

WOMEN'S healthsource

**Win a Free
Cookbook!**

Plus, get details
about our
recipe exchange.
See page 8.

Jessica deSimone
preps for the delivery
of her first child.

FALL 2012 | CANCER CARE MEETS SENIOR NEEDS |
YOUR PREGNANCY PREP GUIDE | EXPLAINING BREAST CANCER
LEARNING TO EMBRACE THE EMPTY NEST



Main Line Health



New Approach to Hysterectomy Offers Better Options

The decision to have a hysterectomy isn't easy. But advances in surgical technique can mean less pain and a speedier return to normal life for women who need this operation. Doctors may recommend surgery to remove a woman's uterus for a number of reasons, including:

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

Taking the uterus out through an abdominal incision is the traditional approach, especially for cancerous

conditions. But additional options may be available when a woman and her doctor decide surgery may offer relief from troubling pelvic conditions.

Vaginal, Laparoscopic Hysterectomies Are Less Invasive

Surgeons can also remove the uterus through the vagina. The procedure, called vaginal hysterectomy, may be used for prolapse and menstrual problems when the uterus is a normal size.

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

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

Robotic Surgery Expands Minimally Invasive Options

Surgeons are now also using the da Vinci® Surgical System to perform robotic-assisted laparoscopic hysterectomy.

“The da Vinci provides greater dexterity than a traditional straight stick laparoscope, giving patients who were not candidates for laparoscopic surgery greater options,” explains David O. Holtz, MD, FACOG, gynecologic oncologist at Lankenau Medical Center. “For example, a woman with a high body mass index previously faced a traditional hysterectomy and a longer recovery. Now, we can offer a minimally invasive option thanks to robotic technology.”

Tiny Incisions Bring Big Benefits

Smaller incisions can result in less pain and blood loss, shorter hospital stays, fewer wound infections, and quicker recovery than with abdominal hysterectomy. While it may take one to two months to return to normal activity with an abdominal hysterectomy, most women are able to recover completely in one to two weeks with laparoscopic surgery. ●

Learn more about minimally invasive options for gynecologic cancers. Join Dr. David Holtz at 6:30 p.m. on Thursday, September 27 at Lankenau Medical Center as he discusses the latest updates and answers all your questions. For more information or to register for this event, visit mainlinehealth.org/events.

Special Cancer Care Meets Seniors' Unique Needs

When retired registered nurse Mary

Jane McCrystal of West Chester was diagnosed with colon cancer three years ago, it completely surprised this active and fit 76-year-old. "I had no symptoms," she says, "but a colonoscopy revealed that I had a very large tumor."

Following surgery to remove the tumor, Mary Jane turned to the Cancer Center of Paoli Hospital where she received unique care through the Senior Oncology Program.

Designed with Seniors in Mind

As the first dedicated program of its kind in Chester County, the Senior Oncology Program addresses the specific needs of patients with cancer aged 70 and above.

"Advanced age, preexisting conditions, or misconceptions that elderly patients can't tolerate treatment without adversely affecting their lives are not sufficient reasons to prevent a person from receiving effective cancer care that may help extend one's life," says Michael Dabrow, DO, Cancer Center medical director.

"The elderly are getting healthier and living longer, and many tend to do as well with cancer treatment as younger patients."

Studies, including Dr. Dabrow's own research on the tolerance of chemotherapy among seniors, demonstrate the benefits of treatment for elderly patients.

As with all new patients to the program, Mary Jane went through the objective and extensive Comprehensive Geriatric Assessment (CGA) tool to help identify problems related to the cancer or aging, such as physical health, function, cognition, and emotions.

Tailored Treatments

Using the CGA and other information, Cancer Center experts representing oncology, nursing, social work, pharmacy, and nutritional support discuss each patient's case. They tailor treatment plans that involve a variety of specialty services as needed.

Mary Jane's treatment plan recommended six months of chemotherapy.

Now cancer-free, Mary Jane's working out regularly at the gym to keep healthy and strong and enjoying life with family and friends.

"I've never considered myself a senior citizen and wasn't about to let this slow me down," explains Mary Jane. "Cancer is an unforgiving disease, but at least I know that no matter what happens in the future, I received the best care possible."

