

# WOMEN'S healthsource



PERSONALIZED CARE  
HELPS A YOUNG WOMAN  
**CONQUER  
CANCER**

**FALL 2019** SAY GOODBYE TO EXTRA POUNDS | WHAT'S KEEPING  
YOU FROM A GOOD NIGHT'S SLEEP? | MANAGING STRESS  
IN A 'MOMMY WINE CULTURE'



Main Line Health®  
Well ahead.®



## Get moving, stay safe

With cooler temps and colorful trees, autumn is a great time to be active outdoors. Activities like walking or bicycling are easy for people of all ages to enjoy. Just don't forget about safety.

### Walk this way

"Walking is great exercise, especially as we age," explains Stephen Sizer, DO, orthopedic surgeon at Lankenau Medical Center and Paoli Hospital, part of Main Line Health. "It's easy on the joints and helps maintain bone mass. But if you're an older adult, it's wise to take a few precautions."

Dr. Sizer says the right walking shoes are key to preventing injury. Trade the flip-flops for shoes with adequate cushion and support. He also recommends setting a realistic walking goal and sticking with it for at least three days before increasing your time or distance.

"Whether you're walking one block or one mile, it's important to allow enough time to evaluate how your body responds," explains Dr. Sizer. "Minor joint pain or stiffness after exercise is normal. But if you experience severe soreness, check with your doctor."

### Gear up for family biking

Regular family bike rides teach kids positive exercise habits and get you all moving. A properly fitting helmet is a must (yes, even for adults!). And make sure everyone's bicycle is the right size for their body.

"If your bike is the wrong size, it increases the risk of overuse injuries and makes the ride harder than it has to be," says Ryan Algeo, PT, MPT, certified strength and conditioning specialist with Bryn Mawr Rehab Hospital, part of Main Line Health. "A local bike shop can check all your equipment."

To keep interest levels up, vary your routine. "Take a long flat route one day and a shorter hilly ride the next," suggests Algeo. "Just keep in mind everyone's fitness level."

If you or a family member needs a low-cost/high-quality certified bike or BMX/skate helmet, contact our Community Health and Equity department. You'll find bicycle and skate helmet order forms at [mainlinehealth.org/helmets](http://mainlinehealth.org/helmets).

## PRESCRIBE-A-TRAIL: FREE COMMUNITY WALKS

Join our health practitioners to learn how to achieve maximum health during a brisk walk. In inclement weather, the walk may be cancelled. For full details on walk locations and where to meet, visit [mainlinehealth.org/prescribetrail](http://mainlinehealth.org/prescribetrail).

### Stoneleigh:

#### A natural garden

- September 12, 10:00 am: Lyme disease awareness
- October 17, 10:00 am: Healthy eating

### Radnor Steps/ Radnor Trail

- September 27, 9:00 am: Diabetes and prediabetes
- October 25, 9:00 am: Stress management

### Friends of Haverford Trails

- September 28, 9:00 am, Haverford College Trail: If the shoe fits
- October 12, 9:00 am, Merry Place: Fall prevention tips

### Valley Forge Park Alliance

- October 15, 10:00 am: Trauma updates and falls prevention
- November 5, 10:00 am: Cardiac and stroke health



# Say goodbye to extra pounds and find a new you

## Extra pounds can take a toll on your health and your overall quality of life.

Main Line Health's brand-new Comprehensive Weight and Wellness Program emphasizes lifestyle changes and individualized care coordinated by an interdisciplinary team of bariatric specialists. The program is under the leadership of obesity medicine specialist Stephanie McKnight, MD, and metabolic and bariatric surgeon Richard Ing, MD. The interdisciplinary team also includes dietitians, nutritionists, exercise physiologists, nurse practitioners, medical assistants and emotional wellness providers.

"Everything people associate with weight loss and wellness is under one roof at Main Line Health," says Dr. Ing.

## How the program works

"When patients enter the program, they are evaluated by a provider with specialty certification in managing obesity as a chronic disease," says Dr. McKnight. "The provider addresses each individual's risk factors, then makes a plan to help them achieve their best health. Regular interdisciplinary team meetings allow us to create a plan that's better than anything one provider could do alone."

The program offers the following treatment options:

- **Customized medical management**, during which patients meet regularly with the bariatrician and dietitian in a traditional office-based setting
- **Bariatric surgery**, with preoperative and long-term postoperative care managed by the bariatric team
- **The comprehensive program**, which offers a more intensive approach. Patients meet regularly with the bariatrician, dietitian, exercise physiologist and emotional wellness provider, while attending weekly classes. An optional meal replacement program is also available.

## Are you a candidate?

The program is open to those 18 years or older with a body mass index (BMI) of 30 or greater or those with a BMI of 27 or greater with weight-related health conditions.

