

WOMEN'S healthsource



**A test to
find heart
problems early**

See page 4.

Catherine Blaho takes in fresh air at the Linvilla Orchards where she frequently walks for exercise. See page 2 for her story.

SUMMER 2012 | WHEN ASTHMA TRIGGERS HEAT UP |
CANCER CARE THAT TREATS THE WHOLE PERSON | COULD YOUR
ACHING NECK SIGNAL SOMETHING SERIOUS?



Main Line Health

Beating Back

Riddle Hospital patient

Catherine shows her strength in yoga at the Riddle Hospital Health Center 4 where regular yoga, Zumba, and Pilates classes are held.

Catherine Blaho was recovering from an illness when she received some unexpected news during a visit with her doctor. Blood tests taken while Catherine was being treated at Riddle Hospital for an infection showed the Aston woman had type 2 diabetes.

“It was a wake-up call, and it was very upsetting,” Catherine recalls. “It felt like I had been hit by a truck.”

Catherine quickly began learning everything she could about the disease. She took her doctor’s advice and signed up for diabetes education classes at Riddle Hospital. Catherine developed a plan, which included eating healthier and getting regular exercise, to take control of her condition. By setting reachable goals, she lost 88 pounds—and turned her life around.

“You don’t know what you can achieve until you take that step,” Catherine says. “If I can do it, anyone can.”

A Growing—and Serious—Problem

In type 2 diabetes, the most common form of the disease, the body doesn’t produce enough of the hormone insulin and/or doesn’t use insulin properly. Insulin is important because cells use it to convert blood glucose into energy. People with uncontrolled diabetes have higher-than-normal blood glucose levels, which can, with time, damage vital organs.

“High blood sugar levels affect the whole body,” says Katherine C. Chin, MD, an internal medicine physician on staff at Riddle Hospital who is also Catherine’s doctor. “Uncontrolled diabetes can cause serious health problems involving the nerves, blood vessels, kidneys, eyes, feet, and skin. It also raises the patient’s risk for heart disease and stroke.”

Meeting the Challenge

More than 25 million adults and children in the United States, or 8.3 percent of the population, have diabetes. According to the Centers for Disease Control and Prevention, if current trends continue, one in three U.S. adults will have diabetes by 2050.

The good news is that with planning and persistence, type 2 diabetes can be managed—even prevented. Research shows that at-risk people can prevent or delay developing the disease by losing a modest amount of weight through diet and exercise. Riddle Hospital’s diabetes education program can show you how.

Participants with diabetes and those at risk for the disease meet one-on-one with a certified diabetes educator and

Type 2 Diabetes

takes control of her health

registered dietitian. They also receive group instruction on glucose monitoring, meal planning, the importance of exercise, the benefits of medication, and preventing complications. Ginny McCadden, RN, MSN, CDE, diabetes coordinator at the Diabetes Education Center, says the most successful participants are those who recognize they can influence their outcome, but only if they make lifestyle changes.

“Catherine has shown that it’s not a quick fix,” she adds, “but it can be done.”

Catherine’s plan worked so well that she was able to stop taking her diabetes medication after five months. At 52, she’s in as good a shape as ever.

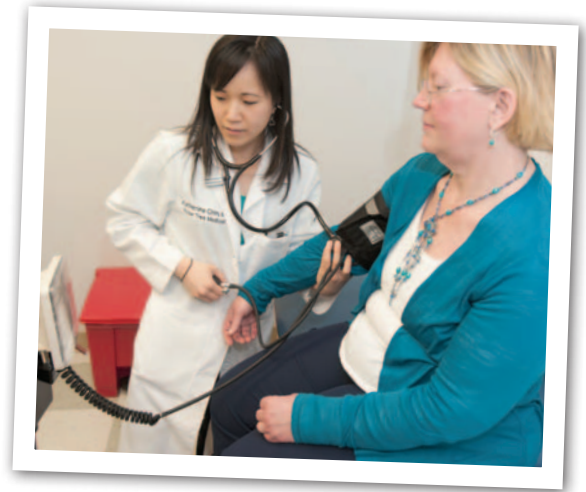
Taking Charge

Catherine learned about nutrition, portion control, and balancing her meals to keep her blood sugar stable. She measures her food and packs healthy snacks—such as protein bars or freeze-dried yogurt mixed with unsalted nuts—when she’s on the go. She reads food labels carefully. Before dining out, she studies the menu online so she knows what the healthier options are.