"We know that people like Mary Jane still have a lot of life to live," says Dr. Dabrow. "Ultimately, it is our goal at the Cancer Center to serve as a trusted resource to help older patients achieve their care goals and maintain the highest quality of life." ●

Find Out More

For more information about the Senior Oncology Program at the Cancer Center of Paoli Hospital—a Fox Chase Cancer Center Partner—or to schedule an appointment, call 484.565.1600. For a virtual tour of the Cancer Center, visit mainlinehealth.org/paolicancer.



Michael Dabrow, DO, medical director of the Cancer Center of Paoli Hospital, talks with Mary Jane McCrystal about living cancer-free after overcoming the disease at age 76.

Debunking Myths and Clarifying



Dr. Lisa Leone, OB/Gyn, (right) answers Jessica deSimone's pregnancy questions during her regular check-up.

Before Jessica deSimone became pregnant with her first child, she heard many rumors—both good and bad—about what pregnancy would be like. But now, nine months along, deSimone has learned that you can't believe everything you hear.

"I've been fortunate to feel good, maintain my lifestyle, and work throughout pregnancy," explains deSimone, who will deliver at Bryn Mawr Hospital (BMH).

Jessica attributes her positive pregnancy experience to keeping a good attitude and focusing on her health. She eats well, drinks plenty of water, and exercises by taking her two Labradors on daily walks.

"I'm focused on doing what's right for the baby," deSimone explains. "One part of that is taking an active role in my

care, asking lots of questions, and learning as much as I can."

To help moms-to-be, Jessica's obstetrician/gynecologist Lisa Leone, MD, as well as other Main Line Health physicians, address common pregnancy questions and concerns.

Eating Right

"Most women have already researched pregnancy issues," says Dr. Leone. "But some take the advice they read to the extreme."

Instead of cutting out certain foods completely, Dr. Leone suggests eating a wide variety of nutritious foods and focusing on moderation. For example, eliminating all caffeine isn't necessary if a cup of morning coffee makes you happy. "If something is really important to you, except for alcohol and smoking, most of the time it's OK to indulge a little," she says.

However, Dr. Leone advises pregnant women to also avoid foods that could contain the bacteria *listeria*, which can cause miscarriage or stillbirth. These foods include:

- Unpasteurized dairy products
- Ready-to-eat deli meats and hot dogs
- Raw fish or meat

Some women believe that exercise may hurt the baby. Not so, says Pooja Gupta, MD, an obstetrician/gynecologist who delivers at Paoli Hospital. In fact, exercise can actually help a woman prepare for labor and delivery.

"It's fine for a woman to do any type of exercise that she did before pregnancy," says Dr. Gupta. "Just listen to your body—it will tell you if you should slow down."

Healthy Weight Gain

Experts agree that women who are a healthy weight before pregnancy should gain between 25 and 35 pounds. Overweight or obese women should gain 15 pounds or less. Unfortunately for some, weight becomes a struggle.

"Remember, you are not eating for two adults. You are eating for a tiny being," Dr. Gupta says. "Most women need only 300 extra calories a day during pregnancy."

Some women believe that exercise may hurt the baby. But that's not so. In fact, exercise can actually help a woman prepare for labor and delivery.

Concerns

Screening Tests

Lane Shima, DO, an obstetrician/gynecologist who delivers at Riddle Hospital, suggests couples seek preconception counseling up to six months before trying to conceive. The counseling allows doctors to address any medical issues, such as hypertension or diabetes, and discuss medication use during pregnancy. It also allows doctors to make sure the woman's vaccinations are up-to-date, discuss prenatal genetic testing, and answer any fertility or pregnancy questions. One common question is about the 12-week screening test during pregnancy.

"This two-part screening, which begins at 12 weeks, assesses the risk for Down's syndrome, trisomy 18, and neural tube defects," explains Dr. Shima. "The test itself is not conclusive and can cause anxiety, so it's important to talk it through with your doctor before choosing to have it."

