

Healthsource



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**CANCER IS RISING IN
YOUNGER
ADULTS**
OUR EXPERTS ARE
ADVANCING CARE

*Rebuilding
a life AFTER
ADDICTION*

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Main Line Health is proud to introduce **Healthsource** — a trusted, inclusive resource for people of all backgrounds, life stages and health journeys. It reflects our commitment to continually advancing health care to meet the needs of the communities we serve.

At Main Line Health, we believe that your health and humanity matter. It is made possible by access to advanced treatments, leading-edge technology and innovative procedures — all delivered by experts, close to home. This approach brings together clinical excellence and personalized care, ensuring you never have to choose between the two.

Along with a new name, *Healthsource* features a clean, modern and easy-to-navigate design. Each issue connects you to patient stories, physician insights and practical health information — all focused on what matters most: you.

Healthsource

ORTHOPAEDICS

Platelet-rich plasma boosts healing of joints and tendons

Patients suffering from osteoarthritis or tendon injuries are finding relief from platelet-rich plasma therapy, a non-surgical treatment option that utilizes the healing properties of their own blood.

WHAT IS PLATELET-RICH PLASMA?

Platelets are solid substances within blood that contain hundreds of proteins, called growth factors, that naturally promote healing. Platelets can be separated from the rest of the blood to create platelet-rich plasma (PRP), which has a higher concentration of healing properties than blood itself.

HOW IS PRP THERAPY PERFORMED?

PRP therapy is performed by drawing a patient's blood, isolating the platelet-rich plasma, numbing the affected area and injecting the plasma into the injured joint or tendon. The entire process takes approximately 45 minutes in a convenient outpatient visit.

WHO IS A CANDIDATE FOR PRP THERAPY?

"We use PRP therapy to re-start the body's own healing process for long-standing tendon injuries and to decrease inflammation in arthritic joints," says Emily Levy, MD, sports medicine specialist. Typically, these patients have not found relief from medications or physical therapy.

WHAT IS RECOVERY FROM PRP THERAPY LIKE?

Recovery from PRP therapy depends on the treatment area. Arthritis patients can often return to normal activity immediately. Tendon injury patients typically rest for two weeks and gradually return to normal activity.

WHAT ARE THE BENEFITS OF PRP?

"For arthritis, PRP therapy changes the inflammatory reaction occurring in the joint, so patients typically enjoy reduced pain and improved mobility. For tendon injuries, it can be curative," says Dr. Levy. +



Emily M. Levy, MD
Sports Medicine Specialist

Dr. Emily Levy is a board-certified primary care sports medicine specialist skilled in diagnosing and treating musculoskeletal and sports injuries. She performs ultrasound-guided procedures and has served as team physician for multiple collegiate programs, supporting athletes' performance and recovery.



INTERESTED IN PRP THERAPY FOR OSTEOARTHRITIS OR TENDON INJURY?

Main Line Health's expert sports medicine physicians perform PRP therapy at Lankenau Medical Center and Bryn Mawr Hospital. For more information or to schedule an appointment, visit mainlinehealth.org or call **610.642.3005**.

What is occupational therapy — and how it can help you recover and reclaim your life

When you're recovering from an injury, illness or surgery, getting back to your "normal" routine can feel overwhelming. You might be eager to regain independence, return to work or simply enjoy your favorite activities again. That's where occupational therapy (OT) comes in.

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy focuses on helping people participate in the meaningful activities of daily living (ADLs) — or "occupations" — that make up everyday life. These can include personal care, work tasks, leisure activities or anything else that's important to you.

"Occupational therapy is about more than recovery — it's about helping people reclaim the activities that give their lives meaning," says Devin Hamilton, OTR/L, occupational therapist with Main Line Health. "We look at the whole person, not just the injury or illness, and work together to restore independence, confidence and the ability to do what matters most to you."

OT takes a holistic approach, addressing physical abilities, emotional health, environment and personal goals to support independence.

