

WOMEN'S healthsource

HELP FOR PELVIC PAIN AND MORE

Whole-person care for
complex gynecologic issues

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SCREENINGS FOR WOMEN AT HIGH RISK FOR BREAST CANCER
YOUR GUIDE TO COMMON FALL ILLNESSES



Main Line Health®

TMS can ease symptoms of major depression



Marc A. Burock, MD
Medical Director,
Behavioral Health
Program

Many people with major depression have lived with the disorder for a long time, even if they were only recently diagnosed. And while some may have found relief from their symptoms through traditional treatment methods,

like antidepressants or talk therapy, others require a more innovative treatment option.

Transcranial magnetic stimulation (TMS), an FDA-approved treatment, may be an option for patients whose severe depression has proven resistant to traditional treatments.

WHAT IS TMS?

TMS is a noninvasive outpatient procedure that uses an electromagnetic coil to deliver measured, targeted magnetic pulses to the area of the brain that is thought to be associated with mood regulation and depression.

While it may sound scary, this magnetic energy is the same strength as what you might experience during an MRI, only more focused to a small area of the brain.

“TMS is a safe and effective treatment for depression and can be used in conjunction with other therapies,” explains Marc A. Burock, MD, medical director of Main Line Health’s Behavioral Health Program. “We use the minimal effective dose of magnetic stimulation tailored to the patient’s specific needs.”



HOW DO I KNOW THAT TMS WILL WORK?

While results vary, approximately 50% to 60% of people who have not been able to effectively manage their condition with antidepressants found relief after TMS treatment.

For most people, the side effects of TMS are not as numerous as the side effects of antidepressants and do not greatly impact quality of life.

“The majority of side effects reported by patients are mild to moderate scalp discomfort, and this usually subsides after the first few sessions,” says Dr. Burock. “While you might experience headaches or other mild side effects, these are typically short-lasting and can be decreased by

adjusting the treatment settings.”

Like all treatments, TMS is not intended to cure depression. Instead, it is one of several methods used to manage the symptoms of major depression and improve daily quality of life. Dr. Burock reminds patients that TMS should be one part of a comprehensive plan to manage depression symptoms.

“TMS can be used as a stand-alone treatment or as a complement to other treatments, like medication or therapy. There is no ‘right way’ to treat depression — you need to work with your health care provider to find a combination of tactics and treatments that’s right for you,” says Dr. Burock.

LEARN MORE ABOUT TMS

If you or someone you know would like more information about TMS therapy or to schedule a consultation with a TMS-certified psychiatrist, please call **1.888.227.3898**.



SPECIALIZED ADOLESCENT CARE

Mirmont Outpatient Centers in Broomall and Exton offer intensive outpatient programs for adolescents ages 14 to 18 who are struggling with a mental health diagnosis or substance use disorder. These programs provide the structure and frequency found in inpatient programs, but do not require 24-hour inpatient care. Our treatment team collaborates with adolescents’ families and schools to coordinate care that best ensures success in the home environment. Multiple weekly support group sessions are held after school hours.

To learn more or to schedule an evaluation for your child, please call **1.888.227.3898**.

Do you know how to identify the worst migraine triggers?



Bushra Malik, MD
Neurologist and Headache Specialist

A headache may seem to come out of nowhere, but most people have triggers.

“I recommend my patients keep a headache diary,” says neurologist Bushra Malik, MD, of Main Line Health King of Prussia. Dr. Malik

specializes in migraines, intense headaches that often come with nausea and sensitivity to lights and sounds. “Every time you get a headache, think back. Ask yourself: What did I eat? Did I drink enough water? How did I sleep last night?”

From this, you may spot a pattern. For example, you might get a headache every time you eat a high-carb lunch.

Some people get hormone headaches, and even the weather can be a headache trigger for some.