Unusual Symptoms

Although most pregnant women expect a few aches and pains, some symptoms can take women by surprise. Wendy S. Manko, DO, an obstetrician/gynecologist



Jessica and her husband Jeff eagerly await the birth of their first child—as do their Labs, Willie and Cash.

who delivers at Lankenau Medical Center, says the most common symptoms that cause stress include:

- **Spotting in the first trimester.** Light spotting can be common, especially after intercourse, and may not necessarily be a sign that something is wrong with the baby.
- **Round ligament pain.** At 16 to 22 weeks, many women experience sharp, pulling pains on one or both sides of the belly. It results from the uterus growing and is completely normal.

"Although these symptoms can be normal, they can cause a lot of anxiety. Knowing about them in advance can help," says Dr. Manko. "However, if you are still not comfortable, it's always better to be safe than sorry and call your doctor. It can put your mind at ease."

And peace of mind is important during pregnancy, Dr. Leone says. That's why it's important to always check with your doctor if you have any questions.

"Bringing a life into this world is a happy time," says Dr. Leone. "Try to get the information you need, take positive steps for you and your baby, and relax and enjoy it." ●

BEFORE THE BUMP: Preparing Your Body and Budget for a Baby

If you are thinking of having a baby, this event is for you! Come and meet Main Line Health OB/Gyn, reproductive and financial experts who can help women and their partners prepare for pregnancy. Presented by Women's Health Source and led by Main Line Health OB/Gyn Chief Nancy S. Roberts, MD, the topics will include:

- Budgeting for Baby
- Preconception Counseling
- Labor and Delivery
- Genetic Screening
- Infertility and Treatment Options

The event will be held Saturday, November 3, 8 a.m. to 12:30 p.m. in the Annenberg Conference Center at Lankenau Medical Center. Register by calling 1.888.876.8764 or sign up online at mainlinehealth.org/events.



HOSPITAL updates

Bryn Mawr Hospital Neurovascular Center Now Open

Bryn Mawr Hospital is the first and only suburban hospital in the western suburbs of Philadelphia to have a university-affiliated neurosciences center for comprehensive stroke care. Through our collaboration with the Jefferson Neuroscience Network, our center is designed to give you rapid access to advanced diagnostics and the latest treatments. Our expert stroke team is led by Grahame Gould, MD, a neuro-interventionalist who specializes in endovascular surgery. Our state-of-the-art neurovascular lab features three-dimensional images that enable physicians to visualize brain tissue, detect intracranial hemorrhages, make therapeutic decisions in the interventional suite, and immediately begin interventional treatment. **Learn more at mainlinehealth.org/neurocenter.**

Riddle Hospital Riddle Receives Heart Care Accreditation

Riddle Hospital has received Chest Pain Center and Percutaneous Coronary Intervention (PCI) accreditation from the Society of Chest Pain Centers (SCPC). Riddle received SCPC accreditation because it has achieved consistent compliance with evidence-based standards and emergency angioplasty, reducing the time from onset of symptoms to diagnosis and treatment. "Riddle takes pride in this recognition and that we can offer this valuable service to the community we serve," says Janet Webb, vice president at Riddle Hospital. Take a step for your heart health and attend a local heart screening or lecture. **Visit mainlinehealth.org/riddlecommunity for details and locations.**



WOMEN'S HEALTH SOURCE calendar of events



Registration is required for most programs. To register, call toll-free 1.888.876.8764, or visit mainlinehealth.org/events, where you'll find a complete list of classes. Main Line Health events are FREE unless otherwise noted!

What's Up Doc? Film Series at Bryn Mawr Film Institute

This fall, Bryn Mawr Hospital presents the 5th annual *What's Up Doc?* film series, a project that exposes the fact and fiction of how disease and health care are portrayed in film. Movies start at 7:30 p.m. This year's films are:

- Tuesday, Sept. 18: *Awakenings*
- Tuesday, Oct. 2: *Contagion*, with Winson George, MD, family medicine
- Tuesday, Oct. 16: *A League of Their Own*, with Tom Frazier, MD, and Linna Li, MD, breast surgeons
- Wednesday, Oct. 24: *The Tinger*, with Robert Carr, MD, pathologist
- Wednesday, Nov. 7: *Love Story*, with John Devlin, MD, oncologist

Campus of Courses

Paoli Hospital medical staff will present health seminars—Campus of Courses—in the auditorium at Boscov's at the Exton Mall.