"One of the program's great benefits is that it enables patients to prevent or reverse the course of weight-related illnesses," notes Dr. Ing. "It can help people live longer by reducing weight-related mortality." ●



## GET ON THE ROAD TO GOOD HEALTH

Take the first step. To learn more, contact Main Line Health's Comprehensive Weight and Wellness Program at 484.476.6230 or visit [mainlinehealth.org/weight](https://mainlinehealth.org/weight).

## CREATIVITY ABOUNDS AT BRYN MAWR REHAB'S ART ABILITY

Creative expression is part of the healing process. At Bryn Mawr Rehab Hospital's Art Ability Program, we are making that possible for our patients. The Art Ability Program at Bryn Mawr Rehab Hospital, part of Main Line Health, focuses on celebrating abilities.

"The mission of Art Ability is to help people with disabilities reach beyond their limitations and find fulfillment in art," explains Cristine Largoza, program coordinator.

Professional painter Carol Spiker, who became paraplegic after a car accident, adapts her art practice to her abilities. For others, like brain-injury survivor Sal Panasci, art becomes an all-new hobby.

Art Ability began in 1996 as an annual juried exhibit and sale of art and fine crafts by people with disabilities from around the

world. Today, the Art Ability collection transforms hospital halls into an art gallery. Traveling exhibits bring artwork into the local community. And a special fund set up in memory of former patient and Art Ability artist, Dana Jones, supports art therapy at Bryn Mawr Rehab. Creative activities, such as watercolor painting, can relieve stress, aid communication and strengthen body-brain connections.

"Being able to do therapy in a creative way is very freeing for our patients," reports Largoza. "Whether or not they've had any prior experience with art, it's healing."

➔ The upcoming Art Ability exhibit runs from November 2, 2019 to January 26, 2020. Visit [mainlinehealth.org/artability](https://mainlinehealth.org/artability) to learn more.

# ‘Exceptional’ breast cancer care

MAIN LINE HEALTH EXPERTS WHO HELPED A YOUNG WOMAN CONQUER HER CANCER SHOW WHY THE BEST TREATMENT IS PERSONALIZED

In September 2018, life was full for Anastasia Colletti. The healthy, active Havertown resident was enjoying her career as an X-ray technician, spending time with friends—and had just celebrated her 26th birthday. Then she found a lump in her breast.

Colletti saw her Main Line Health nurse practitioner, Melanie Winter, CRNP, who referred her for a mammogram and an ultrasound. After testing, she met with Mary Beth Merola, RN, BS, CBCN, a nurse navigator at Lankenau Medical Center, part of Main Line Health.

“Mary Beth sat me down and said they were unsure whether the mass was cancerous. They were speeding up my appointment with the breast surgeon,” Colletti recalls.

The breast surgeon, Jennifer Sabol, MD, also the director of the Comprehensive Breast Center at Lankenau, performed a biopsy. Colletti soon learned she had breast cancer.

## Exploring every option

Colletti’s journey highlights the importance of having a multidisciplinary breast cancer care team that tailors treatment to each individual. In the weeks ahead, as testing gave her doctors more information, new challenges—and new options—emerged. Colletti’s Main Line Health medical team, consisting of Dr. Sabol along with oncologist Zonera Ali, MD, and plastic surgeon R. Brannon Claytor, MD, worked collaboratively to explore every possibility.

“Breast cancer’s actually a hundred different diseases all under the same name. Each needs to be treated differently, based on each person’s unique disease process,” Dr. Sabol says. “Patients need physicians who see the big picture, who take the time to get to know them and understand which treatment will provide the best outcome—because it can be overwhelming. Patients may not be thinking about how today’s decisions might affect them in the future.”

## A creative surgical solution

A physical exam and ultrasound suggested Colletti’s tumor was large, which meant she would probably need a mastectomy. When an MRI showed the tumor was actually much smaller, there was hope she might instead be a candidate for breast-conserving surgery, called a lumpectomy.

Then the picture changed again.

Genetic testing showed that Colletti had a mutation in the BRCA1 gene, raising her risk for developing a second primary breast cancer. At that point, Dr. Sabol recognized that a prophylactic bilateral mastectomy was the smartest long-term approach.

“The bilateral mastectomy was important,” Dr. Sabol says, “but Anastasia was hoping to minimize her scarring and preserve as much of her natural self as possible. Preserving her nipples was very symbolic to her.”

It would also be a challenge. A large-breasted woman, Colletti was not a good candidate for a nipple-sparing mastectomy. “The breast implants that would have been required during reconstruction would have been too large,” adds Dr. Claytor, the plastic surgeon. “It wouldn’t have been possible to correctly position the nipples and ensure an adequate blood supply.”