In addition, Catherine makes time for regular exercise: daily three-mile walks and yoga at home about three times a week. Her diabetes control plan worked so well that she

was able to stop taking her diabetes medication after five months. At 52, she says she feels great and is in as good a shape as ever.

Catherine says that, like a lot of women, she wasn’t used to making her own health a priority. She’s proud of what she’s accomplished—with help and support from Dr. Chin and the staff of the diabetes education program, she says.



Katherine Chin, MD, (left) internal medicine physician at Riddle Hospital, follows up with Catherine after her dramatic weight loss and diet control led to her overcoming type 2 diabetes.

“I see it as a gift I’m giving myself and my loved ones,” Catherine says. “If you’re not taking care of yourself, you won’t be able to take care of anyone else.” ●



Controlling Diabetes

Riddle Hospital’s Diabetes Education Classes help patients effectively manage their diabetes with group and individual support. Learn more by calling **484.227.3769**. For more diabetes services offered across Main Line Health, call **1.888.876.8764**.

Get Moving at the Riddle Fitness Center

Looking for a smart way to get healthier? Check out the Fitness Center at Riddle Hospital, a full-service facility with everything you need to meet your personal fitness goals.

Located in Health Center 4, the fitness center is equipped with top-of-the-line cardiovascular and strength-training equipment. If you like group exercise, try our new Zumba, Pilates, and yoga classes. We offer fitness programs for every age and ability level, including specially designed programs for members older than age 50.

All memberships include a health risk profile, initial and follow-up fitness evaluations, two personal training sessions, and an individualized exercise program.

Ready to Join?

To learn more, contact Katy Coughlin at **484.227.3045** or katy.coughlin@cardiokinetics.com.

Test Helps Find Heart Problems Early

It's easy to assume that when we

feel good, our health is fine, too. But every 60 seconds, a woman in the United States has a heart attack or stroke—often without any warning that something is wrong.

The beginning stages of vascular disease (which affects the arteries, veins, and capillaries that carry blood to and from the heart) and heart disease aren't always obvious. In fact, it's possible to not feel any symptoms until a problem is serious. Thankfully, Main Line Health offers a way to identify potential heart and vascular problems early on, when they can be stopped or even reversed. It's a test called the AngioScreen®.

"The AngioScreen is a simple vascular screening that provides important information about our circulation and arterial health," explains Eric Gnall, MD, cardiologist for Main Line Health. "It's appropriate for anyone who wants to know more about their risk for vascular disease."

A Look Inside

The AngioScreen helps you better understand what's going on inside your body. The findings can help motivate you to make lifestyle changes to reduce your vascular risk. They can also help doctors better manage your health. For example, if a young woman has borderline high blood pressure but the test shows increasing buildup in her arteries, earlier treatment and more aggressive prevention efforts may be recommended.

The AngioScreen involves a carotid artery and abdominal aortic ultrasound, an electrocardiogram (EKG), and an ankle brachial index test. All are noninvasive tests. After screening, the patient receives a full report that can be shared with his or her doctor.

"It's important to understand that atherosclerosis, or hardening of the arteries, is a disease of decades. It doesn't happen overnight," says Dr. Gnall. "The good news is that steps you take now to prevent or stop it can greatly decrease your risk for invasive treatments later."

Empowering Change

Erin Tysko, MD, a Main Line Health cardiologist, agrees that making lifestyle changes can lead to better long-term health. She recommends the following:

- Exercising regularly.
- Not smoking.
- Eating a balanced diet low in salt and processed foods.
- Trying to achieve a healthy weight.
- Keeping track of blood pressure, cholesterol, and blood sugar numbers.

"It may not be easy, but every little thing you do to reduce your risk now can pay off in the long run," she says. "Remember, you don't have to be perfect. Pick one thing to work on and then build on that success." ●



**Love
Your Heart**

**For the dates of the
AngioScreenings taking**

**place this summer at Lankenau, see the
Events Calendar or call 1.888.876.8764.**





Nipple Tattooing Boosts Confidence After Cancer

Finishing treatment is a milestone for any breast cancer patient. But many survivors who had surgery as part of their care find it difficult to move on. If their bodies don't look "normal," particularly if their nipple has been altered or removed, it can be tough for women and men to put the disease behind them.

Three-dimensional nipple tattooing helps survivors feel whole again by creating a natural-looking nipple and areola. This unique, nonsurgical service is available at Lankenau Medical Center, for any individual, regardless of where they had their breast surgery.