- Wednesday, Sept. 25, 11 a.m.—Nutrition
- Monday, Oct. 1, 6:30 p.m.—Hip and Knee Disorders
- Tuesday, Oct. 2, 11 a.m.—Nutrition
- Monday, Oct. 8, 11:30 a.m.—Breast Health

All seminars are one hour. No registration necessary.

Senior Supper Club at Riddle Hospital

This monthly event features dinner and an informative presentation about healthy living for older adults. These are held at 4:30 p.m. in Riddle Hospital.

- Wednesday, Sept. 26: *Healthy Aging* by Michael F. Shank, DO
 - Wednesday, Oct. 24: *Medication Safety* by Martha Fedor, RN, CRRN
 - Wednesday, Nov. 28: *Diabetes* by Ginny McCadden, RN, MSN, CDE
- Fee is \$6 per person. To register, call 1.888.876.8764.

Gynecologic Cancers: Know Your Risks, Learn Your Options

Come learn about minimally invasive options for gynecologic cancers:

- **What Are My Minimally Invasive Treatment Options?** David O. Holtz, MD, FACOG, gynecologic oncologist, Lankenau Medical Center.
- **Could My Genes Impact My Risk?** Rachael Brandt, MS, certified genetic counselor, Lankenau Medical Center.
- Thursday, Sept. 27, 6:30 to 8:30 p.m. at Lankenau Medical Center. To register, visit mainlinehealth.org/events.

Free Stroke and Heart Lecture & Luncheon

Enjoy lunch and learn about stroke prevention and treatment, risk factors and symptoms of heart attack, and the importance of early heart attack care. Stroke and body mass index screenings available.

- Thursday, Oct. 4, 12 to 2 p.m., Main Line Health Center in Broomall

Think Pink, Live Green: Protecting Our Daughters' Breast Health

Reducing your daughter's risk of breast cancer begins with education. Join Dr. Marisa Weiss, director, Breast Radiation Oncology at Lankenau Medical Center, and other breast health specialists as they discuss the risk factors from genetics to the environment, and how you can reduce your risk.

- Saturday, Oct. 6, 8:30 a.m. to 12 p.m., Lankenau Medical Center

Health Screenings at Trader Joe's

Paoli Hospital clinicians will be providing blood pressure screening and colon health information at the Trader Joe's in the Gateway Shopping Center.

- Monday, Oct. 8, 11 a.m. to 1 p.m.
- Monday, Nov. 12, 11 a.m. to 1 p.m.



Registration is required for most programs. To register, call toll-free 1.888.876.8764, or visit mainlinehealth.org/events, where you'll find a complete list of classes. Main Line Health events are FREE unless otherwise noted!

HOSPITAL updates

Causes and Treatment Options for Shoulder Pain

When shoulder pain limits your life, it's time to take action. Start by attending our FREE shoulder pain seminar led by Bryn Mawr Hospital Physical Therapist Caroline Hughes and Orthopaedic Surgeon Joseph Vernace, MD, who will answer questions during this interactive discussion.

● **Thursday, Oct. 11, 6:30 p.m.,** Main Line Health Center in Newtown Square

Wellness Wednesdays at Whole Foods Market

Join physicians and other specialists from Lankenau Medical Center for a healthy lifestyle, fitness, and nutrition series at Whole Foods Market in Wynnewood. Informative, fun, and free!

● **Wednesday, Oct. 17, 12 to 2 p.m.** Kidney specialists will speak on the benefits of a low sodium and low potassium diet.
● **Wednesday, Nov. 14, 6 to 8 p.m.** Physicians will provide information on breast health.

Barre Boot Camp

Women's Health Source members are invited to barre boot camp, a total body workout, at Ellis Athletic Center! Set to energizing music, barre boot camp encompasses cardio, strength, and

core training in an innovative, fun, 60-minute workout. Sample delicious protein shakes afterwards.

