer foods to help with swallowing)
- Pain in the throat or back, behind the breastbone, or between the shoulder blades
- Weight loss because of difficulty eating
- Hoarseness or chronic cough that doesn't go away within two weeks
- Vomiting
- Coughing up blood
- Heartburn

When is heartburn more than just a nuisance? Long-term reflux, or heartburn, can change the cells in the lower end of the esophagus. This condition is known as Barrett's esophagus. Alicia McKelvey, MD, Main Line Health thoracic surgeon, explains, "Once Barrett's esophagus develops, close surveillance is needed to watch for the development of cancer."

The esophagus is a tube about 10 to 13 inches long that allows food to travel from the throat to the stomach for digestion. There are two main types of esophageal cancer. Adenocarcinoma, the most common in the U.S., develops in the lower part of the esophagus. Squamous cell carcinoma is less common in the U.S. and can grow anywhere along the esophagus.

What Causes This Cancer?

In addition to long-term reflux, risk factors include obesity, tobacco use, alcohol use (more than three alcoholic drinks per day is a major risk factor), and a diet low in fruits, vegetables, and certain vitamins and minerals. Age and gender matter, too; most people are diagnosed at age 65 or older, and men have a three times greater risk than women.

Often, symptoms of esophageal cancer don't appear until the disease is more advanced. However, a research initiative is currently under way at the Lankenau Institute for Medical Research to screen for precancerous esophageal cells in the earliest stages (see the article below).

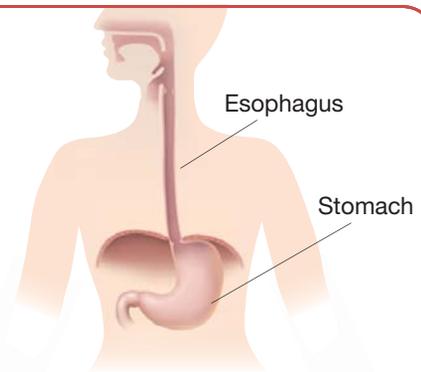
Treatment Options

Treatment for esophageal cancer may include esophagectomy, in which part of the esophagus is removed. This is an uncommon and complex procedure, so it's important to explore your options when choosing your surgeon. "Find out the number of esophagectomies your doctor performs each year, and ask about the method of surgery," recommends Dr. McKelvey. "Minimally invasive surgery results in greater precision, much smaller incisions, less post-operative pain, and quicker recovery."

Other treatment options may include chemotherapy, in which drugs are used to destroy cancer cells, or radiation therapy, in which high-energy rays shrink or eliminate the cancer. ●

Test for Esophageal Cancer on Horizon?

The Lankenau Institute for Medical Research (LIMR) was awarded a U.S. Patent in 2005 for a test developed to screen people who may be at risk for esophageal cancer. The test was developed by James Mullin, PhD, Director of Research for the Division of Gastroenterology at Lankenau Hospital, and James Thornton, MD, gastroenterologist at Lankenau Hospital, in collaboration with other LIMR scientists and Lankenau physicians. You can learn more about this research by visiting www.limr.org/newsletters.



hospital updates

BRYN MAWR HOSPITAL

Now Offering Complete Cardiac Care at Bryn Mawr Hospital Health Center

Board-certified cardiologists are committed to providing you and your family with personal, attentive cardiac care. The Bryn Mawr Hospital Health Center offers Cardiac Diagnostic and Nuclear Medicine Services, which include echocardiography, stress echocardiography, treadmill stress testing, nuclear stress testing, and MUGA scan. Our Cardiac Rehabilitation Program includes exercise, nutrition, education, and support groups. Our Cardiovascular Diagnostic Services comprise vascular diagnostics testing, EKG (electrocardiogram) testing, and Holter monitoring. In addition to these services, cardiac CT angiography is available through Main Line Health Imaging. To learn more, visit www.BrynMawrHealth.org or call 1-866-CALL-MLH.