Together, Drs. Claytor and Sabol came up with a creative solution: To enable her to preserve her nipples, they would perform Colletti’s surgery in stages. The first stage took place in November 2018. Dr. Sabol removed the breast tumor with a lumpectomy, and Dr. Claytor performed a reduction in both of Colletti’s breasts, shaping them and placing the nipples in their proper position. The next stages of surgery would involve the nipple-sparing mastectomy and breast reconstruction, now with smaller implants.

“Breast reconstruction has dramatically evolved over the past 15 years,” Dr. Claytor explains. “We’ve increased our understanding of how tissue can be moved to help maintain the most essential part of the breast, the nipple. By reconciling the patient’s goals with the limitations we have, based on the disease, we can custom-design a surgical plan.”

From left to right: R. Brannon Claytor, MD; Zonera Ali, MD; Anastasia Colletti; and Jennifer Sabol, MD, reunite for a picture in the Comprehensive Breast Center at Lankenau Medical Center.





After receiving treatment and care for breast cancer at Main Line Health, Anastasia Colletti rings the bell to celebrate her final day of chemotherapy and looks forward to getting back to her life!



photo credit this page and cover:  
www.mikearriisonphotography.com

### Empowered during treatment

After the first stage of surgery, Colletti had chemotherapy, which treated her cancer and gave her nipples time to heal and adjust to their new blood supply. Dr. Ali helped Colletti research “cold caps,” chilled hats that narrow the blood vessels in the scalp. Cold caps lessen the amount of chemotherapy that reaches the hair follicles, making the hair less likely to fall out. Wearing cold caps enabled Colletti to keep most of her long, thick locks all through treatment. The cold cap system is available at Lankenau Medical Center.

“We’ve come a long way in treating chemotherapy side effects, like nausea, but until recently, there hasn’t been as much focus on preventing hair loss, which is a major side effect both physically and emotionally,” Dr. Ali says. “People look in the mirror and are reminded every day that they’re getting chemotherapy. The goal is to empower our patients as much as possible.”

### A SIMPLE, LIFESAVING TEST

Early detection of breast cancer with screening mammography can save lives. Contact Main Line Health today and our health care team will help schedule your mammogram at one of our nine convenient locations. Call **484.580.1800** or visit [mainlinehealth.org/3D](http://mainlinehealth.org/3D).

“My team became my second family. I could text my doctors at any time of the day; when I was scared or had questions, they always answered me in a reassuring way.”

### ‘My second family’

In May 2019, Drs. Sabol and Claytor teamed up again at Bryn Mawr Hospital to perform Colletti’s bilateral mastectomy. She is scheduled for one more surgery to receive her breast implants.

“I love every single one of my doctors,” Colletti says. “My team became my second family. I could text my doctors at any time of the day; when I was scared or had questions, they always answered me in a reassuring way.”

“They came together to support me, to talk things through so I understood them. My care at Main Line Health was exceptional.” ●

## WHEN TO CONSIDER GENETIC TESTING

At least 10% of breast cancers are hereditary—caused by an abnormal gene passed from one generation to the next. While the most recognized genes associated with hereditary breast cancer risk are BRCA1 and BRCA2, other genes increase the risk as well.

“The goal of identifying patients with inherited risk for cancer is to personalize medical management,” says Terri McHugh, DO, director of Main Line Health’s Genetics and Risk Assessment Program. Dr. McHugh recommends meeting with a genetic counselor to review your personal and family history and understand your genetic test options. Testing involves submitting a blood or saliva sample for DNA analysis. The cost is covered by most health insurances if eligibility criteria are met.

You might consider genetic testing if your personal or family history includes:

- Any type of cancer diagnosed at or younger than age 50
- More than one type of cancer in the same person
- Metastatic breast cancer, metastatic prostate cancer, or prostate cancer with a Gleason score of 7 or more
- Unusual cancers (such as ovarian cancer or male breast cancer)
- A total of 10 or more colorectal polyps over one’s lifetime
- Multiple relatives with cancer
- A relative who tested positive for a gene known to increase risk

Of note, some cancer-related genes are more common among certain ethnic backgrounds, so knowing your ancestry is helpful.

A genetic counselor can help interpret your results and explain ways to reduce your cancer risk. You may also be able to participate in clinical trials for screening, preventing or treating cancer.

➔ Contact the Genetics and Risk Assessment Program at **484.565.GENE (4363)**.

# calendar

Registration is required for most programs unless otherwise noted. To register for an upcoming event in this calendar, call toll-free 1.888.876.8764 or visit [mainlinehealth.org/events](http://mainlinehealth.org/events), where you'll find a complete list of classes with their dates, times and locations.