Consider the following lifestyle factors that are among the worst migraine triggers:

- **Food and drink.** Both eating and not eating can bring on a headache, depending on the person. “Most migraine patients get headaches when they miss meals,” Dr. Malik says. Some of the worst migraine triggers are foods like sugar, aged cheese, MSG and red wine. Dehydration can also be a factor.
- **Sleep.** Lack of sleep or even getting too much sleep can cause a headache. “It’s important to keep a regular sleep schedule, even on the weekends,” says Dr. Malik, who recommends aiming for seven to eight hours of sleep a night.
- **Scents.** People with migraines often

have a heightened sense of smell, which can contribute to headaches. Smoke, gasoline, vanilla candles and perfumes are some of the problematic scents.

- **Stress.** The No. 1 cause of headaches is stress. You might not be able to eliminate stress from your life, but you can minimize its impact by getting adequate sleep, eating healthfully and exercising regularly.

If you suffer from chronic headaches — more than 15 a month for at least three months — Dr. Malik recommends visiting a headache specialist. For people who aren’t able to control their headaches through lifestyle changes, there are medications made specifically for migraines that can decrease their frequency and intensity or stop one once it has started.



GET RELIEF

To schedule an appointment with a Main Line Health neurologist or headache expert, call **1.866.CALL.MLH (1.866.225.5654)**.

Creative arts therapies enrich rehab experience



Mithra Maneyapanda, MD
Medical Director
of the Brain Injury
Program at Bryn
Mawr Rehab

Creating a collage, moving to music and interacting with nature are all pursuits that bring joy to life.

At Bryn Mawr Rehab Hospital, part of Main Line Health, these activities can also help patients heal from surgery, illness or injury, and regain strength, mobility, endurance and cognitive capabilities.

“All patients who come to us after a hospital stay receive core therapies, including physical, occupational and speech therapy, for three hours a day,” says Mithra Maneyapanda, MD, medical director of the Brain Injury Program at Bryn Mawr Rehab. “But we also offer creative arts therapies, including horticultural, art and music therapies, to engage patients in other ways.

“A lot of rehabilitation involves doing repetitive activities that help the brain strengthen and make new connections,” he adds. “Creative arts therapies can make it easier to perform those repetitive motions. Often, this doesn’t even feel like therapy, particularly when patients are outside or in a setting that doesn’t feel like a hospital or rehab gym.”

PLANTING AND PAINTING

The Sydney Thayer III Horticultural Center, which features cathedral ceilings, skylights and a large greenhouse, is one of those settings. Patients work with a registered horticultural therapist on activities like planting seeds, arranging flowers, and watering and repotting plants.



“Gardening requires some of the same motor skills that a patient might practice in a rehab gym, but it’s much more enjoyable, particularly for patients who have an interest in nature,” Dr. Maneyapanda says.

Art therapy also helps patients develop motor skills, along with improving cognitive function and cultivating emotional resilience. Professional art therapists lead sessions ranging from painting and journaling to sculpture.

MUSIC HELPS HEALING

Even if patients don’t have a particular creative interest or hobby, trying a new activity can be helpful and sometimes lead to a breakthrough. For example, patients

with aphasia, a disorder resulting from damage to the areas of the brain responsible for language, may benefit from music therapy.

Dr. Maneyapanda explains that the portion of the brain responsible for finding the right words is separate from the regions that control the rhythm and tone of speech. So, patients who struggle to hold a conversation might be helped by singing along to a favorite tune.

“Creative arts therapies can also relieve stress, improve self-esteem, combat isolation, and improve social and mental well-being,” Dr. Maneyapanda adds. “We’re very fortunate to have the facilities and expertise to be able to offer these nontraditional options to our patients.”



SAVE THE DATE FOR ART ABILITY!

Art Ability at Bryn Mawr Rehab Hospital hosts the largest art show of its kind for artists with disabilities.