PRACTICAL REASONS YOU MIGHT BENEFIT FROM OCCUPATIONAL THERAPY

Every recovery journey is different, but OT can help in many real-life, hands-on ways:

1 REGAINING INDEPENDENCE IN DAILY ACTIVITIES

If injury or illness has made daily tasks harder, an OT can help you relearn or adapt the environment around you in order to complete essential activities like dressing, cooking or bathing — using techniques that protect your healing body and restore confidence.

Example: Learning new, more efficient ways to get dressed after shoulder surgery without straining your arm.

2 MANAGING CHRONIC CONDITIONS

Living with arthritis, multiple sclerosis, chronic pain or similar conditions can make routine tasks exhausting. OT teaches you how to conserve energy, protect your joints and use adaptive tools to make daily life easier.

Example: Using ergonomic kitchen utensils to reduce pain while cooking and eating.

3 ADAPTING YOUR HOME OR WORK ENVIRONMENT

Sometimes, recovery isn't just about changing what you do — it's about changing where you do it. OTs can suggest modifications like grab bars, ramps, adjustable desks or better lighting to make your space safer. Small changes to your environment can lead to the biggest impact on daily routines.

Example: Rearranging furniture, adding railings to prevent falls and using equipment for showering.

4 SUPPORTING COGNITIVE AND MEMORY SKILLS

If you've had a stroke, concussion or brain injury, OT can help you rebuild cognitive function and independence. You'll learn strategies for remembering steps, organizing tasks or using reminders to stay on track.

Example: Creating a routine to safely prepare meals or manage medications.

5 RETURNING TO WORK OR SCHOOL

For many people, getting back to work or school is a key goal for recovery. OT helps you rebuild the skills, stamina and focus needed to succeed — and can recommend workplace adjustments to support your abilities.

Example: Relearning typing techniques after a hand injury.

THE BOTTOM LINE

Recovery is a journey — one that can be challenging, but also deeply rewarding. Occupational therapy offers the tools, strategies and support you need to move forward with confidence and independence. It's not just about healing; it's about living fully again. **+**



Devin Hamilton,
OTR/L
Occupational
Therapist



TO LEARN MORE, visit mainlinehealth.org/rehab or call **484.596.5000** to schedule an evaluation.



Lauren Young, MD

William F. Morano, MD

Rachael Brandt, PhD

Cancer rates are on the rise in young people

In 2025, the National Cancer Institute published a report showing that more than 10 common cancers, including colorectal, breast, uterine and kidney cancer, are on the rise in people under 50 in the United States.

The trend has left many researchers perplexed and racing to find answers. While there's no definitive reason for this alarming trend, there are suspicions about possible contributing factors. These include obesity, alcohol consumption, diet and exposure to environmental factors like microplastics and "forever chemicals."

We spoke with Main Line Health experts on the front lines, who urge education, awareness and vigilance.

Medical Oncology | Lauren Young, MD

Treatment is driven by diagnosis and staging. We have a multitude of cancer treatments available today, which continue to expand as we learn more about the molecular biology of cancer cells and their microenvironment. We strive to provide all treatment options and discuss what would fit best for you. With young patients, we consider several factors, including fertility and family planning, pregnancy status, potential side effects and long-term complications, menopausal status, treatment goals and genetic factors.

Every patient is unique. We work closely with our colleagues to ensure we are providing the very best care for all our patients and considering your needs and lifestyle throughout treatment and beyond.

Surgical Oncology | William F. Morano, MD

Many of the patients I see have advanced GI cancers that have spread to the liver or peritoneal cavity. Younger adults may not think symptoms are related to cancer, so it goes undiagnosed until it's more advanced. If cancer has spread, meaningful care options remain.

Chemotherapy may be the first step. For cancer in the liver, we can remove small sections or lobes or destroy cancer cells with microwave ablation. For peritoneal metastases, HIPEC may be an option, delivering heated chemotherapy directly to the abdomen.

Cancer is not something younger adults expect, but it is becoming more common. While symptoms may be from a minor issue like reflux or a hemorrhoid, if they are not going away, see your doctor.

Genetics and Risk Assessment

Rachael Brandt, PhD, Program Manager

Most young people don't have cancer on their radar, even if it's in their family tree. Some cancers are connected to genes that can be passed down from one generation to the next.

