

WOMEN'S healthsource

Nancy Quinn savors each moment since her battle with ovarian cancer.

Get Screened!

A six-minute test assesses your risk for heart disease and stroke. Find the details on page 7.

SPRING 2014 RUNNING YOUR FIRST 5K | IS BARIATRIC SURGERY RIGHT FOR YOU? | A HEALTH ALERT FOR BABY BOOMERS | WHEN STROKE STRIKES AT A YOUNGER AGE



Main Line Health®

Finish Strong This Spring: Running Your First 5K

Whether you're a weekend warrior or have never run a step, fitness goals can motivate you to keep moving. A 5K race (3.1 miles) may sound daunting, but with the right preparation, you can conquer this course with five to 10 weeks of training.

First, to train comfortably and safely, you'll need the following:

- **Proper shoes.** Go to a specialty running store for help picking the right pair.
- **Socks that wick moisture.** They keep your feet dry and protect you from blisters.
- **A good running surface.** A route that's clear, smooth, even, and relatively soft, such as a dirt path, will keep you injury-free.

Next, search for a reliable training program online that starts slowly and builds over time. "Running too fast too soon can lead to injury," says physical therapist Joshua Davidson, therapy manager of the Main Line Health Outpatient Network at Main Line Health Center at Exton Square.

For example, walkers might start by jogging for two minutes and then walking five minutes, for a total of about

20 minutes. Repeat this routine three to four times a week. Gradually increase your running segments until you're jogging for a full 20 to 30 minutes.

Try not to increase your time or mileage by more than 10 percent per week. You can vary your distance and pace to keep things interesting, "but be sure to listen to your body," advises physical therapist Katy Palotas, manager of the Riddle Fitness Center at Riddle Hospital. "Pain is your body's way of telling you that something is wrong and you should slow down."

Finally, for the best race-day experience, eat a light carbohydrate snack an hour and a half before start time. Drink plenty of water before and during the race. And don't try to go faster than your training pace. For your first race, your main goal is to cross the finish line. ●



Ready to Run

Join us for a **FREE**,
informative fitness class that

teaches beginning through experienced runners stretches and techniques to make the most of your runs and races. Turn to page 7 for details.

ARE YOU A WEEKEND WARRIOR?

As the weather warms, it tends to spark new motivation for exercising. But when busy schedules get in the way, we may become "weekend warriors"—doing little to no exercise during the workweek, with a burst of workouts on the weekends. Is this a good thing?

Some exercise is certainly better than none, but the negative effects of being a weekend warrior outweigh that benefit. "By cramming exercise into two consecutive days, your body can't fully recover, putting stress on your joints, ligaments, and muscles," explains Kim Cooper, program manager, Orthomedical Division, Bryn Mawr Rehab Hospital. "Because you've been sedentary all week, you're likely to tire out faster or work beyond your body's abilities. The lack

of consistency in your workout schedule makes you more prone to injuries such as sprained ankles, knee problems, and torn rotator cuffs."

Ideally, you should exercise at least three days a week, with a day between for rest. This allows your body to gradually gain strength and endurance. If your schedule is crammed, you can sneak in physical activity by taking the stairs, walking or biking to work or on errands, or even taking your child to the park.

Finally, remember that motivation is key. Discovering what makes exercise fun for you—a walk outside, a dance class with a friend—will go a long way in helping you stick to a routine.



Come Find Out More

Bryn Mawr Hospital's program is a nationally recognized Bariatric Center of Excellence, meaning it meets rigorous standards for quality care. To learn more about weight loss surgery, attend one of our free informational sessions. You can find dates at mainlinehealth.org/bariatrics, as well as details about bariatric surgery, including minimally invasive options, and patient success stories.

Bariatric Surgery: Is It the Right Option for You?

Being severely overweight can make life challenging in many ways. Most important, it raises your risk for health problems such as heart disease, stroke, and diabetes. If you struggle with obesity and haven't been able to shed pounds, bariatric surgery may be an option for you.

The Bariatric Center at Bryn Mawr Hospital offers a comprehensive surgical

weight loss program to help people lose weight safely—and maintain that loss long term.