Since its inception, Art Ability has provided an opportunity for artists with disabilities from around the world to showcase and sell their art. The hallmark of Art Ability is the annual international juried exhibition and sale of art and fine crafts by artists with physical, cognitive, hearing and visual disabilities. The 28th annual exhibition and sale runs Sunday, October 29, 2023, through Sunday, January 28, 2024, at Bryn Mawr Rehab Hospital in Paoli, Pennsylvania. Learn more at mainlinehealth.org/artability.

What to know about the connection between heart disease and diabetes



Kaitlyn Ibrahim, MD
Cardiologist

Your heart is what keeps your body moving, and it's important to keep it healthy. Heart disease is the leading cause of death for men and women in the United States. But what most people don't know is that people with diabetes have a greater chance of being diagnosed with heart disease — and at a younger age — compared to patients without diabetes.



Amanda Thomas, RD
Medical Nutrition Therapist

“Despite these statistics, lifestyle changes can help to lower your chances of getting heart disease, make your heart healthier and better manage your diabetes,” says Kaitlyn Ibrahim, MD, a cardiologist at Lankenau Heart Institute, part of Main Line Health, who specializes in preventive cardiology, women's heart health and the interplay of obesity and cardiovascular disease.

HOW DOES DIABETES AFFECT YOUR HEART?

If you have diabetes, you're already managing your blood sugar and may be routinely checking it. High blood sugar can be damaging to your blood vessels and nerves.

“When you have Type 2 diabetes, you're twice as likely to have a heart attack or stroke than someone without Type 2 diabetes,” says Amanda Thomas, medical nutrition therapist at Main Line Health's Diabetes Management Program. “It's important to make healthy lifestyle choices to manage your blood sugar and keep your heart healthy.”

Patients with diabetes are at higher risk for conditions that increase risk for heart disease, including:

High triglycerides and high LDL — Triglycerides are a type of fat in the body.

If you have diabetes along with high triglycerides and low levels of high-density lipoprotein (HDL, or “good”) cholesterol, or high low-density lipoprotein (LDL, or “bad”) cholesterol, this can potentially harden your arteries.

Having elevated LDL cholesterol with your diabetes can also increase your risk of heart disease. This type of cholesterol is a small particle that can travel into the walls of the blood vessels leading to cholesterol plaque buildup.

High blood pressure — Diabetes can cause kidney damage, which leads to salt and water retention in the body. The retention of salt and water can cause high blood pressure, which increases the strain on the blood vessels in the body. This can cause damage to your artery walls.

HOW TO LOWER YOUR RISK

Even though you may have a higher risk of heart disease because of your diabetes,

there are still steps you can take to improve your heart health.

You can start by incorporating these lifestyle changes:

- Eat a healthy diet
- Be more active throughout your day
- Quit tobacco use
- Get enough sleep
- Manage your weight
- Control your cholesterol
- Manage your blood sugar
- Keep your blood pressure in a healthy range

If healthy lifestyle changes don't lower your cholesterol enough, your health care provider may also prescribe cholesterol-lowering medications, such as statins. Your provider will work with you to determine the best plan of action to keep your cholesterol levels low and your heart healthy.

HELP TO STAY ACTIVE AND HEALTHY

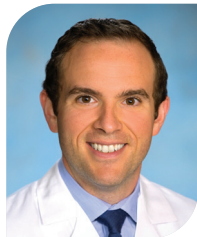
The Diabetes Management Program is designed to help you take charge of your health by learning about diabetes and the importance of controlling your blood sugar (glucose) level. Learn more at mainlinehealth.org/diabetes.



Multispecialty team offers whole-person care for complex gynecologic issues



Katherine Chavez, MD
Gynecologic Surgeon



Jordan Klebanoff, MD
Gynecologic Surgeon

For many patients with pelvic pain, abnormal bleeding, fibroids or endometriosis, getting a definitive diagnosis or finding the right treatment can be challenging. Main Line Health's Advanced Gynecology Program helps these patients find answers and achieve their health goals.