When cancer is diagnosed in someone age 50 or under, it's more likely to have an inherited cause. A genetic counselor can help assess your risk, discuss whether genetic testing is appropriate and explain test results. If genetic testing is positive, prevention and early detection care can be personalized for you.



Terri McHugh, DO
Program Director

Knowing your family history is the first step toward proactive healthcare for you and your family.

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Michael Tecce, DO

Elissa Dalton, MD

Breast Surgery | Elissa Dalton, MD

We don't know why breast cancer in women under 50 is rising, but theories include excess body weight, delayed childbearing and having fewer children overall. Guidelines call for screening mammograms to begin at age 40, but if you have a family history of cancer, you may be eligible for high-risk screening. We recommend seeing a genetic counselor. If you notice a lump, nipple discharge, skin changes or pain, you should see a breast specialist.

Sometimes even people with the healthiest lifestyles develop cancer, and we may never know why. The best approach is to understand your risk, control what you can and stay informed with evidence-based information.

Plastic and Reconstructive Surgery | Michael Tecce, DO

Patients in their 30s are concerned with young adult life — education, family, career, dating. They're blindsided by cancer and are suddenly dealing with taking time off from work, or worrying about scars or getting pregnant after abdominal surgery. Breast reconstruction can be done using breast implants or your own tissue to rebuild breast mounds. Using your own tissue is more permanent, but has a longer recovery. Many young patients choose the shorter recovery because of family and work demands.

My job is to create the look and feel that helps restore you. It can feel like a light at the end of a very long tunnel.



Gastrointestinal Cancers Rasiq Zackria, DO

I am seeing esophageal, pancreatic, liver and colorectal cancers in people under 40. Often these cancers are not found until they are advanced and show symptoms. If you're under 40, you're probably not thinking about getting

screened, and you're probably brushing off symptoms.

Don't panic about possible cancer without first seeing a healthcare clinician. But do pay attention to your body. If you have symptoms that are persistent or worsening — heartburn, trouble swallowing, unexplained weight loss, back or stomach pain — you should be evaluated. It will probably be nothing, but it's better to address the symptoms and figure out the cause.



“Don't panic about possible cancer without first seeing a healthcare clinician. But do pay attention to your body.”

— RASIQ ZACKRIA, DO



Gynecologic Cancers Caitlin Farabaugh, MD

Cervical cancer can be prevented or detected early with regular screening and HPV vaccination, recommended for teens and young adults. Screening for cervical cancer with a Pap test or HPV test should begin at age 21. I recommend

an annual gyn exam to check the cervix, ovaries and uterus.

Obesity and smoking are risk factors. If you have abnormal bleeding, talk with your clinician and request a biopsy if you are obese. If you have a family history of cancer, speak with a genetic counselor. We can take steps to prevent cancer.

If you are diagnosed with a gynecologic cancer, we try to preserve fertility and ovarian function when possible, and quality of life is always a major factor during and after treatment.



FOR MORE IN-DEPTH INFORMATION on how these Main Line Health clinicians are approaching this complex topic, visit mainlinehealth.org/cancerinyoungpeople or [scan the QR code](#).



Support Services Tara Sweeney, BSN, RN, OCN, CHPN Lead Oncology Nurse Navigator

Balancing an unexpected cancer diagnosis and the effects of treatment — while also dealing with the stressors of young adulthood — can be overwhelming. You have concerns

about work and school, family, fertility, relationships, finances, physical limitations and side effects, which can be more significant when you're diagnosed earlier in life.

Our team works to understand your needs and goals to best support your journey. We help with education, resources, referrals and scheduling. We try to cluster your appointments together to minimize time away from work. We connect you with genetic counselors, oncology dietitians, fertility specialists, social workers, support groups and individual counselors for you and your caregivers.

Our team supports you and your loved ones from diagnosis through survivorship — to help you live and heal well. +



Support Groups

INFORMATION | SUPPORT | CONNECTION

BREAST CANCER SUPPORT GROUP

Second Tuesday of every month | 5:30 p.m.

CANCER SURVIVORS SUPPORT GROUP

Third Thursday of every month | 4:30 p.m.

CAREGIVER SUPPORT GROUP

Third Thursday of every month | 12 p.m.