"The loss of nipples can be embarrassing, as well as a regular reminder of a cancer diagnosis," says Marisa Weiss, MD, director of Breast Cancer Radiation Oncology and Breast Health Outreach at Lankenau. "Nipple re-creation often symbolizes the final step in the breast cancer journey."

Who's a Candidate?

Nipple tattooing may be an option for people who had:

- A mastectomy, removing their whole breast, with or without reconstruction
- A lumpectomy, or partial breast removal

If your breast is reconstructed after surgery, your doctor also may create a "bumpout"—a raised areola and nipple. Tattooing can add color and help the bumpout look more realistic. Even if you don't have a bumpout, a tattoo can help create a natural-looking 3-dimensional nipple and areola.

How Tattooing Works

The first step in tattooing is areolocation. Dr. Weiss uses a laser light system to precisely pinpoint the most natural and symmetrical location for the new nipple and areola. Then, removable latex nipples are used to confirm the position, size, and color. The goal is to achieve a natural and symmetrical look.

Here's more on what to expect from the process:

- **When can you have it?** You must wait at least three months after your last surgery, and six months after finishing radiation therapy, to have nipple/areola tattooing.
- **How long does it take?** Most appointments last two hours. Even if you have only one nipple created, it takes about the same amount of time to match a tattoo to an existing nipple.

- **Is there discomfort?** Soon after a mastectomy, your breast area will likely be numb, so you'll feel only minimal discomfort during the tattooing. If it's been more than six months since your surgery, or if you had a lumpectomy, you'll probably have more feeling in your breast and you may experience more discomfort.

Lankenau Medical Center is the only U.S. hospital that offers areolocation and three-dimensional nipple and areola tattooing.

"Lankenau is thrilled to make this service available," says Jennifer Sabol, MD, director of the hospital's Breast Care Program. "We believe it will allow individuals to finish their recovery, feel more confident, and have a restored positive self-image." ●



Find Out More

To ask questions about the program or to schedule an appointment, call the nipple tattoo reconstruction service coordinator at 484.476.4888 or visit mainlinehealth.org/nippletattoo.

HOSPITAL updates

Bryn Mawr Hospital BMH Bariatric Named Center of Excellence

Bryn Mawr Hospital's Bariatric Center received a three-year accreditation as an American Society for Metabolic and Bariatric Surgery (ASMBS) Bariatric Surgery Center of Excellence, one of the field's highest levels of recognition. The ASMBS promotes the delivery of bariatric surgical care with the highest levels of efficacy, efficiency, and patient safety. To qualify, the surgeon and hospital must meet stringent requirements. Since the Bariatric Surgery Center opened at Bryn Mawr Hospital in 2009, under the direction of Richard Ing, MD, FACS, FASMBS, it has grown to include a nurse coordinator, dietitian, psychologist, physical therapist, and certified medical assistant.

Riddle Hospital Breast Center Team Answers Your FAQs

Have a question about your breast health? The experts at Riddle Hospital's Comprehensive Breast Center have the answers in our online video library. From screening guidelines, to understanding call backs, to the difference between screening and diagnostic mammograms, the Center's staff provides valuable insight into all areas of breast health. Their medical expertise paired with a compassionate and supportive approach to care ensures your questions are answered. To view the videos, request a mammogram appointment or for more information about the center, go to mainlinehealth.org/RiddleBreast.

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!

Summer Reading & Wellness Program

Paoli Hospital will be participating in the Willistown Township Summer Reading and Wellness Program that starts June 15. Children grades kindergarten through fifth will participate in reading and activity stations in 10 locations throughout the area. The Paoli Hospital Medical Library will be one of the passport activity stations. For more information, call 484.565.1570.

East Goshen Community Day

Paoli Hospital is sponsoring the East Goshen Community Day June 23 from 6 to 9 p.m. at East Goshen Park on Paoli Pike, West Chester. Paoli Hospital will provide health screenings, face painting, interactive health education, and live music. The JeffStat Helicopter also will land. Fireworks will go off at dark!
● Saturday, June 23, 5 p.m. to dusk with fireworks at 9:15 p.m.

Senior Supper Club at Paoli Hospital

Paoli Hospital presents fun, social evenings for adults ages 60 and older. The events begin at 5 p.m.

and include a nutritious meal and healthy program presented by Paoli Hospital staff.

- Wednesday, June 20
- Tuesday, July 24

Fee is \$6 per person.

To register, call 1.888.876.8764.