"Bariatric surgery is important, but it has to be viewed as one weight loss tool and used in the proper context," says Richard Ing, MD, FACS, FASMBS, medical director of the Bariatric Center at Bryn Mawr Hospital and a surgeon with extensive training in minimally invasive

bariatric procedures. "Our focus is on getting people prepared to be successful for the rest of their lives."

You may be a candidate for surgery if your body mass index (BMI) is greater than 40 or your BMI is greater than 35 and you have a significant weight-related medical condition, such as type 2 diabetes, high blood pressure, high cholesterol, or sleep apnea. You must also be strongly committed to long-term follow-up care, a proper diet, and regular exercise. Fortunately, you don't have to go it alone. The Bariatric Center's team includes a nutritionist, bariatric coordinator, psychologist, and physical therapists who work with people before and after surgery to ensure the best possible outcome.

"Bariatric medicine is so rewarding because we can significantly improve—or even cure—many of the chronic conditions associated with obesity, such as diabetes, sleep apnea, and hypertension," Dr. Ing says. "For highly motivated people committed to being healthier, this program can be life changing." ●

REPRODUCTIVE HEALTH: IMPORTANT NEWS TO KNOW

New Pregnancy Definitions—The American College of Obstetricians and Gynecologists has replaced the phrase "term pregnancy" with four specific categories of pregnancy:

- Early term: between 36 weeks, 0 days, and 38 weeks, 6 days
- Full term: between 39 weeks, 0 days, and 40 weeks, 6 days
- Late term: between 41 weeks, 0 days, and 41 weeks, 6 days
- Postterm: 42 weeks and beyond

The goal is to prevent deliveries before 39 weeks of gestation unless they're medically indicated or labor starts naturally.

"These categories clarify that babies born before 39 weeks are not considered full term," says Helen Kuroki, MD, an OB-GYN and vice president of Medical Affairs at Riddle Hospital. "That's an extremely important distinction because early delivery puts infants

at greater risk of being born before they are fully developed. This increases their chance of having lifelong pulmonary or neurologic problems, including learning deficits."

Effectiveness of the 'Morning-After' Pill—Although the morning-after pill is designed to prevent pregnancy after unprotected sex, its effectiveness in women who weigh more than 165 pounds has been questioned and is being reviewed by the U.S. Food and Drug Administration.

"Larger patients often need higher doses of other types of medication for them to be effective. These patients may metabolize drugs differently," says Jie Xu, MD, an OB-GYN at Riddle Hospital. "Until we know more, ask your doctor if you have concerns."



Left: Nancy Quinn got her wish to dance with her son at his wedding.

Right: Quinn and Dr. Holtz chat during one of her follow-up visits at Paoli Hospital.



Beating Ovarian Cancer—

When Nancy Quinn consulted her doctor about unusual symptoms she was having, she never imagined she'd be diagnosed with advanced ovarian cancer. That was nearly eight years ago. Now 57, Quinn finds that life is just a little sweeter.

It started with heavy periods. Then, a flaring pain developed on her right side, below her ribs. Concerned about her symptoms, Quinn—who is a nurse—knew it was time to see her doctor.

Quinn's doctor suspected a cyst on her ovary. But when an MRI showed a mass in her abdomen, her doctor realized the problem might be more serious and required immediate action.

Quinn was able to see Main Line Health gynecologic oncologist David Holtz, MD, right away. Soon afterward, in December 2006, she underwent a total hysterectomy at Lankenau Medical Center as the first step in managing suspected ovarian cancer.

"The only way to diagnose ovarian cancer is by removing the ovary and examining it," explains Dr. Holtz.

The pathology report confirmed the diagnosis of stage IIIC ovarian cancer—an advanced form of the disease that

had begun to spread. Fortunately, Dr. Holtz had removed all visible ovarian cancer nodules during Quinn's surgery.

"After surgery, Dr. Holtz told me that most patients with stage IIIC have about five years to live, give or take, with the possibility of an additional 18 months with intraperitoneal chemotherapy," Quinn recalls. "That was devastating to hear, but I was determined to fight as hard as I could for my future."