COLORECTAL CANCER SUPPORT GROUP

Second Monday of each month | 1 p.m.

COPING WITH CANCER A TO Z

Second Tuesday of each month | 4:30 p.m.

LUNG CANCER SUPPORT GROUP

Fourth Thursday of each month | 12 p.m.

FOR ADDITIONAL SUPPORT GROUP

DETAILS, contact Tara Sweeney by calling [484.337.8775](tel:484.337.8775) or email sweeneyta@mlhs.org.

Turning generous gifts into care, comfort and hope

Illness and injury can change daily life and be isolating. Suddenly, simple functions like bathing, eating or moving safely through the home can feel overwhelming. Families are often left trying to balance caregiving, work and other responsibilities. For some patients, there is no family close by at all. And for those facing life-limiting illness or nearing the end of life, the focus may shift from recovery to pain relief, peace and meaningful time with loved ones. In all of these moments, the ability to receive compassionate, skilled care at home can make all the difference — not just in healing, but in dignity, comfort and hope.

With Main Line Health HomeCare & Hospice, patients and families are not alone. Independence and well-being are supported through comprehensive home health, palliative care and hospice services. After an injury, surgery or illness, home health service providers can be at a patient’s side to provide ongoing medical support as well as aid them in maintaining a good quality of life as they recover. For patients with serious or progressive illness, palliative and hospice services enable them to receive care in a familiar, comfortable place surrounded by the people they love. Learn more about Main Line Health’s HomeCare & Hospice services at mainlinehealth.org/homecare.

“Thanks to charitable support, HomeCare & Hospice is able to meet patients where they are — literally and emotionally — providing care that goes beyond what insurance alone can cover.”

— ROSE PLUMARI, VICE PRESIDENT AND EXECUTIVE DIRECTOR OF MAIN LINE HEALTH HEMOCARE & HOSPICE

HOW GIVING BENEFITS PATIENT CARE

Donations to HomeCare & Hospice can make a profound difference in how Main Line Health is able to serve the unique and often complex needs of patients and families.

Some ways in which the generosity of donors helps HomeCare & Hospice care for our community include:

- **Nursing Excellence — compassionate care, backed by expertise:** Donations support professional development opportunities including training, certification fees and continuing education, all of which empower our nurses to deliver the highest quality care.
- **Patient Assistance — removing barriers to healing at home:** Philanthropy helps cover needs such as medical alert buttons, home delivered meals, bathroom safety equipment, transportation to/from medical appointments and companion services.
- **Hospice Program — honoring life with comfort and dignity:** Charitable support ensures our holistic services ranging from advanced therapies and medications to emotional and spiritual support can be provided to all, regardless of financial need, and helps us continue our children’s bereavement, aromatherapy and Veteran programs.

The impact of compassionate care that is enhanced by the generosity of our donors is often felt in deeply personal moments — moments families never forget:

“When Ed walked in the room, Dad’s face would light up,” a grateful family member shared. “In dealing with brain cancer, Dad had to give up the privacy of personal hygiene activities, depending on caregivers for help. Ed allowed comfort and protection, and most significantly, he provided Dad, and indirectly our whole family, with friendship and compassion.” +



BECOME A CAREGIVER OF YOUR COMMUNITY TODAY



TO CONSIDER SUPPORTING MAIN LINE HEALTH HEMOCARE & HOSPICE please [scan the QR code](#).

REBUILDING A LIFE AFTER ADDICTION

WITH SUPPORT *and* PURPOSE



When Kevin Hart arrived at Mirmont Treatment Center, part of Main Line Health, just before the holidays in 2016, he wasn't carrying hope. He was carrying exhaustion — exhaustion from running, relapsing and watching his life fall apart in familiar ways.

He had been to nine treatment centers before. He had lived through periods of homelessness, incarceration and dangerous situations tied to addiction. *"I was exhausted by my lifestyle and my choices,"* he says. *"But I didn't expect anything to be different this time."*

Still, something was different. For the first time in years, Kevin felt an immediate sense of safety and steadiness — enough to stay and enough to begin.