LANKENAU HOSPITAL

Kidney Transplant Program Receives National Certification

Lankenau Hospital is now officially certified as a Kidney Transplant Program by the Centers for Medicare and Medicaid Services (CMS), which oversees transplantation programs nationwide. The certification demonstrates that Lankenau's program meets the high standards of CMS and that Medicare will cover applicable expenses for individuals who qualify. To earn certification, Lankenau Hospital underwent an on-site evaluation and an in-depth review of the program's clinical experience; patient selection, management, volumes, and outcomes; and adherence to the highest standards of safety.

post
&
save!

Registration is required for most programs.

To learn more about these and other programs and to register, call toll-free 1-888-876-8764 or visit www.MainLineHealth.org/events.

FREE Hip and Knee Pain Seminars in Your Community

The Main Line Health Orthopedic Centers offer Hip and Knee Pain Seminars in a community near you! These monthly seminars feature information on causes of joint pain, including injury and arthritis, as well as nonsurgical treatment options, including physical therapy, medications, and injections.

For more information and the locations near you, visit www.MainLineHealth.org/events or call 1-866-CALL-MLH.

FREE Stroke Screening: Learn Your Personal Risk

Christopher Reid, MD, Bryn Mawr Hospital neurologist, will talk about the warning signs, prevention, and treatment of stroke. Free stroke screenings available. Light, heart-healthy dinner will be served. Tuesday, April 27, 6:30 to 8:30 p.m. Bryn Mawr Hospital Health Center, Newtown Square. Registration required: 1-866-876-8764 or online at www.MainLineHealth.org/events

Celebrate Life at Cancer Survivors' Day

Join us for an inspirational event where we'll celebrate life and hope. Refreshments will be served. Call our toll-free number for dates and locations.



● SAVE THE DATE

Hormone Therapy: What's a Woman to Do?

Join us for a comprehensive overview on hormone therapy (HT) to learn what's safe, what's new, and what's right for you. Topics include HT risks and benefits, differences between traditional and bio-identical hormones, and delivery options. Physician experts: Beverly Vaughn, MD, *Menopause and You* medical coordinator; James Kolter, MD, Paoli Hospital OB/GYN; and Helen Kuroki, MD, Riddle Hospital OB/GYN. Tuesday, May 18, 7 to 8:30 p.m., at The Radnor Hotel, St. Davids. Desserts and beverages will be served. Registration required: 1-866-876-8764 or online at www.MainLineHealth.org/events

FREE Car Seat Inspections

Learn if your child's car seat meets all of the safety standards at this worthwhile workshop. Sponsored by SAFEKIDS. Wednesday, April 21, 10 a.m. to 2 p.m. Paoli Hospital, 255 W. Lancaster Ave., Paoli. Registration: 1-888-876-8764 or online at www.MainLineHealth.org/events

FREE Skin Cancer Screenings

According to the American Academy of Dermatology, skin cancer is the most prevalent of all cancers. Early detection is the surest way to a cure. Learn if you're at risk by attending a free screening in your community this May. Call 1-866-876-8764 or visit www.MainLineHealth.org/events for dates and locations.

Older Americans Month

Join us at Riddle Hospital as we celebrate Older Americans Month in May with community lectures on important topics for staying healthy as you age. For a full list of seminars, visit www.MainLineHealth.org/events or call 1-888-876-8764.



Passport to Wellness

Lace up your sneakers and join us on a wellness journey through the new Riddle Health Center 4 to explore various activities that will surely lead you on a road to a healthier life. Dress comfortably!

- Cooking demo: **Decadent Desserts for the Calorie Conscious**
- Fitness circuit: **Try out yoga, balance balls, strength training, and more**
- Physician workshops: **Exercise Injury Prevention; Hip Conditions and Nonsurgical Treatments**
- Screenings: **Body composition, glucose, blood pressure, hearing**
- **A light, healthy dinner** and much more to see and do!