## WELLNESS & PREVENTION

### SMOKEFREE

Main Line Health's FREE six-week behavior modification program helps smokers quit. Participants may be eligible for free nicotine-replacement therapy. For locations and dates, visit [mainlinehealth.org/smokefree](http://mainlinehealth.org/smokefree) or call 484.227.FREE to register.

### HIP AND KNEE PAIN SEMINARS

Keep the spring in your step! Learn about hip and knee anatomy, common causes of joint pain, the latest treatments, and how to prevent a hip or knee injury. For locations and dates, visit [mainlinehealth.org/hipandknee](http://mainlinehealth.org/hipandknee).

### BLOOD PRESSURE SCREENINGS

Main Line Health provides free screenings at locations across the region. Visit [mainlinehealth.org/bloodpressurescreenings](http://mainlinehealth.org/bloodpressurescreenings) for the current list.

### AMERICAN RED CROSS BLOOD DRIVES

Be part of a lifesaving team. Donate at our upcoming blood drives. Someone in need will be thankful you did. For locations and dates, visit [mainlinehealth.org/blooddrives](http://mainlinehealth.org/blooddrives).

## HEALTHYWOMAN PROGRAM

Free health screenings for uninsured or underinsured women whose income qualifies. Screenings include mammography, pelvic exams and Pap tests. Call 484.476.8554 (Lankenau) or 484.337.1881 (Bryn Mawr), or visit [mainlinehealth.org/healthywoman](http://mainlinehealth.org/healthywoman).

## HEART-TO-HEART CONVERSATIONS

The Women's Heart Initiative hosts cardiac support groups for women looking for emotional support and encouragement during the healing process. Registration is free and open to all women no matter where they received treatment. Register at 484.476.3WHI or email [mlhwomensheart@mlhs.org](mailto:mlhwomensheart@mlhs.org).

## MEN'S HEALTH AND PROSTATE CANCER

Join John Munshower, DO, primary care physician, for a presentation on men's health issues with emphasis on prostate cancer information.

- September 19, 5:00 pm, Riddle Hospital

## ADAPTIVE EQUIPMENT PRESENTATION

Harly Sides, PT, DPT, will explain how adaptive equipment in a variety of settings can help individuals remain independent in their homes and community.

- October 16, 10:00 am, 933 Haverford Road in Bryn Mawr

## DISEASE MANAGEMENT

### DIABETES AND YOU

This program held at all Main Line Health hospitals will help you manage your diabetes. Cost is covered by most insurance companies. To register, call 484.565.8031.

### FREE WIG PROGRAM

This program is for female cancer patients preparing to undergo or currently undergoing chemotherapy or radiation treatment. Call 484.337.5215 to schedule an appointment.

## FOR OLDER ADULTS

### STRETCH YOUR LIMITS

This exercise program for adults older than 55 includes strength training with elastic tubing and dumbbells and balance training and stretching with modified yoga and chair tai chi. Fee: \$5/class; pay as you go. Class is held year-round at Bryn Mawr Hospital. For details, call 484.337.5206.

### SAFER STEPS

Learn how to stay independent by preventing falls. This class points out common safety hazards in the home and teaches the importance of exercise. Registration required.

- September 19, 1:00 pm, Lankenau Medical Center
- September 24, 10:00 am, Main Line Health Center in Newtown Square
- October 2, 10:00 am, Paoli Hospital

## AN EVENING WITH HEART

Join the Women's Heart Initiative for an evening of health education and empowerment:

*What's on the horizon: Emerging trends in the prevention of heart disease in women*

Visit [mainlinehealth.org/hearthealthy](http://mainlinehealth.org/hearthealthy) for details.

- October 24, 6:00 pm, Lankenau Medical Center

## A MATTER OF BALANCE

This eight-week, evidence-based program provides strategies to reduce the risk of falling and remain active and independent. Registration required.

- Fridays, September 6–October 25, 9:30 am, 60 Surrey Way in Devon
- Wednesdays and Thursdays, September 18–October 10, 10:00 am, Riddle Hospital
- Tuesdays and Thursdays, October 3–29, 10:00 am, 9000 Parkway Drive in Haverford
- Thursdays, October 3–November 21, 1:30 pm, Paoli Hospital
- Fridays, October 4–November 22, 1:00 pm, Lankenau Medical Center
- Tuesdays, October 8–November 26, 10:00 am, Paoli Hospital
- Mondays and Wednesdays, October 28–November 20, 10:00 am, 933 Haverford Road in Bryn Mawr

## MATURE DRIVING AARP

This driver safety program addresses the challenges of drivers older than 55. We offer both full and renewal courses. For the renewal course, you must bring proof of attending the full course. Fee: \$15/person AARP members; \$20/person nonmembers. View upcoming dates and locations at [mainlinehealth.org/aarp](http://mainlinehealth.org/aarp).