"We listen to patients, believe them and involve them in every level of care," explains Jordan Klebanoff, MD, a fellowship-trained minimally invasive gynecologic surgeon with Main Line Health. "Most patients with pelvic pain have been searching for answers for years and have gynecological issues that cannot be resolved with a simple single treatment or procedure. By partnering with a multispecialty team of providers, we successfully address whole-person care."

A MULTISPECIALTY TEAM

The Advanced Gynecology Program includes minimally invasive gynecologic surgeons and nurse practitioners partnered with urogynecologists, pelvic floor physical therapists, gastroenterologists, pain management specialists, fertility clinicians and others to diagnose and treat a wide range of noncancerous gynecologic issues. Some include:

- Endometriosis/adenomyosis
- Uterine fibroids
- Pelvic pain
- Urinary and fecal incontinence
- Infertility
- Sexual dysfunction
- Support for gender-affirming care

"Complex gynecologic issues can take extensive time and coordination to treat effectively. Many involve specialized surgical or medical treatment," says Joseph Gobern, MD, System chair for the Department of Obstetrics and Gynecology for Main Line Health and fellowship-trained minimally invasive gynecologic surgeon. "Our program supports area OB/GYN physicians and primary care providers by acting as an extension of their practice to handle these complex cases. Patients can then return to their providers for ongoing care."

COORDINATED APPROACH

One key to the Advanced Gynecology Program's success is personalized coordination of care. Valerie Wood, CRNP, who serves as the program's nurse navigator, guides patients through each

step of diagnosis and treatment. In addition to evaluating patients and discussing individual health goals, her team provides patient education, verifies insurance, coordinates specialty-care appointments, and tracks patient progress and follow-up needs.

"Our advanced practice nurse navigator is the glue that allows us to provide seamless continuity of care," says Dr. Gobern. "With her coordination, we not only treat the underlying condition but also address the far-reaching effects it can cause — from endometriosis contributing to disabling pelvic pain to uterine fibroids impacting fertility. This greatly improves health outcomes and overall quality of life."

EXPANDED ACCESS

"The Advanced Gynecology Program has been growing rapidly since it began one year ago," says Dr. Klebanoff. The program began offering appointments at Lankenau Medical Center, part of Main Line Health, before expanding into Main Line Health Newtown Square. This new space allows patients to see many of our specialty physicians and to access physical therapy and other services under one roof. As a convenience, the program continues offering some appointments in Lankenau for patients closer to that location.

The program has increased its surgical access, as well. Katherine Chavez, MD, a fellowship-trained minimally invasive gynecologic surgeon, recently joined the program as its third physician.

"We are thrilled to welcome Dr. Chavez," says Dr. Klebanoff. "With her addition, we can better serve our growing patient population. Now, patients can get the treatment they need more quickly."



FIND ANSWERS ... AND A BETTER QUALITY OF LIFE

To learn more about the Advanced Gynecology Program or to schedule an appointment, visit mainlinehealth.org/adv gyn or call 484.580.1073.



Same-day hip replacement offers quick relief



Eric B. Smith, MD
Orthopaedic Surgery

When Jim Clyde's right hip began to hurt in 2016, he grew concerned.

The longtime railroader, now 59, has a physical job that requires a lot of movement — walking on uneven ground, climbing on things and ducking in and out of cars that are always in motion.

He went to an orthopaedic specialist, who recommended physical therapy. After trying it out, Jim felt his hip wasn't improving. In fact, it was getting worse. So he stopped going and assumed the pain was something he'd just have to live with.

The following year, Jim found out he had colon cancer. After a successful robotic surgery performed by John Marks, MD, director of the Colorectal Center at Lankenau Medical Center, part of Main Line Health, Jim wondered if he might finally be able to get relief for his hip pain. His oncologist, Erik Zeger, MD, suggested he make an appointment with Eric B. Smith, MD, an orthopaedic surgeon at Main Line Health.