Thursday, April 29, 5:30 to 8 p.m.
Riddle Hospital, Baltimore Pike, Media
Fee: \$15/\$10 WHS members



Champagne Luncheon and Fashion Show

Fashions by Latrice and Gramercy Boutiques will be showcased at this fashion show hosted by the John B. Deaver Auxiliary of Lankenau Hospital. Hear the latest in fashion news presented by a New York designer. Proceeds will benefit the perinatal testing center.
Sunday, April 25, noon
Overbrook Golf Club, 799 Godfrey Rd., Villanova
Fee: \$5

WOW 101

WOW—Women on Weights—teaches the benefits of resistance training. This six-week progressive program combines theory with strength training and stretching techniques. These workouts will help you feel comfortable using free weights and machines in a health club or home setting, ensuring a safe and effective program.
Tuesdays, April 13 through May 18, 6 to 7 p.m.
Ellis Athletic Center, 3819 W. Chester Pike, Newtown Square
\$65/\$55 for WHS members

Healthy Heart Makeover

Is your heart really benefiting from your exercise routine? Is your pantry heart smart? Discover the answers to these questions plus more through interactive workshops presented by exercise specialist Tabitha Muracco and nutrition educator Judy Matusky, RD. Mark Edelstein, MD, Bryn Mawr Hospital cardiologist, will explain why it's important to know your numbers. A light dinner will be served.
Tuesday, May 4, 6 to 8 p.m.
Bryn Mawr Hospital Health Center, Newtown Square
Fee: \$15/\$10 WHS/WHI members

Registration is required for most programs.

To register, call toll-free 1-888-876-8764 or visit us online at www.MainLineHealth.org/events.

Have a health question? E-mail our nurse counselor at whs@mlhs.org or call 1-888-876-8764.

PAOLI HOSPITAL

Orthopedic Team Earns “Blue” and “Gold” for Excellence

Blue Cross and Blue Shield of Independence Blue Cross has designated Paoli as Blue Distinction Centers for Spine SurgerySM and Knee and Hip ReplacementSM for its expertise in delivering quality health care. “Paoli’s expert orthopedic team provides comprehensive services, including surgical and non-surgical treatments. We are proud to be the only hospital in this area to have earned this status in the designated specialties,” says Jan Nash, PhD, MSN, RN, Paoli’s Vice President of Patient Services.

Note: Designation as Blue Distinction Centers[®] means these facilities’ overall experience and aggregate data met objective criteria established in collaboration with expert clinicians’ and leading professional organizations’ recommendations. Individual outcomes may vary.

RIDDLE HOSPITAL

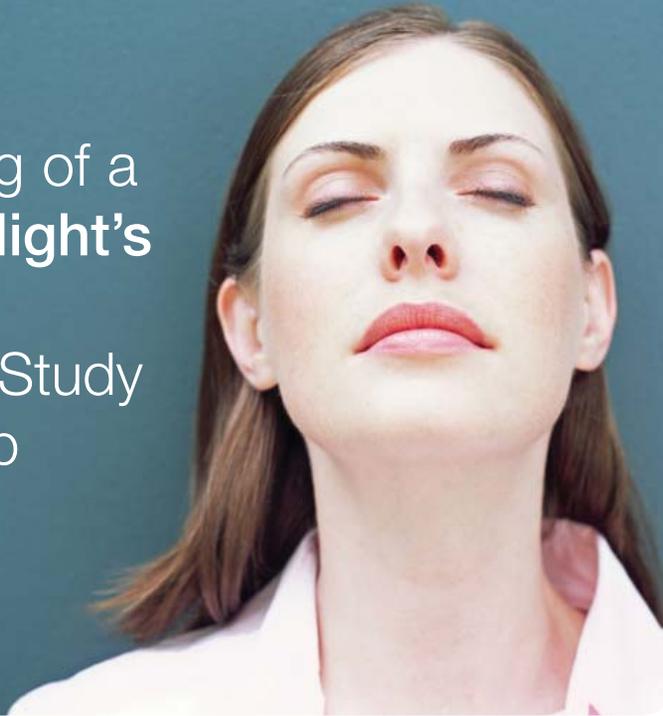
Riddle Outpatient Pediatric Therapies (ROPeS)

The ROPeS Program at Riddle Hospital has a new home in Health Center 4. Its services include occupational and physical therapies as well as speech-language pathology and audiology. Each play-based therapy session is conducted in a child-friendly environment with a focus on the goals established during the child’s evaluation. Parents are encouraged to participate in the sessions to facilitate carryover of the trained skills to other environments. Our therapists are trained to treat children with a wide variety of diagnoses, including autism, feeding problems, and motor and communication deficits. To learn more or to schedule an appointment, call 610-891-3370.