● **Wednesday, Oct. 17, 6:30 to 8 p.m.,** Ellis Athletic Center, Newtown Square. Space is limited. To register, call **1.888.876.8764.**

Women's Health Month Health Fair

Learn about women's health and how to best care for yourself at Riddle Hospital. This year, our Women's Health Month celebrations will feature a lecture series throughout the month of October and a family fun event on Oct. 20. Visit mainlinehealth.org/riddlewomenshealth for more information.

Mother/Daughter Tea for Women: Teens, Adults & Senior Citizens

In celebration of National Breast Cancer Awareness Month, join us for an afternoon tea and hear about the latest information on healthy breast care, early detection, and cancer prevention. This special event is sponsored by the Comprehensive Breast Center at Bryn Mawr Hospital.

● **Sunday, Oct. 21, 2 to 5 p.m.,** Villanova University Conference Center

Menu Planning 911: Simple Steps to Healthier Meals

Judy Matusky, RD, will share expert tips for navigating the supermarket, reading labels, planning menus, and assembling fast, healthy meals at home.

● **Thursday, Oct. 25, 7 to 8:30 p.m.,** Main Line Health Center in Newtown Square

Before the Bump: Preparing Your Body and Budget for a Baby

If you are thinking of having a baby, this event is for you! Come and meet Main Line Health OB/Gyn, reproductive, and financial experts who can help women and their partners prepare for pregnancy.

● **Saturday, Nov. 3, 8 a.m. to 12:30 p.m.,** Lankenau Medical Center.

Night of Health & Beauty

Women's Health Source members are invited to Lord & Taylor at the King of Prussia Mall to enjoy makeup application, skin care demos, health screenings, and more! Take advantage of the Friends and Family Discount providing 25 percent off storewide items and 10 percent off cosmetics. Fee is the purchase of a \$10 gift card to use at the store.

● **Thursday, Dec. 6, 5 to 9 p.m.** Register by calling **610.992.0333**, extension 230 or 250.

Lankenau Medical Center Renowned Cardiologist Joins Lankenau

Lankenau welcomes nationally renowned cardiologist, Irving M. Herling, MD. Distinguished for his incomparable ability to communicate with and comfort patients and recognized for his expertise in cardiology, Dr. Herling has relocated his practice to Lankenau Medical Center. Named among the top one percent in the nation in cardiology by *U.S. News & World Report*, Dr. Herling also is a *Philadelphia* magazine "Top Doc" for the ninth year in a row, and has been recognized by Best Doctors in America for the past 10 years. Lankenau is thrilled to welcome yet another nationally renowned physician to its medical team! Call **484.572.0112** to make an appointment.

Paoli Hospital Paoli Continues to Expand to Better Serve Patients

The Endoscopy and Medical Short Procedure Units have moved to a newly renovated and larger space in the hospital. Now located across from the Breast Health Center, their new home features dedicated rooms equipped with high-definition monitors and scopes for endoscopy procedures, which can look internally to diagnose certain diseases. In addition, the unit features eight rooms, including a few private for patients desiring isolation and/or receiving infusion therapy. There is also a comfortable reception and waiting area, complete with flat-screen TV, magazines, and Wi-Fi access. Its proximity to the hospital's Valet Lobby allows staff to transport patients to curbside upon discharge for added convenience.

From 'Top 100' to 'Top Docs'

The following awards and recognition have highlighted Main Line Health's superior care, nursing skill, and physician excellence:

Lankenau Medical Center and Bryn Mawr and Paoli Hospitals have been named among Thomson Reuters 100 Top Hospitals® for excellence in patient outcomes, patient safety, patient satisfaction, and many other measures.

Philadelphia magazine named Main Line Health physicians in its 2012 Top Doctors issue. Each year, this publication acknowledges the high caliber and superior skill of our physicians, who are recognized as some of the region's best.



Vegetable Tart

This dinner-sized tart packs a powerful veggie punch!