FINDING STABILITY ONE STEP AT A TIME

Kevin entered Mirmont without expectations, but what he encountered challenged the assumptions he'd formed after nearly twenty years of trying to stay sober. From the start, he felt a level of care he hadn't experienced elsewhere. Staff across admissions, nursing and food service treated him with a warmth that lowered his defenses. *"I didn't have to worry about my safety or my belongings,"* he says. *"I could focus on getting well."*

As treatment unfolded, small moments added up. Yoga classes eased years of tension. Trauma-focused therapy created space to talk about experiences he had buried, including the shooting he survived during active addiction. In small group counseling, he found peers who understood the weight of his choices moving forward.

Family involvement strengthened that foundation. Seeing his partner Tim, steady in his own sobriety and still showing up for him, offered Kevin a glimpse of a future he had not believed he could reach. *"I didn't have hope when I arrived,"* he says. *"But Mirmont gave me space to develop it."*



"I DIDN'T HAVE HOPE WHEN I ARRIVED, BUT MIRMONT GAVE ME SPACE TO DEVELOP IT."

— KEVIN HART

WHAT ADDICTION RECOVERY LOOKED LIKE AFTER TREATMENT

Leaving inpatient treatment didn't mean losing support. Mirmont's alumni program became central to Kevin's long-term recovery. He attended regularly, then began returning as a speaker. *"Hearing people with more time in sobriety kept me going,"* he says. *"And returning to speak reminded me how far I didn't want to fall."*

Early recovery required new habits — reaching out instead of isolating, staying connected instead of slipping into old patterns and creating structure when temptation surfaced. Those tools helped Kevin reach milestones he once thought were out of reach: steady employment, completing probation, regaining his driver's license and rebuilding trust with his family.



Kevin and his partner Tim, enjoying a life grounded in sobriety and stability.

BUILDING A LIFE WITH PURPOSE

As Kevin's recovery strengthened, he and Tim built a life far removed from the instability they once knew. They bought a home in South Philadelphia and opened The Hart of Catering, now one of Center City's fastest-growing catering businesses.

They also found ways to give back. They operate three recovery homes centered on dignity and privacy, employ individuals rebuilding their lives after treatment or incarceration and prepare meals every Tuesday night for more than 100 people experiencing homelessness.

"We were once on the other side of that line," Kevin says. *"Being able to help now means everything."*

Today, nearly a decade of being sober, Kevin describes his life as "completely turned around" — grounded, purposeful and connected. *"Mirmont gave me the foundation,"* he says. *"It gave me the stability to build a better life and a place to return to when I need to remember how far I've come."* +



EVERY RECOVERY JOURNEY BEGINS WITH THE FIRST STEP



Hear more of Kevin's story by **scanning the QR** code and learn how Mirmont Treatment Center supports recovery at mainlinehealth.org/recovery.



Community Connections

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



MAY IS STROKE AWARENESS MONTH

Learn the signs of stroke, understand your risk factors and discover how quick action can save lives at mainlinehealth.org/stroke.

AARP SAFE DRIVER COURSES

AARP Smart Driver™ full (8 hours) and refresher (4 hours) courses approved by PennDOT. Insurance discounts may apply after course completion. Check with your insurance company or agent for any additional requirements for eligibility for a discount. For upcoming courses and to register, visit mainlinehealth.org/events.

A MATTER OF BALANCE

Free evidence-based program addressing fear of falling, exercise and fall prevention. Offered virtually and in person. Register at mainlinehealth.org/balance.

BIKE SAFETY RODEO (AGES 3-13)

Saturday, May 2 | Tredyffrin
Saturday, May 30 | Glenmoore

Hands-on bike safety event including helmet fitting, bike checks, safety skills course and a bike “driver’s license.” To register, visit mainlinehealth.org/bikesafetyrodeo. *Registration is required.*

BLOOD PRESSURE SCREENINGS

Free blood pressure screenings at various locations. For locations, dates and times, visit mainlinehealth.org/events.

THE DEAVER EDUCATION CENTER AND WELLNESS FARM

In-person and virtual health education classes for school-age and adult groups (schools, community and faith-based organizations). To schedule, call **484.476.3434** or email lhhealthcenter@mlhs.org.