## SENIOR ENTERTAINMENT

Fun and informative evenings for the over-60 crowd. Led by Ross Kershey, local historian and educator. Held 5:00 pm at Paoli Hospital. Fee: \$5/person.

- **September 26:** Theodore Roosevelt
- **October 23:** Andrew Jackson

## SENIOR SUPPERS

An evening of dinner, conversation and a healthy living seminar for the over-60 crowd. Fee: \$7/person. At Paoli Hospital, 5:00 pm:

- **September 17:** Lyme disease
- **October 16:** Podiatry
- **November 13:** Hearing disorders
- **December 2:** Holiday party At Riddle Hospital, 4:30 pm:
- **September 25:** Flu and colds
- **October 23:** Heart disease
- **November 20:** Alternative approaches for care of Alzheimer's

## CPR & FIRST AID

## HEARTSAVER AED COURSE

This two-session American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification valid for two years. Held at Riddle Hospital. Fee: \$65.

## CHILDBIRTH AND CHILD CARE CLASSES

We're here to help you and your family prepare for your newest addition with a variety of classes. For locations and dates, visit [mainlinehealth.org/childbirthclasses](http://mainlinehealth.org/childbirthclasses).

## BLS PROVIDER CPR COURSE

This two-day course, designed for any licensed or certified BLS (basic life support) provider, covers CPR and obstructed airway care for adults, children and infants and includes one- and two-person CPR. Held at Riddle Hospital. Fee: \$75.

## SAFE SITTER BABYSITTING

An intensive one-day training program for boys and girls ages 11 through 14. Participants learn to care for younger children and prevent avoidable injuries while babysitting. Held at Riddle Hospital. Fee: \$60.

## GRANDPARENTS AS SITTERS

This course is designed for grandparents, nannies or anyone who cares for children ages newborn to 6 years old. Covers safety, electronics, child-care equipment, CPR and choking. Held at Riddle Hospital at 8:30 am. Fee: \$40.

- **September 21**
- **October 5**

## STOP THE BLEED

Do you know what to do if you or someone you love has a life-threatening injury with uncontrolled bleeding? That knowledge can make the difference between life and death. To register for this free training, visit [mainlinehealth.org/stopthebleedtraining](http://mainlinehealth.org/stopthebleedtraining).

- **September 10, 4:00 pm,** Lankenau Medical Center
- **September 17, 6:00 pm,** Main Line Health Center in Concordville
- **September 25, 6:30 pm,** Paoli Hospital
- **October 8, 6:00 pm,** Main Line Health Center in Newtown Square
- **October 14, 6:30 pm,** Paoli Hospital
- **November 12, 5:00 pm,** Lankenau Medical Center

## COMMUNITY PROGRAMS

Held at Main Line Health Center at Exton Square

## ARTHRITIS FROM NECK TO KNEE

Learn about types of arthritis and how they affect your posture, body and mechanics. Led by Paoli Hospital's Joint Replacement Program Manager Donna Levan, DPT.

- **September 16, 6:30 pm**

## CARDIAC HEALTH FOR WOMEN

Learn the latest research on women's heart disease and stroke. Prevention tips, new and innovative treatment procedures, and more. Led by Women's Heart Initiative Program Manager Heather Forgiore.

- **October 1, 6:30 pm**

## CANCER SCREENING: WHAT YOU NEED TO KNOW

Learn the latest research on various cancers. Prevention tips, new and innovative treatment procedures, and more. Led by oncologist Jennifer Armstrong, MD.

- **October 22, 6:30 pm**

## UNDERSTANDING PREDIABETES

This diagnosis is a wake-up call that you are on a path to diabetes. But it's not too late to turn things around. Led by Joan DiOrto and Virginia Goldschmidt, Main Line Health Diabetes Program.

- **October 29, 6:30 pm**

## DIABETES 101

Learn all about diabetes—medications, nutrition tips and more. Led by Main Line Health Diabetes Program Manager Janet Wendle.

- **November 19, 6:30 pm**

## SEE YOU IN KOP!

We're getting excited for the opening of our new Women's Specialty Center in King of Prussia in Spring 2020. Join us for these events to preview what's to come. Register for these and other events at [mainlinehealth.org/kopevents](http://mainlinehealth.org/kopevents).

## Be Strong, Be Healthy

Road Runner Sports

- **October 22, 6:30 to 8:30 pm**

## Shop with a Doc

Wegman's

- **November 12 and December 10**

## Healthy Alternatives to Holiday Favorites: Cooking Demonstration

Upper Merion Township Building

- **December 11**

# Young women's hearts at increased risk

## Heart disease kills more U.S. women than all forms of cancer combined.

And it's not just older women who are at risk. Heart attacks and heart disease deaths are on the rise in younger women. Three out of 10 heart attacks in women now occur in those younger than 55.