FINDING ANSWERS

Looking at the X-rays, Dr. Smith knew Jim would need a hip replacement surgery. "He

had really severe arthritis in his hip," Dr. Smith says. "If you lose all the cartilage cushion in your hip joint and the bones are rubbing together — which is common in hip arthritis — it gets incredibly stiff. There's no space for the hip to move, so people feel that it's frozen. When the hip is not moving, that puts an enormous strain on the lower back."

After the surgery, Jim was blown away by the results. "It was one of those situations where you can't believe you waited that long," Jim says. "I'd been walking with a limp. I had to relearn how to walk normally because I was so used to favoring my left leg and dragging my right."

A QUICK TURNAROUND

Five years later, Jim's left hip was ready to be replaced. This time, he was eligible for a same-day hip replacement. Patients who are motivated, active and have a strong support system are good candidates for this type of surgery, says Dr. Smith.

For same-day hip surgery, patients arrive early in the morning. They are given spinal anesthesia that numbs them from just the waist down and is designed to wear off shortly after surgery. Once that happens, they can start testing out walking and eating. "Most patients will

spend about four hours in recovery, so we get plenty of time to make sure they're feeling good and feeling safe," Dr. Smith says. They have not had any increase in readmission rates or complications with the same-day procedure.

Today, Jim is back to doing all the things he loves. In addition to working on the railroad, he plays street hockey with his kids, rides the roller coasters at Six Flags and keeps up with his grandchild.

"I did everything the doctor told me to do," he says, "and it turned out amazingly great.

"All the Main Line Health doctors and their entire staff exceeded my expectations with their professionalism, outstanding communication, attention to detail, genuine bedside manner and overall concern for their patients' well-being."

EASE THE PAIN

Whether you're struggling with joint pain or a recurring sports injury, Main Line Health's multidisciplinary team of orthopaedic experts has you covered. Learn more at mainlinehealth.org or by calling 484.580.1070.



Supplemental screenings for women at high risk for breast cancer



Lana Henry, MD
Diagnostic Radiology

An annual mammogram for women starting at age 40 is the gold standard for detecting breast cancer in its early, most treatable stages. But for women with higher-than-average

risk due to a personal or family history of breast cancer, dense breasts or other risk factors, additional screening with breast MRI or ultrasound can provide essential information that mammography may miss.

Thanks to a recent change in Pennsylvania law, women with a high breast cancer risk can access supplementary screening annually at no cost to them. Insurers based in Pennsylvania must cover the full cost of the additional test, including copays and deductibles. The law defines supplementary screening as medically necessary breast imaging using MRI or, if MRI is not available, ultrasound if recommended by the treating physician to screen for breast cancer when no breast abnormality is seen on mammogram or suspected.

“No-cost access to supplemental screenings will remove barriers to early detection of breast cancer, which we know can save lives,” says Lana Henry, MD, radiologist at Main Line Health.

FACTORS AFFECTING RISK

“Your risk of breast cancer is increased if you or a first-degree relative have a history

of breast cancer, if you have a genetic predisposition to the disease or if you have dense breasts,” explains Dr. Henry. “At Main Line Health, we assess risk and advise every patient having a mammogram.”

Dense breast tissue contains less fatty tissue and more glandular and fibrous tissue, which appears white on a mammogram, making it more difficult to find breast cancer. Women with dense breasts also have a higher risk of developing breast cancer than women with fatty breasts. “Nearly half of all women age 40 or older have dense breasts,” says Dr. Henry. “Only a mammogram can determine breast density. You can’t tell by yourself.”

WHAT TO EXPECT

Breast MRI and breast ultrasound use different technologies than mammograms, so the screening appointments are different, too.

Breast MRI: Mammography uses X-rays, whereas a breast MRI uses magnetic fields to create an image. It involves lying face down on a padded table with depressions for your breasts. An injection of contrast dye in your arm helps create a dynamic picture.