FALL PREVENTION IN THE HOME: ROOM TO ROOM (VIRTUAL)

Free one-hour presentation on reducing fall risks at home. To register, visit mainlinehealth.org/events. For group scheduling, call **484.565.8328**.

FREE WIG PROGRAM FOR FEMALE CANCER PATIENTS

For women undergoing or preparing for cancer treatment that may cause hair loss. To schedule an appointment, call **484.337.5215**.

HEALTHY STEPS FOR OLDER ADULTS (AGES 60+)

Free evidence-based fall prevention and awareness program designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health and provide referrals and resources. For more information and upcoming sessions, visit mainlinehealth.org/events.

MAIN LINE HEALTH KING OF PRUSSIA TEACHING KITCHEN

Free virtual nutrition programs and in-person cooking demonstrations. To see our list of upcoming events and how to register, please visit mainlinehealth.org/kopevents.

MEDICATION SAFETY IN THE COMMUNITY (VIRTUAL)

Free one-hour presentation on safe medication use, disposal and community resources. For group scheduling, call **484.565.8328**.

ORTHOAEDIC PAIN SEMINARS (VIRTUAL)

Join our free virtual seminars on shoulder, back, hip and knee pain. Learn about joint anatomy, common causes and the latest treatment options from our experts. To register, visit mainlinehealth.org/orthoclasses.

SMOKEFREE (VIRTUAL)

Free six-session smoking and vaping cessation program. Eligible participants may receive free nicotine replacement therapy. To register and for more information, call **484.227.FREE (3733)**.



STOP THE BLEED®

Tuesday, June 16 | 10:30 a.m.–12 p.m.
Tuesday, June 16 | 1:30–3 p.m.

Free training on how to stop life-threatening bleeding in emergencies. Open to all. To register, visit mainlinehealth.org/stopthebleed.

For questions, contact 484.565.8328.

VIRTUAL STRETCH YOUR LIMITS (AGES 55+)

Mondays | 9:30–10:30 a.m.
Thursdays | 4:30–5:30 p.m.

Free exercise program including strength, balance, stretching, chair yoga and Tai Chi. To register, email communityoutreach@mlhs.org.

COMMUNITY CPR CLASSES

BASIC LIFE SUPPORT (BLS)

Tuesday, May 5 | 6 p.m.
Wednesday, July 22 | 6 p.m.
For healthcare professionals.

FAMILY & FRIENDS® CPR

Saturdays: May 2, June 13, July 11, August 22 | 10 a.m.
Wednesdays: May 6, June 10, July 15, August 5 | 1 p.m.
Thursday: May 14 | 1 p.m.
For parents and caregivers (infant/child CPR, choking, AED).

HEARTSAVER® CPR

Saturday, June 27 | 9 a.m.
Saturday, August 8 | 9 a.m.
For non-medical professionals.

For more information and to register for the above CPR classes, visit mainlinehealth.org/events.

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental health matters — this May and every day. Break the stigma by starting the conversation and prioritizing your well-being. If you or a loved one need support, Main Line Health offers compassionate, comprehensive mental and behavioral health services — right here, close to home.

LEARN MORE AT mainlinehealth.org/behavioralhealth.



In, out and on your way.

MAIN LINE HEALTH URGENT CARE

VIRTUALLY JUMP IN LINE
and join the waitlist at
mainlinehealth.org/urgentcare

Be seen.



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HIDDEN HEART DISEASE

How Vince's coronary calcium screening helped prevent a heart attack



Vince and Kathie together at Phillies spring training.

In December 2024, Vincent “Vince” Gallagher, 69, and his wife, Kathie, were playing a routine game of pickleball. A friend shared that a simple, outpatient screening test called a coronary calcium score helped diagnose his heart disease. Kathie and Vince were not experiencing any symptoms, but Kathie wanted to be proactive. She asked her primary care doctor to order the screening for her and Vince.

Calcium score detects heart disease early

A patient’s calcium score typically falls on a scale between zero and 400. Zero means no plaque and low risk for heart attack, and 400 and over means extensive plaque and higher risk. Vince’s score was off the charts at 2,994.