Dreaming of a Better Night's Sleep?

A Sleep Study Can Help



Do you wake up sleepy, nod off at odd times, or rouse your spouse with a buzz-saw snore? If so, you aren't alone. Add issues like an inability to fall asleep, gasping for air during sleep, or involuntary bedtime leg twitching, and about one in three American adults experiences poor sleep.

Sleep problems can worsen everything from accident risk to weight gain to diabetes, explains Jodi Cole, respiratory therapist at Main Line Health. So if you or someone you love experiences sleep disturbances for a month or more, talk with your physician. Finding the cause so it can be treated is critical for your overall health and well-being.

Diagnosing Sleep Problems

Fortunately, diagnosis is as easy as lying down for a sleep study. The study consists of one sleep cycle spent at a sleep center. Main Line Health has these specialized centers throughout the region. "Each one has comfortable, private rooms that feel a lot like hotel rooms," Cole notes.

During the study, a certified sleep technologist performs a polysomnogram. "Poly" means many, "somno" means sleep, and "gram" means recording. The many sleep recordings made during the study include measures of brain activity,

eye movement, and muscle movement. A sleep medicine physician then reviews them to determine the best way to treat your sleep-related issue. "Sometimes, it's as simple as switching up bedtime rituals so your body is ready for sleep," says Cole.

What Happens During a Sleep Study?

Sleep study steps typically include:

- Pre-sleep questionnaires
- Fitting with electrodes to capture recordings
- Time to wind down by reading or watching TV
- Monitoring by a sleep technologist for at least six hours of sleep data
- Electrode removal and checkout
- A diagnosis usually made within two weeks

The bottom line? "You don't have to accept the negative impact that lack of sleep has on your health. There's help for trouble with anything from menopausal hot flashes to breathing problems," Cole says. ●

Catch Some Z's

What's the link between a good night's sleep and a happy marriage? To find out, visit www.MainLineHealth.org/whs. To learn more about our sleep centers, call 1-866-CALL-MLH.

Awesome Chicken Soup Recipe

Submitted by WHS member
Stefanie Sassano Schrampf

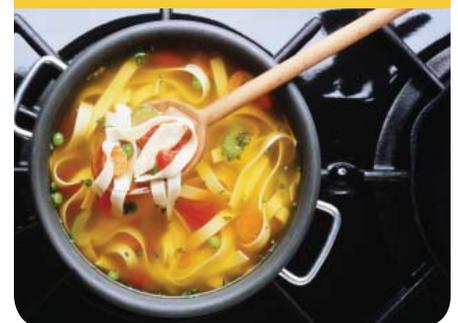
- 1 gallon of water
- 1 (4-lb.) whole chicken, cut in pieces
- 1 large onion, cut in pieces
- 3 bay leaves
- 10 whole black peppercorns
- 1 bunch celery
- 2 lbs. carrots
- 15-oz. can stewed tomatoes
- 3 tbsp. chopped lemongrass (optional)
- ¼ cup noodles

1. Cook chicken in water over high heat. When water reaches boiling point, reduce to medium heat and cook for 30 minutes.
2. Add onion, bay leaves, peppercorns, ¾ bunch of celery, 1 lb. of carrots, tomatoes, and lemongrass. Simmer for 1 hour.
3. Strain broth. When chicken is cool, remove skin and cut meat into bite-sized pieces.
4. Return strained stock to pot; stir in chicken, remaining celery, and carrots, chopped. Bring to boil, then reduce to medium temperature, cover, and simmer for 20 minutes or until carrots are cooked.
5. Cook noodles as directed on package and add to soup.