Senior Supper Club at Riddle Hospital

This monthly event features dinner and an informative presentation about healthy living for older adults. These are held on the fourth Wednesday of every month at

4:30 p.m. in Java City on the main floor of Riddle Hospital.

- June 27: Fall Safety by Angela Schott, Lifeline Community Outreach Manager
 - July 25: Stroke Awareness by David A. Thomas, DO, PhD and Cheryl Deitch, RN, BSN
 - August 22: Hospitalization Expectations by Jen Bright, RN, BSN
 - September 26: Healthy Aging by Michael F. Shank, DO
- Fee is \$6 per person. Register by calling 1.888.876.8764.

Prestigious Critical Care Awards Given to Lankenau, Bryn Mawr

Lankenau Medical Center's Intensive Care Unit and Cardiothoracic Intensive Care Unit as well as the Bryn Mawr Hospital Neuro-Cardiac ICU (formerly CCU) are among the few PA hospitals to receive the American Association of Critical-Care Nurses (AACN) silver-level Beacon Award for Excellence. The three-year award (2012-15) recognizes caregivers who successfully improve patient outcomes and align practices with AACN's six Healthy Work Environment Standards. The silver-level award is based on leadership, staff engagement, professional development, best practices, and patient outcomes.



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

HeartSaver AED CPR Course

This American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification upon completion which is valid for two years.

- Monday and Tuesday, June 25 to 26
 - Monday and Tuesday, September 17 to 18
- Riddle Hospital, Health Center 3
The fee is \$75. Preregistration with payment is required. Register by calling 1.888.876.8764.

Look Good, Feel Better

Women undergoing treatment for cancer are invited to join us for this program developed by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Foundation, and the National Cosmetology Association. Learn the latest make-up tips as well as information on wigs, head wraps and much more! Each participant will receive a personal beauty kit to take home.

- Paoli Hospital: Wednesday, July 11, 6 p.m. in the Cancer Center
- Riddle Hospital: Monday, July 23, 5 p.m. in the Community Education Center

The program is free. Preregistration is required. Call 1.888.876.8764 to register.

Safe Sitter Babysitting Class

Riddle Hospital's Safe Sitter® Babysitting Program teaches students how to provide safe and secure care for children, including first aid and CPR. Riddle provides Safe Sitter classes throughout the year during breaks from school and over the summer.

Classes are held on the following dates from 9 a.m. to 3:30 p.m.:

- Wednesday and Thursday, July 11 to 12
- Monday and Tuesday, July 30 to 31

MOCKTAILS, MAMMOGRAMS, and MANICURES

Now's the time to schedule your annual mammography. Main Line Health hospitals are offering complimentary mocktails and manicures as a reward for doing something good for yourself. The following events are from 4 to 8 p.m.:



- Wednesday, July 11 at the Main Line Health Center in Newtown Square
- Wednesday, July 18 at Paoli Hospital
- Thursday, July 19 at Riddle Hospital.

Riddle will also offer appointments using the DEXA scan for bone density testing; you may schedule both exams. Space is limited so call today to reserve your spot. Please mention the event when you call. **484-580-1800**

Note: For this event, please remember to bring your prescription and your insurance cards. Most insurance carriers do not require referrals or copays for screening mammography. Please check with us.

- Wednesday and Thursday, August 22 to 23
To request more information or to sign up your child for a Safe Sitter class, visit mainlinehealth.org/riddlecommunity.

Nutrition Myths and Facts

Come listen to Judy Matusky, RD, present, "Nutrition Myths and Facts," at Wegmans. A healthy cooking demonstration begins at 6:30 p.m. and the seminar begins at 7 p.m.

- Tuesday, July 17 at Wegmans in Malvern
 - Wednesday, August 15 at Wegmans in Downingtown.
- To register for the Wegmans seminars, call 1.888.876.8764.

Outdoor Concerts

This summer, Main Line Health is sponsoring several concert series:

- Narbeth Concerts at the Chet Tyson Pavillion: May 23 to August 1

- Bryn Mawr Concerts at The Bryn Mawr Gazebo: May 26 to August 4; brynmawrtwilightconcerts.com
- Wilson Park Summer Concert Series in Chesterbrook: Thursday evenings, June 21 to July 26
- Upper Merion Concerts Under the Stars at Upper Merion Township Building Park: June 17 to August 5; umtownship.org

Lankenau Medical Center AngioScreening® Program

A simple, noninvasive vascular screening designed to provide you with information about your risk for heart attack, stroke, aortic aneurysm, and peripheral artery disease.