"This rise is strongly tied to increases in cardiovascular risk factors such as high blood pressure, high cholesterol and diabetes," says Katie Hawthorne, MD, a cardiologist at Lankenau Heart Institute, part of Main Line Health. "We're seeing these risk factors come into play earlier in life."

In young women, such risks often go undetected and unmanaged until a serious problem occurs. "Women tend to put their families first—and their own health last," Dr. Hawthorne says. "Many put off seeing a doctor for too long."

## Protect your heart health

"The good news is that 80% of heart attacks are preventable," says Dr. Hawthorne. Here's what you can do to take good care of your heart:

- Eat a nutritious diet that's low in salt and fat.
- Set aside dedicated exercise time.
- Work more movement into your daily life.
- Avoid smoking and excessive alcohol use.
- Find healthy ways of dealing with stress.
- Get regular checkups and ask your doctor about your heart health risks.

## Know the warning signs

As with men, the most common symptom of a heart attack in women is chest discomfort. "Many women don't describe it as chest pain, however," says Dr. Hawthorne. "They'll refer to it as chest tightness or pressure." Other symptoms include arm, back, neck, jaw or upper abdominal pain; shortness of breath; nausea or vomiting; and lightheadedness.

On average, women wait longer than men to seek help for a heart attack. This delay in treatment may lead to more extensive heart damage. Avoid making that mistake: If you are experiencing symptoms that don't feel normal, listen to your body and call 911.

But don't wait for an emergency to think about your heart health. "I would much rather see a patient for a preventive visit than in the hospital," Dr. Hawthorne says. ●



## JOIN US FOR AN EVENING WITH HEART

Join the Women's Heart Initiative for an evening of health education and empowerment: "What's on the horizon: Emerging trends in the prevention of heart disease in women." October 24, 6:00 pm at Lankenau Medical Center. Visit [mainlinehealth.org/hearthealthy](http://mainlinehealth.org/hearthealthy) for details.



2019

Mission:  
Lifeline®

GOLD PLUS  
RECEIVING



## MAIN LINE HEALTH RECOGNIZED FOR TREATMENT OF SEVERE HEART ATTACKS

Main Line Health's acute care hospitals—Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital and Riddle Hospital—have received a Mission: Lifeline®

Quality Achievement Award. This award recognizes hospitals that have implemented quality improvement measures outlined by the American Heart Association for the treatment of patients with severe heart attacks. Lankenau Medical Center received the Gold Plus Award, and Bryn Mawr, Paoli and Riddle hospitals received the Gold Award. Main Line Health is the only health system in the region to achieve this recognition.

The Mission: Lifeline program works to reduce barriers to prompt treatment for heart attacks, beginning with the 911 call, to EMS transport and through hospital treatment and discharge. The initiative provides training and resources to support heart attack care following evidence-based treatment guidelines.

William Gray, MD, system chief, cardiovascular diseases, and president, Lankenau Heart Institute, says, "It is an honor for all of our hospitals to receive this award in recognition of our dedication and achievements in cardiac care. We are incredibly proud of our teams and our EMS providers, who ensure patients receive timely initial treatments before reaching the hospital."



BEFORE YOU REACH FOR A GLASS ...

# Managing stress in a ‘mommy wine culture’

**You’ve seen the memes on social media and the cute quips on tea towels.** The message is clear: a glass (or three) of wine is Mom’s little helper to get through the difficult days of parenthood.

For sure, being a parent is stressful. But the Women’s Emotional Wellness Center (WEWC), part of Main Line Health, encourages women to step back from the “mommy wine culture” and find healthier ways to cope.

“The idea that you need alcohol to deal with life has been normalized in our society,” explains Amanda Smith, LCSW, psychotherapist with WEWC. “But habitual drinking can lead to dependency and is poor modeling for our kids. It acts as a bandage without addressing the real problem.”

## Try mindfulness

Smith recommends taking a break from alcohol and, instead, checking in with your emotions throughout the day. How are you feeling? What do you need?

“The key is to practice being more mindful, more aware of yourself in the present moment,” she says. “Living intentionally and engaging in the task at hand is empowering. It actually allows us to achieve more than when we multitask, and it reduces the need to reach for a glass.”

## Make time for self-care

To address stress in a positive way, Smith encourages women to pause for moments of self-care. You might:

- Take mindful breaths throughout your day
- Sit, savor and truly enjoy your meals
- Go outside to take short walks and notice nature
- Say no to additional responsibilities

“You may think you don’t have time, but finding even a few moments to be kind to yourself can help you better handle the stresses of the day,” says Smith.