- 1 ready-made, refrigerated 9-inch piecrust
- 2 tbsp water
- 1 large red, green or yellow bell pepper, sliced into rings, about one cup
- 1 onion sliced into rings, about one cup
- 2 cups zucchini and/or yellow squash, cut into ¼-inch rounds
- 1 cup sliced, fresh mushrooms
- 1 cup diced tomatoes (fresh or drained canned)
- 1 tsp dried thyme
- 1 cup soybeans (drained canned or dried beans that have been soaked and cooked)
- 1 carrot, shredded
- 2 oz. reduced-fat cheddar cheese, shredded (about ¾ cup loosely packed)



1. Preheat oven to 450 degrees.
2. Line 9-inch tart dish or deep pie pan with crust. Prick bottom with a fork and pre-bake in hot oven for five minutes. Set aside.
3. Meanwhile, heat a large nonstick frying pan. Add two tablespoons water, pepper rings, and onions and cover, stirring occasionally until wilted. Add squash, mushrooms, tomatoes, thyme, and soybeans. Uncover and let liquid cook off.
4. Stir in shredded carrot. Spoon filling into pie crust. Top with shredded cheese.
5. Bake at 450 degrees for 15 minutes. Reduce temperature to 350 degrees and bake 10 minutes longer. Remove from oven and let sit about 10 minutes before cutting into four wedges.

Makes four servings. Each serving contains: 414 calories, 20 g fat, 45 g carbohydrates, 13 g protein



Enter to Win a Free Cookbook Through Our Recipe Exchange

Submit your favorite healthy recipe at mainlinehealth.org/recipe by Wednesday, October 31 and enter to win the American Heart Association *Quick & Easy Meals* cookbook. One winner will be selected in each of the five categories: breakfast, lunch, dinner, snacks, and desserts. Submissions will be reviewed by Main Line Health dietitians Judy Matusky and Lynn Nichols. All recipes deemed healthy by our dietitians will be posted online. Complete details and recipe guidelines are available at mainlinehealth.org/recipe.

Detox Diets Are Hard to Swallow

TV infomercials tout them. Naturopaths recommend them. Detox diets claim to prevent and treat everything from headaches and bloating to depression and excess weight. But do they work?

"These diets are only a temporary quick fix to long-term problems," says Lynn Nichols, RD, LDN, CDE, from the Riddle Hospital Nutrition Center.

Detox Decoded

"Detox" used to refer only to treating people with an addiction in a hospital or clinic to rid them of dangerous levels of drugs, alcohol, or poisons. Now, it can also denote a certain approach to eating. Supposedly, these diets help remove toxins the body takes in from foods or from environmental pollutants.

There's no scientific evidence, however, that detox diets

benefit you more than a balanced diet and healthy lifestyle. In fact, the wrong detox diet could be harmful. Nichols explains, "Most of the weight lost is water weight, not fat, and when people return to healthy eating they usually gain the weight back and more."

Your Body Has Your Back

Why take such risks when your body can already defend itself against most periodic potato chip binges and ever-present pollutants? Your body is equipped with a natural detox crew. And it's not as if your body is so full of toxins that you need outside help from a special diet.

Nichols advises, "Instead of following possibly dangerous detox diets, people should choose a healthy way of eating and exercise that they can follow long term."



THINK PINK, LIVE GREEN: Protecting Our Daughters' Breast Health

**Saturday, October 6
8:30 a.m. to 12 p.m.
Lankenau Medical Center**

Reducing your daughter's risk of breast cancer begins with education. Join Dr. Marisa Weiss and other breast health specialists as they discuss the risk factors from genetics to the environment, and how changing what you eat, breathe, and buy can reduce your risk. Understand the importance of early detection, and meet a 17-year-old high school student and winner of the National Google Science Prize, who is changing the way breast cancer is detected.

This free event includes light refreshments. To register, visit mainlinehealth.org/events, or call 1.888.876.8764.

Explaining Breast Cancer

Breast cancer is the most common cancer to affect women. The good news is that there are changes you can make today that can lower your risk tomorrow. About 2.5 million women in the country today are living well beyond breast cancer—largely due to advances in early detection and targeted treatments.