- Wednesday, June 27
- Main Line Health Center in Broomall
The fee is \$50. To register, call 1.888.876.8764.

Lankenau Medical Center

Lankenau Medical Center: At the Forefront of Cardiovascular Care

The expert heart surgeons at Lankenau now perform a complex procedure known as transcatheter aortic valve replacement (TAVR) in their newly renovated Cardiac Intervention and Electrophysiology Suites. This state-of-the-art procedure is used to treat patients with inoperable aortic valve disease. Rather than accessing the heart by opening the chest cavity, a prosthetic replacement valve is delivered to the heart using a catheter that travels through the body's blood vessels. Lankenau was selected as one of only 150 sites in the nation authorized by the FDA to perform this procedure.

Paoli Hospital

Paoli Hospital Welcomes Gregory E. Thompson, MD, to its Neurosurgical Team

Dr. Thompson, board certified by the American Board of Neurological Surgery, joins fellow Main Line HealthCare neurosurgeons George I. Chovanes, MD, and Robert A. Morrow, MD, at Paoli Hospital. After earning his medical degree from Tulane University School of Medicine in New Orleans, and completing his surgical internship, Dr. Thompson pursued his neurosurgical residency at University of Utah in Salt Lake City. Dr. Thompson has more than 10 years of expertise in neurosurgery of brain tumors, nerves, and spine. To make an appointment, call 484.527.2229.

When Asthma Triggers Heat Up

The fun of summer is here once

again—but it comes with its own set of health concerns. Just as you need to slather on sunscreen to avoid skin damage and drink enough water to stay hydrated, there are steps you should take to avoid this season's asthma triggers.

What are they and how can you steer clear of them? Breathe easier with the tips below.

Grass and Ragweed Pollen

Summer is peak season for grasses to release their pollen into the air. And ragweed flowers soon follow suit in late summer. Although pollen can be difficult to avoid, try the following:

- Use air conditioning and keep windows in your home closed whenever possible.
- If you have a lawn, keep the grass cut to about 2 inches or less. If possible, have someone without allergies cut it.
- Avoid outdoor activity in the morning, when pollen counts are highest.
- Take a shower before bed to wash pollen off your skin and hair.

A large part of our day is spent sleeping in the bedroom, so keeping it free of allergens is key. According to Mark S. Gottlieb, DO, a primary care physician at



Main Line HealthCare in Audubon, “Having a high-quality portable HEPA filter in the bedroom—and running it throughout the day with the windows and door closed—helps lower the allergen level during sleep. To avoid disturbing the air, be sure to keep the HEPA filter turned off when going to sleep. This is in conjunction with any central air HEPA filtration.”

In addition to doing your best to avoid summer asthma triggers,

remember to work with your doctor to control symptoms and take your medicine as prescribed. ●

Get Relief

Don't let asthma and allergies ruin your summertime fun. Read more about how to manage your symptoms at mainlinehealth.org/allergy.

Splash Safely This Summer

Summer's the time for swimming pools and trips to the shore. One activity you may be thinking about could be one of the most dangerous—body surfing.

In fact, at Bryn Mawr Rehab Hospital, the number of patients coming to the hospital with spinal cord injuries goes up in the summer months. The culprit? Body surfing at the beach. People misjudge the drop-offs at the water's edge, due to dredging, and crash head-on into the sand.

If you do body surf, make sure you inspect the area where you are swimming. Also be sure to assess the drop-offs at the water's edge.

Learn CPR

CPR is a great skill to have—but it can be even more important in the summer months when people are often near water. Main Line Health offers CPR courses for the community. Find a class near you by visiting mainlinehealth.org/events or by calling 1.888.876.8764.



Team Approach to Cancer Care Treats the Whole Person

Cancer is a complex, frightening

disease. Treating it involves more than shrinking or removing a tumor. That is why more hospitals are using a multidisciplinary approach to cancer care to ensure consistent treatment and communication.

Multidisciplinary cancer care can:

- Efficiently move patients from diagnosis to treatment.
- Help patients understand and cope with disease.
- Ensure the treatment plan is personalized.
- Ease fears and help patients focus on positive outcomes.
- Reduce the risk of medical errors.