## Get the help you need

If you’re unable to stop drinking or have difficulty managing life’s pressures, seek help.

“Don’t wait for a crisis to occur,” advises Smith. “Getting the help we need allows us to better care for others.”

The WEWC offers programs for women struggling with a variety of issues, such as stress, anxiety, depression, parenting pressures and low self-esteem. Services include a Women’s Intensive Outpatient Program; individual psychotherapy; group psychotherapy, including mindfulness groups and a parenting group; and psychiatry.

“There is so much pressure placed on women today. The WEWC is a space for women to support each other and gain the tools they need to thrive,” says Liz Bland, LCSW, director of the WEWC. ●



## Help and hope for substance abuse

Mirmont Treatment Center, part of Main Line Health, provides treatment programs for those struggling with substance use disorders. Mirmont offers a unique mind-body approach to drug and alcohol recovery. Using evidence-based practices, we integrate mindfulness and body-centered therapies into each patient’s treatment plan. With this holistic approach to addiction treatment, we’ve helped thousands of people on the journey to recovery. With locations in Broomall, Exton and Media, we are here to help you or someone you know who is struggling with addiction. Call 1.888.227.3898 or visit [mainlinehealth.org/mirmont](http://mainlinehealth.org/mirmont).

## SUPPORT IS HERE

The Women’s Emotional Wellness Center is located in Newtown Square and will soon expand to King of Prussia.

To learn more, visit [mainlinehealth.org/wewc](http://mainlinehealth.org/wewc).



# What's keeping you from a good night's sleep?

**If you're a woman between the ages of 40 and 59 and you're having trouble sleeping**, the symptoms of menopause—such as hot flashes, anxiety and depression—may be to blame. According to a 2017 study by the Centers for Disease Control and Prevention, middle-aged women in perimenopause were more likely to sleep less than seven hours, on average, than women not in menopause. And close to 20% of women ages 40 to 59 said they had trouble falling asleep several nights a week.

The good news? There's a lot you can do to improve your sleep. Elizabeth Daly, MD, a family physician at Main Line Health in Conshohocken, offers this advice:

- Go to bed and wake up around the same time every day.
- Avoid nicotine completely, and avoid caffeine before sleep.
- If you drink alcohol, do so in moderation.
- Get 30 minutes of aerobic activity at least five times a week.
- Make sure you're exposed to plenty of bright natural light during the day (don't forget the sunscreen!).
- Avoid bright lights from electronic screens in the hour before going to sleep.
- Keep the house cool, dark and quiet for 30 to 60 minutes before bedtime.
- If you're prone to hot flashes at night, keep a cool, wet cloth by your bed to use if you wake up.

Talk with your primary care physician, who can help with lifestyle changes or medications to treat insomnia and its causes. He or she may also refer you to a specialist for menopause symptoms or sleep difficulties. ●



## WHEN WAS YOUR LAST CHECKUP?

Whether the issue is sleep, menopause or any other health concern, your primary care physician is there to help. If you're looking for a doctor, visit [mainlinehealth.org/doctors](http://mainlinehealth.org/doctors).



## SLEEP TIGHT

A sleep study at Main Line Health can help determine the origin and severity of a sleep problem, as well as recommend therapies to help you obtain better sleep. Visit [mainlinehealth.org/sleep](http://mainlinehealth.org/sleep) to learn more.



## EXPLORING NEW TREATMENTS FOR GYNECOLOGIC CANCERS

Women who have been treated for cancer of the ovaries, fallopian tubes or peritoneum (the membrane lining the abdominal cavity), whose cancers have returned or not responded favorably to chemotherapy, may qualify to participate in an important clinical trial.

Main Line Health researchers seek to understand if the experimental medication cediranib maleate, given alone or in combination with the FDA-approved drug olaparib, may stop the growth of tumor cells by blocking enzymes needed for cell growth. They are comparing the drug regimens to standard chemotherapy.

Participants are randomized into three treatment groups:

- Group 1 patients receive standard chemotherapy.
- Group 2 patients take cediranib maleate and olaparib.
- Group 3 patients take cediranib maleate only.

Patients receive follow-up care for up to five years.

This clinical trial (#NRG GY005) is being held at Lankenau Medical Center and Paoli Hospital, part of Main Line Health. To learn more, contact the Cancer Trials Team at **484.476.2649** or [cancertrials@mlhs.org](mailto:cancertrials@mlhs.org).



## Help for those annoying leaks

**Think you have to live with urinary leaks and frequent urges to “go” as you age?** Not true! Mitchell Berger, MD, PhD, who specializes in female pelvic medicine and reconstructive surgery at Main Line Health, explains that there are different causes of urinary incontinence and many effective treatments.