“I thought it was an error,” recalls Kathie. “I called our friend who had recommended the test. He said there was only one place to go for cardiac care, and that was Main Line Health.”

“Kathie being proactive and setting up this test saved my life,” says Vince. “My cholesterol levels were good, and I didn’t have any major symptoms, but I could have had a massive heart attack.”

“Kathie being proactive and setting up this test saved my life.”

— VINCE GALLAGHER

Artery plaque causes heart blockages

Kathie worked quickly to schedule an appointment for Vince with Justin Lingel, MD, FACC, cardiologist at Main Line Health. Dr. Lingel ran a few tests, including an electrocardiogram (EKG) and an echocardiogram, which is an ultrasound of the heart. He also looked at Vince’s CT scan and found a large amount of plaque buildup in the arteries that supply blood to his heart. Because of this, Dr. Lingel recommended a cardiac catheterization to take a closer look and decide on the best treatment. In the meantime, Dr. Lingel told Vince to limit his activity to walking — which meant no pickleball.

“So, you want me to bubble-wrap him and put him in a corner?” Kathie recalls joking with Dr. Lingel about the challenge it would be to restrain her typically active husband.

Screening prevents silent heart attack

Two weeks later, Timothy A. Shapiro, MD, interventional cardiologist at Lankenau Medical Center, performed Vince’s cardiac catheterization.

“In the left anterior descending artery, I had a 90-percent blockage and a 70-percent blockage in one artery, as well as an 80-percent blockage in another artery,” explains Vince.

Vince’s blockages could not be opened with small mesh tubes called stents. Francis P. Sutter, DO, FACS, cardiac surgeon at Lankenau Medical Center, suggested that Vince was a candidate for robotic coronary bypass surgery.

Robotic surgery: Small incisions, fast recovery

Traditional coronary bypass surgery requires a large incision through the chest bone. In robotic coronary bypass surgery, specially trained surgeons perform the operation through a much smaller incision between the ribs. Patients usually have shorter hospital stays and faster recovery times.

Highly specialized team for heart bypass

Robotic coronary bypass surgery may be rare at other hospitals, but for the specialized team at Lankenau Medical Center, it is a routine procedure. Dr. Sutter successfully



Vince’s care at Main Line Health has allowed him to continue to play baseball and maintain an active lifestyle.

What is a coronary calcium score?

Over time, arteries can become clogged with fat, calcium and other substances. This build-up of sticky plaque can reduce blood flow and cause heart attack or stroke. A coronary calcium score is a 15-minute outpatient screening that uses X-rays to measure plaque in the arteries. Following the test, patients receive a calcium score that predicts future risk for heart attack. This report can help guide discussions with their doctor.

To schedule an appointment for a coronary calcium score, visit mainlinehealth.org or call 484.580.4800.

performed Vince’s robotic coronary bypass surgery on January 8, 2025, less than two months after his coronary calcium score sounded the alarm about his heart health.

Vince’s first question after surgery was when he could get back to playing pickleball. Dr. Sutter told Vince he could return to his normal activities as soon as he felt well enough.

“I’ve had patients go back to work and do almost every activity less than one week after robotic coronary bypass surgery,” says Dr. Sutter.

Life after robotic heart surgery

Two weeks after his surgery, Vince did pickleball drills at the local YMCA with Kathie. One month after surgery, he returned to his regular schedule of pickleball games. By his two-month postoperative visit with Dr. Sutter, Vince felt like himself again.

“I’m back to 100 percent,” says Vince. “I’m golfing, playing pickleball and baseball, and enjoying spending time with my children and grandchildren.” +

UNDERSTAND YOUR HEART RISK.



Schedule an appointment with a Main Line Health cardiologist today. [Scan the QR](#) code or call 484.476.1000.



TIME IS BRAIN:

the critical importance of immediate recognition and urgent treatment for stroke



In the United States, stroke is among the leading causes of serious, long-term disability and death. Understanding how to quickly recognize stroke symptoms and call 911 can mean the difference between life and death, and between recovery and irreversible brain damage. Every minute matters.