“At Bryn Mawr Hospital, our cancer care team consists of a medical oncologist, radiation oncologist, surgeon, pathologist, radiologist, as well as oncology nurses, social workers, nutritionists, geneticists, integrative and palliative care, and chaplain counseling,” says Barbara Daulerio, oncology nurse navigator at Bryn Mawr Hospital. The oncology nurse navigator is another resource helping patients understand their options and treatment decisions as well as coordinating their care. “We work together to meet each patient’s physical and emotional needs.”

Collaborative Care

When team members meet, they discuss each patient’s case and recommend a personalized treatment strategy based on the latest medical

research. These meetings allow the team to be cohesive and evaluate options with the patient’s best interest at the forefront.

“At BMH, the cancer care team meets regularly and looks into different approaches to each patient’s care,” Daulerio says. “Patients can receive multidisciplinary, quality cancer care at Bryn Mawr Hospital or Main Line Health Center in Newtown Square, which overlooks the tranquil healing garden.”



Barbara Daulerio

Building Trust

Communication between the patient and team is key. Being open and honest to concerns and fears regarding treatment is essential to building trusted care. ●



Cancer Care Close to Home

Cancer centers are available at Lankenau Medical Center, and Bryn Mawr, Paoli, and Riddle Hospitals. To learn more, visit mainlinehealth.org/cancer.



Now Hear This: New Advances Improve Hearing Aids

About four out of five Americans who could benefit from a hearing aid don’t use one. If you are one of them, don’t be shy about speaking up to your doctor. And consider the following advancements in hearing technology:

The latest models ...

... are smaller and less visible. Now most models are nearly invisible, fitting partially or completely within the outer ear or ear canal.

... can be worn all the time. Your doctor or audiologist can implant extended-wear hearing aids directly into your ear canals, and then you can wear them continuously for several months.

... are connected with technology. “Today’s digital hearing aids can connect wirelessly to cellphones and iPods,” says Catherine Marino, AuD, doctor of audiology at Riddle Hospital.

“There are a few ways you can determine if you could use a hearing aid,” explains Dr. Marino. “If people sound like they are mumbling, if you need the TV higher than others do, or if you can’t understand someone if there is a lot of background noise, you should get assessed by a specialist.”

We’re Listening

For an appointment at Riddle Hospital’s Audiology and Hearing Aid Center, call 484.227.3200.

Pregnant This Summer?

How to Stay Cool, Calm, and Collected

It's the season of swimsuits, sunny skies, and backyard barbecues. But if your baby is due in late summer or early fall, you might find these lazy, hazy days may trigger or worsen some of pregnancy's discomforts.

"Focus on the excitement of your new arrival—not the heat and humidity—with these tips for a safer, easier summer," says Wingkan Winnie Sbar, MD, Bryn Mawr Hospital OB/Gyn. Here are some easy tips to follow.

- **Chill out.** Your body's ability to handle the heat changes during pregnancy. A body temperature higher than 101 degrees—which can occur during heat-related illnesses—could harm your baby, and warmer weather may increase the risk of preterm birth. When the mercury climbs, seek shade, drink plenty of water and wear loose-fitting clothing. Get medical help if you feel dizzy, light-headed or short of breath.
- **Protect your skin.** Melasma, also called the "mask of pregnancy," causes brown or gray patches to form on your face. Sun exposure increases your risk. To prevent or treat melasma, wear a sunscreen that provides both UVA and



UVB protection and has an SPF of at least 30.

- **Reduce your swelling.** Fluid buildup in your legs or ankles causes a puffiness called edema. Sitting or standing still for too long in warm weather makes it worse. Prop up your legs as often as you can when you are sitting or reclining, and move around frequently. Talk with

your doctor about limiting your salt, and call right away if you experience shortness of breath with your swelling.

- **Beat the yeast.** Extra sweating below the belt leads to itching, irritation, and sometimes vaginal yeast infections, which strike many pregnant women. Ward them off by wearing cotton undergarments and loose-fitting pants. Change out of wet swimsuits and exercise clothing quickly.
- **Avoid insects.** Infections spread by warm-weather pests like mosquitoes and ticks can become severe enough to harm your baby. Now, the good news: Repellent containing DEET is best for beating bugs, and, when used as directed, does not increase the risk for birth defects. ●



Getting Ready for Baby

As you prepare for your

bundle of joy, Main Line Health offers an array of Childbirth Education classes. Look them up at mainlinehealth.org/maternity or call 1.888.876.8764

Fresh Tomato Salad

The fresh basil adds a tasty kick that won't have you reaching for too much salt.