“We mainly recommend breast MRI for

screening our high-risk patients. It is very sensitive, allowing us to investigate areas of concern seen on mammograms and determine whether biopsies are needed,” Dr. Henry says. “The contrast dye allows us to spot differences in blood flow: Cancers tend to draw blood and expel it quickly, whereas blood flow through benign tumors is steadier.”

Breast ultrasound: Ultrasound uses sound waves. A radiology technician applies gel and then moves a probe over your breasts to collect digital snapshots. The procedure takes about 30 minutes.

“Ultrasound can help determine whether a lump is solid, which may indicate cancer, or a fluid-filled cyst, which is likely benign,” says Dr. Henry. “But it finds more false positives than MRI and does not evaluate blood flow.”

TIPS ON NEXT STEPS

Supplemental breast screening is available at all four Main Line Health acute care hospitals and at Main Line Health Broomall.

Speak to your insurer to confirm your copays and deductibles. If your insurance renews in January, your insurer may not cover no-cost supplemental breast screening until then.

IS IT TIME?

If you’re due for your annual screening mammogram, schedule an appointment online at mainlinehealth.org/mammogram or call 484.580.1800.

Calendar of events



With you through your cancer journey

SUPPORT GROUPS: Information, support, connections

BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 5:30 p.m.
Contact: 484.227.3141 or mantegnad@mlhs.org

CAREGIVER SUPPORT GROUP

Second Wednesday of each month, 5:30 p.m.
Contact: 484.565.1253 or powersv@mlhs.org

COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1 p.m.
Contact: 484.476.8503 or bidasg@mlhs.org

COPING WITH CANCER A TO Z

Second Monday of each month, 4:30 p.m.
Contact: 484.227.3794 or stolbergt@mlhs.org

METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 4:30 p.m.
Contact: 484.565.1253 or powersv@mlhs.org

CANCER SURVIVORS SUPPORT GROUP

Third Thursday of each month, 4 p.m. In person at Barbara Brodsky Comprehensive Breast Center at Bryn Mawr Hospital. Contact: 484.337.3594 or resnickm@mlhs.org

SAFER STEPS (VIRTUAL)

This one-hour fall prevention program will be offered on the third Tuesday of every month at 2 p.m. To register, call 484.337.5211 or email chivalettek@mlhs.org.

THE DEAVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

Offering in-person health and education classes to schools and community or church organizations. Classes are for school-age or adult groups. To schedule, call 484.476.3434 or email lhhealthcenter@mlhs.org.

MLH KING OF PRUSSIA TEACHING KITCHEN

Offering a variety of health-related educational programs and cooking demonstrations free of charge. View upcoming events and register at mainlinehealth.org/kopevents.

A MATTER OF BALANCE®

This free evidence-based program for adults explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered virtually and in-person. For available program dates or to register, call 484.337.5212 or email kanem@mlhs.org.

MEDICATION SAFETY IN THE COMMUNITY

Free one-hour virtual or in-person presentation on proper safety measures when taking medications, appropriate disposal of medications and resources to inform safe medication use. To schedule this free program for your group, call 484.565.8328. For a scheduled class, go to mainlinehealth.org/events.

QUESTION. PERSUADE. REFER® (QPR) FOR ADULTS

Free virtual or in-person evidence-based program provides practical and proven suicide awareness and prevention training. For registration questions or to schedule this free program for your organization, call 484.565.8328 or email eckenrodel@mlhs.org.

FREE BLOOD PRESSURE SCREENINGS

Main Line Health provides free blood pressure screenings at various locations across the region. Visit mainlinehealth.org/events for a current listing.

STOP THE BLEED®

Severe bleeding injuries left unattended can result in death. When individuals learn the skills to stop uncontrolled bleeding during an emergency situation, lives can be saved. For individual registration or to schedule this free program for your organization, call 484.565.8328 or email eckenrodel@mlhs.org or call 484.476.8494 or email krousem@mlhs.org.