Cooking time: 2.5 hours

Number of servings: 12

Hungry for more healthy recipes? Browse online at www.MainLineHealth.org/whs.



When It Comes to **Blood Sugar**, Not All Carbs Are the Same

If you have diabetes, you've probably been told to avoid eating sweets in order to keep your blood sugar low. In fact, all carbohydrates—not just candy and soda—can raise blood sugar. However, some carbs raise blood sugar more than others do. And some carbs raise blood sugar more than sugar itself.

So how can you pay better attention to the type of carbs you're eating? Janet Wendle, director of Main Line Health's Diabetes Education Program, explains, "A tool called the glycemic index [GI] rates carbohydrates by their effect on blood sugar. Your body digests high-GI foods quickly. That produces a steep rise in blood sugar. Low-GI foods cause a slow, gradual rise in blood sugar. By preventing 'spikes' in blood sugar, low-GI foods may help prevent diabetes complications."

Following a low-GI diet can reduce blood sugar modestly. But some doctors and dietitians think it's too confusing. For example, the GI of a food can change if you eat it with fat or protein, both of

which slow digestion. Also, the GI of a food varies from one person to another.

According to the American Diabetes Association (ADA), counting the total grams of carbs you eat or using food exchanges is still the best way to control blood sugar after a meal. However, the ADA also says that using the GI in addition to these methods can further protect against high blood sugar.

Here are more smart choices to help control blood sugar:

- Whole grains digest slowly. So choose foods such as multigrain bread and brown rice instead of white bread and white rice.
- Cut back on starchy vegetables, such as potatoes. Load up on veggies such as asparagus, broccoli, and spinach.
- Avoid candy and soft drinks, which have a high GI and zero nutrients. ●

We're Here to Help

If you have diabetes, call our **Diabetes Education Program** to learn how to eat healthy: **1-866-CALL-MLH**.



We're Ready to Reveal Our Makeover!

Check out our redesigned site: www.MainLineHealth.org/whs.

It's now easier to navigate your trusted resource for the latest health and wellness information. Our new site includes these features:

- Age-specific information portals
- Specific health topic information portals
- Social networking
- Easy access to physician referrals and Ask Our Nurse Counselor
- Hundreds of healthy recipes
- The latest news in women's health and events
- Follow-up information on articles in this newsletter

Members of our free WHS program also enjoy exclusive offers through our merchant discount program, the *Women's Health Source* newsletter and e-mail updates, and more.

Visit the new WHS site today to register for our birthday club and to receive our e-mails and special offers!

GI Ranking	Common Foods	
<p>Low-GI foods Below 55</p>	<p>kiwis nuts sweet potatoes oranges beans</p>	
<p>Moderate-GI foods 56 to 69</p>	<p>honey rye bread bananas pancakes macaroni and cheese</p>	
<p>High-GI foods 70 or more</p>	<p>jelly beans bagels corn flakes white rice soft drinks</p>	

Healthy Teeth Can Mean a Healthy Body

Need a good reason to pay better attention to your mouth? Untreated gum disease can lead to problems with your heart and blood vessels. Experts believe gum disease causes inflammation, which can contribute to clogged arteries.

In addition, untreated gum disease can trigger or worsen diabetes. It can also alter the way your body digests fat. A recent study in the *Southern Medical Journal* revealed that treatment for gum disease significantly lowered patients' cholesterol levels.

You can keep your mouth healthy by reducing plaque, the sticky mixture of food, saliva, and bacteria that's the culprit in gum disease. Keith Silverstein, DMD, MD, Paoli Hospital oral surgeon, recommends these tips for attacking plaque:

1. Avoid frequent snacking, especially on sticky foods such as dried fruit and candy. Instead, enjoy these treats as part of a meal, and try to brush your teeth afterward.
2. If you smoke, quit.
3. Brush your teeth twice a day using fluoride toothpaste, and floss daily.
4. Visit your dentist for a cleaning every six months and an exam at least once a year.