Main Line Health provides fast access to comprehensive stroke care at all four of our acute care hospitals — Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital and Riddle Hospital — with leading-edge neurointervention capabilities at Bryn Mawr Hospital and Paoli Hospital. Using advanced imaging and minimally invasive techniques, teams can rapidly diagnose and treat stroke.



“Rapid treatment can reduce long-term disability”

— PREETHI RAMCHAND, MD

“Time is brain,” says Preethi Ramchand, MD, a neurointerventionalist at Main Line Health-Jefferson Neurosurgery. “During a stroke, about two million brain cells die every minute. Rapid treatment can reduce long-term disability. It’s vital to understand what to look for and the significance of acting immediately.”

HOW TO SPOT A STROKE: BE FAST

The acronym BE FAST should serve as your guide in recognizing the most common signs of a stroke.



BALANCE:

Sudden loss of balance or coordination



EYES:

Sudden vision changes in one or both eyes



FACE:

Facial drooping; ask the person to smile



ARM:

Arm weakness; ask them to lift both arms



SPEECH:

Slurred or strange speech



TIME:

Call 911 immediately

WORLD-CLASS CARE IN THE COMMUNITY

Main Line Health provides immediate stroke evaluation at all four acute care hospitals, with state-of-the-art neurointervention available at Bryn Mawr Hospital and Paoli Hospital. Through a coordinated, systemwide approach, patients can access the full continuum of stroke care regardless of where they enter.

Our teams use advanced neuroimaging — including CT, MRI and 3D angiography — to quickly diagnose and assess a wide range of neurovascular conditions. In addition, Main Line Health leverages Viz.ai, an artificial intelligence-powered platform that works with imaging technology to rapidly detect clots, identify their location and severity and instantly alert the multidisciplinary care team — helping accelerate time to treatment when every second counts.

“Where it previously took up to an hour for a scan to be read by a radiologist and the team to be notified, mobilization now occurs in just minutes,” explains Michelle J. Smith, MD, an endovascular neurosurgeon at Main Line Health-Jefferson Neurosurgery.

“Where it previously took up to an hour for a scan to be read and the team to be notified, mobilization now occurs in just minutes.” — MICHELLE J. SMITH, MD



DEFINING ADVANCED TREATMENT

There are two primary types of stroke: **ischemic and hemorrhagic**.

Approximately 87% of strokes are ischemic, caused by a blockage that restricts blood flow to the brain. Treatment options include clot-busting medications delivered intravenously. For large vessel blockages, thrombectomy may be performed — a highly specialized, minimally invasive procedure that uses a catheter and retrievable stent to remove the clot and restore blood flow. In many cases, this can reduce long-term damage and even reverse symptoms.

Hemorrhagic stroke occurs when a weakened blood vessel ruptures, causing bleeding in the brain. Treatment may include minimally invasive procedures such as coiling, stenting, angioplasty or embolization to control bleeding and stabilize the vessel.

Through Main Line Health’s affiliation with Jefferson Hospital for Neuroscience, Bryn Mawr Hospital and Paoli Hospital

are certified Thrombectomy-Capable Stroke Centers by The Joint Commission and the American Heart Association/American Stroke Association. Both are also nationally recognized Primary Stroke Centers with state-of-the-art Neurointervention Labs.

“We’re dedicated to achieving the best possible clinical outcomes for stroke patients, not only saving lives, but restoring function.”

— THANA N. THEOFANIS, MD

“We’re dedicated to achieving the best possible clinical outcomes for stroke patients, not only saving lives, but restoring function,” says Thana N. Theofanis, MD, an endovascular neurosurgeon at Main Line Health-Jefferson Neurosurgery. +

PREVENTION CAN BEGIN TODAY

Lower your stroke risk with a few key habits:

- Know your numbers (blood pressure, cholesterol, blood sugar, BMI)
- Move more
- Eat smart
- Don’t smoke
- Reduce alcohol consumption
- Sleep well, stress less
- Manage AFib and other conditions with your doctor



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STROKE CAN HAPPEN FAST: KNOW WHAT TO DO



Visit mainlinehealth.org/strokeawareness or scan the QR code to watch a video and expand your stroke knowledge.



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