Ingredients

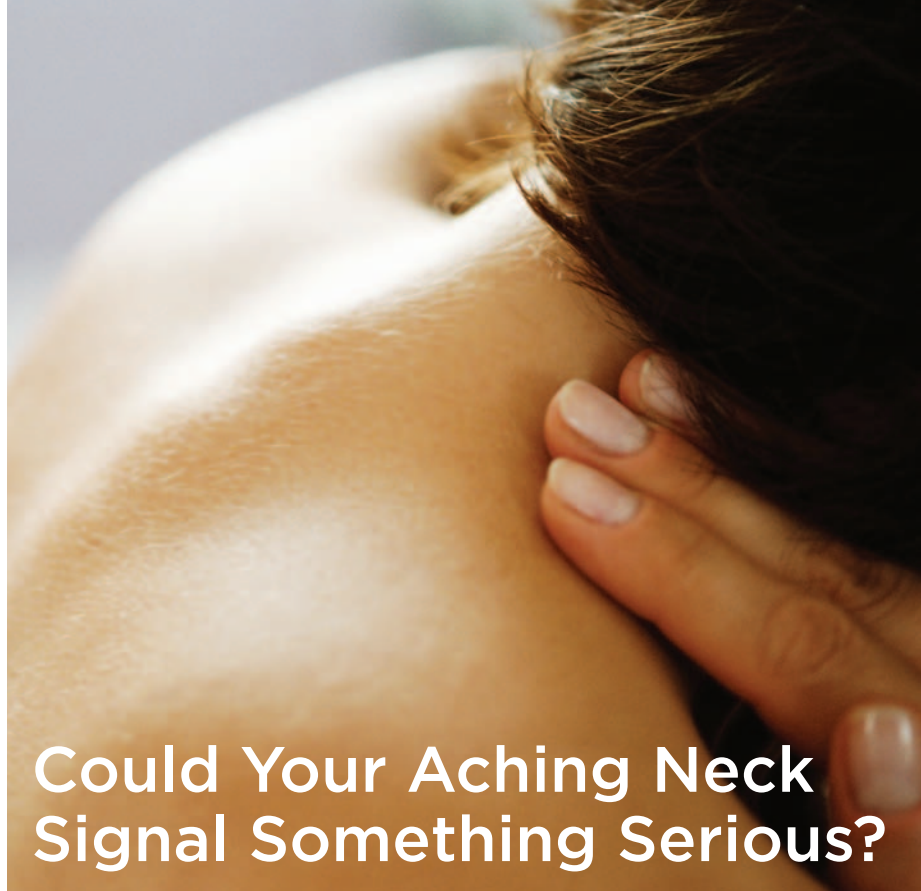
8 tomatoes cut into approximately 32-inch slices
1 cup red onion, thinly sliced into rings
1 cup fresh basil, chopped
1 cup rice vinegar
1 tablespoon olive oil
1 teaspoon sugar
1 teaspoon each salt and black pepper

Directions

1. Place tomato slices and onion in a large, rectangular dish.
2. Combine basil and rice vinegar, olive oil, sugar, salt, and black pepper, and stir well. Pour over tomatoes and onions.
3. Cover and chill for at least 2 hours.

Makes 8 servings. Serving size is four tomato slices. Each serving contains 35 calories, 1.9 g fat, 0 mg cholesterol, 152 mg sodium.





Could Your Aching Neck Signal Something Serious?

“What a pain in the neck!” For many people, that’s more than just a cliché—it’s a bone-crunching daily misery.

Neck pain is one of the most common reasons to visit a doctor. Unfortunately, one of its common causes is something you can’t do much about—aging.

Degenerative spine disease (DSD), in which small changes in the spine worsen over time, is a normal consequence of getting older. “DSD is slow to progress,” says Gregory E. Thompson, MD, a Main Line HealthCare neurosurgeon at Paoli Hospital. “The degeneration often results in neck pain. Pressure on the spine can lead to chronic pain, and if untreated can severely impact daily life.”

Symptoms that may signal a degenerative spinal disorder include:

- Neck pain that worsens when you bend or turn your neck or when you cough, sneeze, or laugh.
- Pain, weakness, numbness, or tingling in shoulders, arms, hands, or legs.
- Difficulty in using fingers for precise tasks such as writing, fastening buttons, or opening cans.

- Legs that feel stiff, weak, or jerky, making walking difficult.
- Bowel or bladder control problems.

Treatment for most people with DSD entails physical therapy and anti-inflammatory medications. Spinal injections are often used for persistent symptoms.