### Different causes

The two most common types of urinary incontinence are stress incontinence and urgency incontinence. “Stress incontinence is caused by a weak valve that normally keeps the urethra closed during physical activity. Symptoms include leaking when you sneeze or exercise. This problem may affect women who have given birth or who play high-impact sports,” says Dr. Berger. “Urgency incontinence, also called overactive bladder, is a sudden urge to void your bladder. This can cause a leak before you get to the bathroom.”

### Simple solutions to try first

Your doctor may suggest some simple solutions to these problems. For leaks caused by stress incontinence, it can help to lose weight if you are overweight and strengthen your pelvic floor muscles with exercises. For overactive bladder, strategies to calm annoying urges include toe-tapping, pelvic floor exercises and extending the time you wait to go to the bathroom. “Main Line Health has full-time pelvic floor physiotherapists on staff. We

also offer biofeedback services, which is another way to train pelvic floor muscles,” says Dr. Berger.

Try to consume fewer foods and beverages that contain caffeine and artificial sweeteners, which can irritate the bladder. Decaffeinated drinks and sodas can also bother your bladder because they are acidic. In general, avoid drinking too many liquids. “But drinking too little can also irritate the bladder,” Dr. Berger says. “If your urine is pale yellow, you are drinking the right amount. If it’s dark yellow, you aren’t drinking enough. If it’s totally clear, you can cut back a bit.”

### More treatment options

Medications are available for treating overactive bladder. They interfere with the nerve signals between your bladder and brain. But they don’t work for everyone, and some women cannot take them because of other health conditions, like high blood pressure.

“Botox injections may be the next good option. Botox paralyzes the bladder muscle and limits the signals between the bladder and brain,” says Dr. Berger. In clinical trials, most patients receiving Botox had at least a 50% reduction in leakage. About one in four participants reported that their leaks stopped completely.

The most important step to take? “See your doctor,” Dr. Berger says. “There’s no reason to suffer in silence.” ●

## TREATMENT FOR URINARY INCONTINENCE AND PELVIC DYSFUNCTION

Are you dealing with annoying urges and bladder leaks? Main Line Health urogynecology experts can identify the source of your problems and build a treatment plan that’s right for you. Our specialists, including pelvic floor therapists, manage a range of conditions that affect pelvic health, including:

- Pelvic organ prolapse
- Prolapsed bladder
- Bladder dysfunction due to nerve problems (neurogenic bladder dysfunction)
- Urinary incontinence
- Overactive bladder
- Painful bladder syndrome (interstitial cystitis)

Main Line Health has the largest and most experienced team specializing in female pelvic medicine, reconstructive surgery and pelvic floor rehabilitation. For a consultation, call **610.627.4170**. Learn more at [mainlinehealth.org/urogyn](http://mainlinehealth.org/urogyn).

**Lorraine DeLuca Placido**

System Director, Physician Relations & Recruitment,  
 Interim System Director, Marketing

**Shaun Moran**

System Manager, Women's Health Services Marketing

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# A NEW DESTINATION FOR WOMEN'S HEALTH AND WELLNESS: **The Women's Specialty Center in King of Prussia**

**Spring 2020 will bring the opening of Main Line Health King of Prussia.**

The \$32 million, 94,000-square-foot facility will serve as a premier destination for enhancing health and wellness in our region—especially for women. In collaboration with Axia Women's Health, the facility will feature a new Women's Specialty Center.

"Our focus at Main Line Health—and our primary focus throughout the planning of this new health center—is on delivering safe, high-quality care that can help advance the health and wellness of our community members," says Jack Lynch, FACHE, president and CEO, Main Line Health. "As never before, our patients are increasingly looking to us not just to help them live longer lives, but to help them live longer, healthier lives. This facility will help our community do just that."

Located within the building, the Women's Specialty Center will focus on the distinct preventive, diagnostic and treatment needs of women. The center will address women's physical, emotional and wellness needs in a seamless, coordinated manner embedded within a warm, healing environment. Some of the services will include:

- Primary care, including after-hours
- Obstetrics and gynecology
- Breast health
- Digestive health
- Emotional wellness
- Endocrinology
- Fertility care
- General surgery

- Headache center
- Heart and vascular care
- Imaging services
- Integrative and functional medicine
- Lab services
- Neurology
- Orthopedics
- Physical, occupational and speech therapy
- Reproductive endocrinology
- Rheumatology and autoimmune treatment

- Skin care
- Urogynecology
- And the new Comprehensive Weight and Wellness Program

A demonstration kitchen and specialized retail also will be part of the center. ●

**JOIN US!**

See our **Calendar of Events** on page 7 for health classes and events planned at Main Line Health King of Prussia.