STRETCH YOUR LIMITS (VIRTUAL)

This exercise program for adults age 55+ includes strength training with elastic tubing and dumbbells, balance training/stretching with modified yoga and chair tai chi. Fee: \$5. To register, call 1.866.CALL.MLH (225.5654) or visit mainlinehealth.org/events.

FREE WIG PROGRAM

For female cancer patients preparing to undergo or currently undergoing chemotherapy or radiation treatment. For information or to schedule a free wig fitting, call 484.337.5215.

HIP AND KNEE PAIN SEMINAR (VIRTUAL)

During this one-hour webinar, learn about the anatomy of the hip and knee, common causes of joint pain, and some simple steps you can take to lessen the chance of an injury. Visit mainlinehealth.org/orthoclasses to register.

AARP SMART DRIVER™

Full Course (8 hours) and Refresher Course (4 hours) are approved by the PA Department of Transportation as Mature Driver Improvement Courses. Insured drivers age 50+ may be eligible for a reduction in automobile insurance premiums after completing the course. Check with your insurance company or agent for requirements to be eligible for a discount. To register, visit mainlinehealth.org/events.

For a full list of all the community programs offered at Main Line Health, visit mainlinehealth.org/events.

New minimally invasive treatment for aortic regurgitation



Basel Ramlawi, MD
Chief of
Cardiothoracic
Surgery

Lankenau Medical Center, part of Main Line Health, has performed the first transcatheter aortic valve replacement (TAVR) procedure to treat aortic regurgitation in the Philadelphia region. This establishes Lankenau Medical Center as one of the most comprehensive heart valve centers nationally.

A cardiac team led by Basel Ramlawi, MD, chief of Cardiothoracic Surgery at Main Line Health, conducted the procedure as part of the JenaValve ALIGN-AR trial using the Trilogy™ heart valve system. The JenaValve Trilogy has been approved for commercial use in Europe but is not yet approved in the U.S. and is currently being investigated in the ALIGN-AR trial.

INNOVATIVE SOLUTIONS

Aortic regurgitation is a condition where the aortic valve does not close tightly, allowing blood to leak back into the heart's main pumping chamber. The leakage may prevent the heart from working efficiently to deliver blood to the rest of the body. Symptoms may include heart palpitations, fatigue and shortness of breath.

The ALIGN-AR trial is for patients with symptomatic, severe aortic regurgitation who are at high risk for open-heart surgery. The trial allows the heart team to offer comprehensive

treatment options for complex heart valve disease tailored to each patient.

HOPE FOR HIGH-RISK PATIENTS

"We seek to treat our patients with the most effective, minimally invasive therapies available for their specific condition," says Dr. Ramlawi, who also is co-director of the Lankenau Heart Institute and a professor for Lankenau Institute for Medical Research, which is Main Line Health's research division and oversees clinical trials. "We bring unique and distinct capabilities to this effort, with a decade of experience treating patients suffering from aortic stenosis using TAVR. We are thrilled to be part of a trial that builds on that experience, offering TAVR to a new group of aortic regurgitation patients who had no hope for treatment because they couldn't tolerate open surgery."

Lankenau Medical Center is a national leader in teaching minimally invasive and catheter-based valve procedures — and is ranked among the top 10% of the highest-performing TAVR centers in the nation.

CURIOUS ABOUT CLINICAL TRIALS?

Learn more about the innovative clinical trials for heart disease at Main Line Health at mainlinehealth.org/limr.



American Heart Association — CPR Classes

BASIC LIFE SUPPORT

Teaches high-quality CPR for adults, children and infants and is designed for health care professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills. Cost: \$100. View upcoming classes and register at mainlinehealth.org/events. Call 484.227.3589 or email myersra@mlhs.org for more information.