Treatment depends on the severity of the nerve root or spinal cord compression.

For some, surgery may be in order. “Patients with weakness, poor balance and coordination, loss of bladder control, or severe pain are more likely to need surgery,” says Dr. Thompson.

If you are experiencing any of these symptoms, see your doctor. In most cases, you will undergo an MRI and, depending on the results of the study, be referred to either a neurologist or neurosurgeon.

“Patients no longer need to suffer with pain—we can help,” says Dr. Thompson. ●

No More Pain in the Neck

Concerned about neck pain? Schedule an appointment with a physician by calling a Contact Center specialist at **1.888.876.8764**.



Join Your Members-Only Site!

Have you signed up for your username and password for the Women's Health Source Member Center? The members-only website at mainlinehealth.org/whs offers you:

- Coupons for more than 50 local merchants
- Wellness quizzes
- Educational podcasts
- Health calculators

Sign up at mainlinehealth.org/whsmember today! You'll receive an email within a week with your username and password.





Main Line Health

Well ahead.®

MAIN LINE HEALTH

130 South Bryn Mawr Avenue
Bryn Mawr, Pennsylvania 19010Non-Profit Org.
U.S. Postage
PAID
Main Line Health

Erin C. James Manager, Women's Health Source

Greg Joyce Director, Marketing Operations

Women's Health Source is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2012 Printed in U.S.A.

This publication is part of the Women's Health Source health and wellness program. Discover all the benefits your membership offers at mainlinehealth.org/whs.



Printed on
Recyclable Paper
018M

NAVIGATING
YOUR HEALTH
CAREThe ER or the Urgent
Care Center: Do You
Know Where To Go?

Making quick choices can be tough, especially when you or someone in your family needs fast medical attention. Should you go to an urgent care center or the emergency room (ER)? Knowing where to go for appropriate care is important.

What's a True Emergency?

Although this isn't a complete list, here are examples of true emergency situations:

- Chest pain
- Trouble breathing
- Head or back injury
- Bleeding or vomiting that won't stop
- Loss of consciousness
- Poisoning
- Major burn or cut
- Choking

What's an Urgent Care Need?

"Your primary care physician should be your first call for advice," recommends Douglas Hughes, RN, MBA, Paoli Hospital's director of nursing. "But if you're unable to get an appointment, an urgent care center may be the right place to go for medical problems that need immediate—but not emergency—attention." These might include a minor sprain, small cut, sore throat, fever, or an ear infection.

Have a Health Question?

Ask our nurse counselor online at mainlinehealth.org/askanurse, by email at whs@mlhs.org, or at 1.888.876.8764.

Toxic or Not?
A Home Safety Quiz

"Some everyday objects in your home could harm you and your family," explains Pat Romano, DO, family medicine physician from Riddle Hospital. "Use your best judgment and remember: safety first."

Take this quiz to see how much you know about the risks—and how to reduce them.

Toxic or not?

1. Air freshener
2. Nonstick pans
3. Carpeting
4. Plastic baby bottles

Answers:

1. Toxic. These products often contain formaldehyde and other harmful ingredients. Spray formulas irritate your eyes, skin, and throat. And solid fresheners can be toxic if eaten by animals or children. Open a box of baking soda or simmer herbs on the stove for a natural alternative.

2. Not. Chemicals used in manufacturing nonstick coating may be hazardous. But the U.S. Food and Drug Administration (FDA) has found no evidence that either fumes or chips from the surface of these pans harm human health. Still, don't use metal utensils or abrasive scouring pads on them.

3. Toxic. Newly installed carpet emits volatile organic compounds (VOCs). These chemicals can cause headaches; ear, nose, and throat irritation; difficulty breathing; and nausea. Opt for hardwood or cork floors, or carpets that are labeled low- or no-VOCs.

4. Not. There's concern about the health effects of bisphenol A, a chemical used to make hard plastics. Manufacturers are phasing this chemical out of baby bottles. But the bottles you own are safe to use, as long as they're not scratched or broken. Just don't put them in boiling water or the microwave. ●



Almost There!

**500 Likes Means \$500 for the
AHA Go Red for Women Campaign**

Like Women's Health Source on Facebook and help us reach our goal of 500 followers. We'll then donate \$500 to the AHA Go Red for Women Campaign to unite in the fight against heart disease. Main Line Health is the AHA Philadelphia Goes Red for Women Champion. Just visit Facebook.com/womenshealthsource and click "like."