Dr. Silverstein notes that if you have trouble removing plaque, a dentist can suggest additional aids, such as mechanical toothbrushes, water picks, interproximal brushes, and medications.

Looking for a Dentist?

We can help. Call 1-866-CALL-MLH.



Heed the Warning of Pre-diabetes

Years before type 2 diabetes develops, blood sugar levels often start climbing above normal. "Consider it a warning, but also an opportunity," says Violeta Popii, MD, Lankenau Hospital endocrinologist. "If you have what we call pre-diabetes, you may still be able to make lifestyle changes to delay or even avoid the onset of type 2 diabetes."

People with pre-diabetes have blood sugar that's higher than normal, but not high enough to be diabetic. However, research shows that up to one-third of people with pre-diabetes will develop type 2 diabetes within five or six years.

Doctors can detect pre-diabetes with a blood test. You should consider getting tested if you are age 45 or older, especially if you're overweight. "Being heavy raises your risk for this condition," notes Dr. Popii, "particularly if you carry excess weight in your belly."

Doctors also may recommend testing for younger adults who are overweight or have other risk factors for pre-diabetes,

including a family history of diabetes; a Hispanic, Asian-American, or African-American background; or high blood pressure.

The good news? The road to diabetes isn't a one-way street. If you have pre-diabetes, healthy lifestyle changes cut the risk. A recent study showed that people who made healthy changes reduced their risk for diabetes by 58 percent. If you've been diagnosed with high blood sugar or pre-diabetes, try these strategies to delay or avoid the onset of diabetes:

- Slim down if you're overweight. Losing just 5 to 7 percent of your weight can lower your blood sugar.
- Walk briskly, bike, or perform other moderate exercise for 30 minutes five days a week. Regular, moderate exercise improves blood sugar control and helps you shed pounds.
- Eat a low-calorie, low-fat diet. Choose lots of vegetables, fruits, and whole grains. These high-fiber foods can help your body use insulin better. ●

Did You Know?

About 57 million Americans age 20 and older have pre-diabetes. Check with your doctor to learn if you're at risk. Need a physician? Call 1-866-CALL-MLH.

Make a Sound Decision on Hearing Aids

If you have hearing loss, listen to this good news. A study in the journal *Ear & Hearing* reports that people with hearing problems who opt to use hearing aids live a longer, more satisfying life.

If you suspect you're one of the 28 million Americans who has a problem hearing, talk with your doctor and schedule an appointment with an audiologist. Today, there are more options in hearing-aid style, comfort, and performance than ever before.

An audiologist will assess your hearing and listening status, then help you choose a hearing aid that fits your lifestyle and communication needs. Here are some hearing-aid style choices:

■ Behind-the-ear: These aids rest behind the ear. They offer great flexibility, and some are more cosmetically appealing because of their "micro" and open-fit styles.

■ In-the-canal (ITC) and completely-in-the-canal (CIC): The ITC aid rests just inside the ear canal, while the CIC aid fits even deeper inside and is virtually invisible. People typically choose ITC and CIC aids because they aren't as noticeable. However, some people find them difficult to handle because of their small size.

■ In-the-ear: These aids fit completely in the outer ear. Because they're larger than ITC aids, their batteries last longer; they are more powerful and somewhat easier to manipulate.

Besides the style of hearing aid, you can choose which digital technology will best meet your needs and lifestyle. There are premium, advanced, and standard instruments that can be programmed to fit your specific needs. A microchip in the hearing aid analyzes your surrounding environment and self-adjusts to give you the clearest speech understanding and the most comfort in background noise.

Whichever hearing aid you choose, keep in mind that it might take several weeks to get used to it. And before you buy, make sure you're given a trial period to try it out. It's worth the time and effort to find a hearing aid that's right for you. ●

Schedule a Screening

Learn more about the types of hearing aids available at www.MainLineHealth.org/whs. If you'd like to schedule a FREE hearing screening and talk with an audiologist, call the Riddle Hospital Speech & Hearing Department at 610-891-3370.