Risk and Risk Reduction

There are both well-established risk factors and emerging environmental hazards that help explain why breast cancer has become so common. Some established risk factors are:

- Starting your period before age 12 (early puberty)
- Not bearing children by age 30
- Family history of breast cancer
- Abnormal changes in the cancer-related genes BRCA1 or BRCA2
- Being overweight or obese as an adult
- Consuming more than three alcoholic beverages per week

Some of these risk factors can be altered with healthy lifestyle changes such as:

“The Lankenau Breast Care team is here to meet both your medical and personal needs throughout each step of your journey—from prevention, to diagnosis, to treatment, to long-term follow-up care,” assures Marisa Weiss, MD, director of breast radiation oncology at Lankenau Medical Center and founder and president of breastcancer.org.

- Consuming less than three alcoholic beverages per week
- Maintaining a healthy weight, especially after menopause
- Exercising at least four hours per week

Stick to Screenings

Yearly mammograms are recommended starting at age 40. Women with a family history or an abnormal breast cancer gene may start screening earlier than age 40. Other tests may also be recommended. It is important to stick to your screening schedule in order to

get the full benefit of early detection. Finding cancer at an early stage improves the chances that treatment will be effective.

Types of Treatment

Treatment options vary depending on where in the body cancer starts and how advanced the disease is. Options include surgery, hormone therapy, radiation therapy, targeted therapy, and chemotherapy. Your doctor may recommend combining two or more treatments. ●

Stay Active to Ease Arthritis

Arthritis is the number one cause of disability in the U.S. As many have experienced, the disease becomes painful when damaged or diseased joints and tissues become stiff, swollen, and irritated.

Still, there is good news for people living with arthritis. Research shows that exercise is one of the best ways to minimize the pain and limitations of arthritis.

“When combined with appropriate medications and therapies, physical activity can significantly improve your overall condition and ability to maintain an active lifestyle,” says Andrew Frankel, MD, orthopaedic surgeon at Paoli Hospital who also sees patients at the Seton Center in Audubon.

To reap all the benefits of working out, it is best to include the following types of exercises:

- **Flexibility:** Move the joints and muscles through their full, pain-free range of motion, gradually increasing the range and ease at which the joint can move.
- **Strengthening:** Increase the strength of the muscles that move, support, and protect the joints.
- **Aerobic or endurance:** Enhance your overall fitness level by stimulating your lungs and cardiovascular system.



Pain in the Joints

Living with pain in your hips and knees can be limiting. Learn the anatomy of the hip and the knee, common problems, and the latest treatments through the Main Line Health Hip and Knee Pain Seminars. Register for a seminar by calling 1.888.876.8764.



Learning to Embrace the Empty Nest

This fall, you may be faced with an “empty nest” for the first time as your child moves on to college or out of your home to start his or her own life. While it’s smart to meet an empty nest with a positive attitude, getting used to the change can take a little time. Here are some suggestions to ease the transition.

Have a Chat

Worried about what’s going to happen away from home? Sit with your child before he or she leaves, and talk through some potential scenarios. Doing so can help your child think more clearly when challenges arise.

Be Connected

Keep in touch so you’ll feel connected. “This is a time of normal, healthy separation, and one in which your newly independent child learns more about him or herself,” says Mia Solomon, PhD,

psychologist at Bryn Mawr Family Practice. “Giving children their space is essential to this process and healthy for you both.”

Plan Visits

Visits and breaks are great to reconnect and learn more about the experiences of your child. Just remember: Your children have been on their own. So, talking through both of your expectations when they are home can avoid conflict.

Seek Out Other Parents

If you find yourself feeling down, reach out to other parents in the same situation. Sharing struggles and strategies can be helpful for all. “If you find you are overly teary or worrying too much, seek professional help, as learning some new coping skills will help you—and your child,” Dr. Solomon says. ●

BEYOND WEIGHT LOSS:

Top 6 Reasons to Exercise

Shedding pounds isn't the only

reason to get active. Here are six reasons to keep on sweating.

1 To Prevent Cancer Moving reduces your risk for tumors in your breasts, colon, lungs, and prostate, and possibly other cancers, too. The American Cancer Society recommends adults get 150 minutes of moderate activity, 75 minutes of vigorous activity, or a combination of the two spread throughout the week.

2 To Beat Depression Research has linked exercise to relief from sadness in men, women, and people with chronic illnesses. Experts think movement may boost feel-good brain chemicals, including serotonin and norepinephrine.