HEARTSAVER

Designed for those with little or no medical training who need a course completion card for a job, regulatory or other requirements or for anyone who wants to be prepared for an emergency. Cost: \$75. View upcoming classes and register at mainlinehealth.org/events. Call 484.227.3589 or email myersra@mlhs.org for more information.

LIFESAVING HEART CARE

Main Line Health's acute-care hospitals have been honored by the American Heart Association's (AHA) Mission: Lifeline® STEMI Receiving Center, and Riddle Hospital's EMS team received the Mission: Lifeline® EMS award for excellence in the treatment of ST-segment elevation myocardial infarction (STEMI) — a type of heart attack with high risk of serious complications and death.

Lankenau Medical Center and Riddle Hospital received the AHA's Mission Lifeline® STEMI Receiving Center Gold Plus award, and Bryn Mawr Hospital and Paoli Hospital were honored with the Gold award for offering the highest quality of rapid, research-based care. Riddle Hospital's EMS team received the Mission: Lifeline® EMS Gold award and the Mission: Lifeline® System of Care Target Heart Attack award, which focuses on the system of timely care for patients.



The Fall 4: Common illnesses that could affect your child

Which virus is causing your little one's sniffles and sneezes? Here are some signs to watch for.



1. THE FLU

Symptoms usually come on suddenly and may include:

- Fever (although not everyone gets a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea

What can you do? Children 6 months and older should get the flu vaccine each fall. If you suspect the flu, call your child's provider. Prescription medicines can ease symptoms and shorten the duration of illness.



2. THE CORONAVIRUS

This virus can cause all the same symptoms as the flu. Additional symptoms include, but are not limited to:

- New loss of taste or smell
- Shortness of breath or difficulty breathing

What can you do? Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for up-to-date information about vaccinations and boosters. If you or your child has any of these symptoms or you suspect either of you have been exposed to COVID-19, talk to your provider about testing.



3. THE COMMON COLD

It's most likely a cold if symptoms are all above the neck. Common cold symptoms include:

- Congestion
- Runny nose
- Headache
- Sore throat
- Sneezing
- Coughing
- Watery eyes

What can you do? There's no vaccine for the common cold. Symptoms tend to develop slowly and may last between seven and 10 days.



4. RSV

RSV is a virus that shares coldlike symptoms. But symptoms of RSV in infants are much more serious:

- Decreased activity
- Decreased appetite, difficulty feeding
- A runny nose
- Coughing
- Breathing difficulty with or without wheezing
- Apnea (pauses in their breathing)

What can you do? Ask your pediatrician about a Beyfortus shot. In July, the FDA approved this drug that can protect children up to age 2 against RSV.

Protecting your family from common fall illnesses should start with making sure vaccinations are up to date. Talk with your provider to find out which ones are right for you.

Main Line Health and Children's Hospital of Philadelphia (CHOP) collaborate to provide high-quality newborn, neonatal intensive care, pediatric inpatient and consultative pediatric specialty care to babies, children and teens in Southeastern Pennsylvania and Delaware.

Care is provided as part of an ongoing affiliation between CHOP and Main Line Health, creating a team of world-class pediatric experts and dedicated, local staff who have built long-term relationships with families. Learn more at mainlinehealth.org/pediatrics.

Pediatric care delivered human to human



Lankenau Medical Center
Bryn Mawr Hospital
Paoli Hospital
Riddle Hospital
Bryn Mawr Rehab Hospital
Mirmont Treatment Center
HomeCare & Hospice
Lankenau Institute for Medical Research



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Thursday,
November 16, 2023

5:30 – 8:30 P.M.

Waynesborough
Country Club

440 Darby Paoli Road
Paoli, PA 19301

WOMEN'S HEART INITIATIVE'S

Holiday Sip & Shop Event

Join us for an evening of fun, food, fashion and fabulous shopping with friends and family. Get a head start on your holiday shopping with over 15 vendors offering unique gifts, accessories, and modeled fashions by *Gingy's Boutique!*



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All proceeds support Women's Heart Initiative.

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