Benefit Update

Swoozie's: Presents, Paper, Printing, & Pizazz!

Paoli Shopping Center, Routes 30 & 252, Paoli 610-407-2880
Suburban Square, 16 St. James Place, Ardmore 610-642-6120
www.swoozies.com
Receive a 20% discount on one regular-priced item per visit (excludes printing).

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708 East Haverford Road, Bryn Mawr 610-527-8469
Receive 20% off any professional nail care or waxing services. Includes manicures, pedicures, acrylics, facial and body waxing, and lash and brow tinting.

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3793 Kim Road, Collegeville 856-912-073
www.sajephoto.com
First-time clients receive 30% off sitting fee. Show this ad and receive 10% off all prints. Custom portraiture for all occasions.

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201 South Orange St., Media 610-565-0225
Save 10% on wigs or 15% on any accessory item. Specializing in wigs, hairpieces, and halo hairpieces for women living with cancer, alopecia, or thinning hair.



Remember to mention or show your WHS membership card when taking advantage of these offers.

Request your copy of the Merchant Directory by calling 1-888-876-8764 or visiting www.MainLineHealth.org/directory.

merchant spotlight

10% off Lingerie!

Bosom Buddies Lingerie and Breast Care Boutique
Specializing in finding comfortably fitting bras for women of all ages, shapes, and sizes.
36 Chestnut Road, Paoli, 610-296-7626
www.bosombuddieslingerie.com

20% off Estate Planning Services

Receive a 20% discount on our estate planning package. Includes living will and health care power of attorney. Mention your membership card when calling.
Ruggiero Law Offices
Paoli Corporate Center
16 Industrial Blvd., Suite 211, Paoli 610-889-0288

hospital spotlight

A++

Paoli Gets High Marks for Emergency Services!

“The service I received was first class. The doctors, nurses, and techs couldn’t have been more accommodating and gracious in their service...I am most fortunate to live in proximity of Paoli.”
—E. Violante, Paoli, PA

“I was a walk-in, immediately taken to triage, registered, assessed, X-rayed, and splinted...then received discharge instructions and walked out the door an hour later. A++. Thank you!”
—J. Horvath, Honey Brook, PA

“It was the BEST ER experience I have ever had!”
—J. Pauley, Chesterbrook, PA

These are a few responses from patients recently treated in the new ED located in the Pavilion of Paoli Hospital. And they’re not alone: patient satisfaction scores of Paoli’s emergency services continue to rise and be recognized among the nation’s best.* Opened last July, the facility features all private rooms, many safety features, and the latest technologies, enabling our board-certified



Paoli’s Expanded ED Reaches New Heights

emergency physicians, staff, and specially trained nurses to provide patients with the best experience possible.

One of the highlights of the ED is the “fast-track” area. Specially designed for those with less serious conditions, such as lacerations and sports injuries, it allows for rapid treatment so patients and their loved ones can arrive and be on their way with minimal waiting. “In addition to the fast-track area, Paoli has the expertise and equipment necessary to treat a wide range of traumatic injuries in a most efficient manner,” states Douglas Hughes, RN, MBA, Paoli’s Director of Nursing.

The Pavilion, which is based on the principles of evidence-based design, includes features that help reduce infection, enhance safety, and advance healing. The environment is

warm, pleasant, and quiet. Patients receive the care they need and can focus on recovery and getting back to their daily routine.

The caring staff treats patients as individuals and listens to what they have to say. For instance, women can present with serious but often overlooked or ignored signs and symptoms of heart disease. The team at Paoli has received specialized training to help identify and treat cardiac-related emergencies in women of all ages.

Children also have a special place in Paoli’s ED, whether as patients or visitors. There is an enclosed playroom in the waiting area with child-friendly activities and items. ●

**Press Ganey 4th Qtr, 2009.*

For a virtual tour, visit us online at www.MainLineHealth.org/paoli.

Join us for our spring events and programs!

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SPW

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