3 To Keep Your Heart Healthy Getting and staying fit may help reduce the risk of heart disease even if you're overweight, according to the *Journal of the American College of Cardiology*. It helps even if you gain a few pounds.

4 To Stay Independent as You Age No matter how many candles were on your last birthday cake, it's never too late to start or continue exercising. Being active every day helps older adults gain the strength, energy, and balance you need to get through your day.

5 To Manage Illnesses and Treatments In people with type 2 diabetes, regular physical activity helps control blood glucose and prevent complications. If you have cancer, it reduces some side effects of treatment.

6 To Extend Your Life In a recent study in *Archives of Internal Medicine*, older adults who got more physical activity were less likely to die over a four-year period.

"Remember, regardless of age, gender, or prior fitness level, everyone can benefit from exercise," says Joshua Davidson, physical therapist at Bryn Mawr Rehab Hospital. "Consult with your medical professional and a certified exercise instructor prior to starting an exercise program." ●



Merchant Coupons Online

As a member in the Women's Health Source program, you have access to a number of special perks and great benefits!

Among them is the Merchant Program, providing you with discounts to more than 60 local businesses and services of interest to women! From financial and estate planning to yoga, home organizing, and holistic health products, the Women's Health Source Merchant Program strives to connect you with the items or services you may need to solve your problems and live well.

Redeem these benefits by downloading and printing coupons posted online in the Women's Health Source Member Center. Sign up for the Member Center and browse the coupons at mainlinehealth.org/whs!

You'll receive an e-mail with the Member Center access information within 48 hours of registering.



* Register & browse our coupons online!



Scan This!

Women's Health Source members receive a special discount when they download and present coupons to the corresponding business.

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NAVIGATING YOUR HEALTH CARE

Understanding Health Care Reform

The Supreme Court's recent decision to uphold the majority of the Affordable Care Act (ACA) will expand health care coverage to millions of Americans.

"ACA emphasizes the urgency of reducing healthcare costs and highlights the importance of preventive care to stay healthy," says Jack Lynch, Main Line Health president and CEO. "At Main Line Health, we provide the comprehensive education, resources, and clinical services you need to live the healthiest life possible."

According to **HealthCare.gov**, under the new law, your insurance plan should cover preventive services such as:

- Cholesterol screening for adults of certain ages or at higher risk
- Anemia screening on a routine basis for pregnant women
- BRCA [breast or ovarian cancer gene] counseling about genetic testing for women at higher risk
- Breast cancer mammography screenings every one to two years for women older than age 40
- Cervical cancer screening for sexually active women
- Autism screening for children at 18 and 24 months
- Depression screening for adolescents and adults
- Immunization vaccines for adults and children, including influenza, HPV, diphtheria, tetanus, pertussis, and more

Prime Time for Primary Care

If you are due for your annual physical, call **1.888.876.8764** to make an appointment.

Salty Surprises: Sodium May Lurk in Your Breadbox

Quick—what's the biggest source of salt in U.S. diets? If you said french fries, chips, or popcorn, get ready for a shocker.

Snack foods did sneak onto the bottom of a new list of the top 10 salt sources. However, Americans actually get twice as much sodium from bread and rolls. Too much salt contributes to high blood pressure.

"It is important to reduce your salt intake to control blood pressure or heart failure," says Richard McCurdy Sr., MD, a cardiologist at Riddle Hospital.

Your Salt-Lowering Plan

Taking it easy on the bread basket is a good start. Other salt-reduction strategies include:

- Checking labels at the grocery store. When you can, choose foods whose serving size has five percent of your daily sodium or less. Compare different brands of the same product; the values may be wildly different. For instance, tomato soup can have between 700 and 1,260 mg per serving.

- Eat more fresh or frozen fruits and veggies. They're naturally low in sodium. At the same time, eat fewer processed foods.
- When dining out, ask that your meal be prepared with no salt or less salt. And when you cook at home, reach for seasonings other than salt, such as spices, herbs, garlic, and lemon juice.
- You might find low-salt foods less flavorful at first. But over time, your taste buds will adjust. ●



Main Line Health is the AHA Philadelphia
Goes Red for Women Champion.