A Silent Killer

Ovarian cancer is the deadliest type of gynecologic cancer.

"One reason is because the symptoms tend to be nonspecific, so you may not realize something serious is going on," says Kate Stampler, DO, a gynecologist at Lankenau Medical Center and another member of Main Line Health's gynecologic cancer team.

Unlike breast cancer and cervical

cancer, which can be detected at an early stage, ovarian cancer has no effective screening test. By the time the cancer is found, it often is advanced.

"That's why it's extremely important for women to listen to their bodies and to see a doctor if something doesn't feel right," says Dr. Stampler.

Symptoms to watch for include:

- Bloating
- Pelvic pain
- Feeling full
- Urinary urgency or frequency
- Back pain

The American Cancer Society recommends that if a woman experiences these symptoms almost daily for longer than a few weeks, she should report them to a doctor—preferably a gynecologist—right away.

Care 'Through Thick and Thin'

One month after her surgery, Quinn began intraperitoneal chemotherapy—and the fight of her life. Dr. Holtz continued to be directly involved in her care, administering her chemotherapy and carefully monitoring her throughout the long course of treatment.

"We see patients through thick and thin," says Dr. Holtz. "We were one of



What Is Your Risk of Ovarian Cancer?

Ovarian cancer causes more deaths than any other gynecologic cancer, so it's understandable to be concerned about your risk. Research has shown that several factors can affect a woman's likelihood of developing the most common form, called epithelial ovarian cancer.

Factors linked with an increased risk include:

- Being older, especially after menopause
- Being obese
- Having a family history of ovarian cancer
- Having inherited mutations of genes associated with breast cancer (BRCA1 or BRCA2) or genes linked with a condition called Lynch syndrome
- Using estrogen-only hormone replacement therapy after menopause
- Using fertility drugs

Factors linked with a reduced risk include using oral contraceptives, having children and breast-feeding, and having your tubes tied or a hysterectomy.

If you have a family history of breast, ovarian, or colon cancer, Dr. Holtz advises talking with your doctor about genetic testing. At Main Line Health, genetic counselors can help you determine whether testing is right for you.

A Survivor's Story

the first institutions in the Philadelphia area to provide intraperitoneal chemotherapy, in which medications are delivered directly into the abdomen through a catheter. This allows us to give smaller doses of chemotherapy every week instead of one big dose once a month." Research shows this method improves survival rates in women with ovarian cancer.

Once a week, Quinn had to stay overnight at Lankenau Medical Center to receive a 24-hour infusion of medication. Despite battling difficult side effects, such as constant nausea and numbness in her hands and feet, Quinn persisted through six cycles of chemotherapy over an 18-week period. Each cycle involved three weeks of treatment, followed by one week of recovery.

Later in 2007, Quinn enrolled in a clinical trial that Dr. Holtz had brought to her attention. The trial may help her immune system learn how to fight off cancer cells.

A New Lease on Life

Quinn has been in remission since completing chemotherapy and continues to see Dr. Holtz at Paoli Hospital twice a year for follow-up. She also undergoes

a CA125 lab test every four months and a CT scan every nine months to monitor for new signs of cancer. While many factors affect the prognosis for achieving and staying in remission after ovarian cancer, women with more advanced disease generally face tougher odds.

"When people ask me how I beat the odds, I say it's because of a positive attitude, Dr. Holtz, my faith, and the faith, love, and prayers of my friends and family," Quinn says. "This is a difficult battle that can be won, but only with the help of others. It's not something you can do alone."

Today, more than seven years after her diagnosis, Quinn is grateful she can enjoy all the big and small moments in life. "I always knew I was lucky, but now I don't want to miss a snowflake falling or a flower blooming," she says. "You learn to savor it all." ●



Committed to the Care of Women

The Main Line Health gynecologic cancer team provides state-of-the-art care for women with ovarian, uterine, cervical, vaginal, or vulvar cancer, with evaluation and treatment centers at Lankenau Medical Center and Paoli

Hospital. We feel no woman with a worry about cancer should wait to see a specialist, which is why we schedule patients for evaluation within 24 to 48 hours. To learn more, visit mainlinehealth.org/gynecologic-oncology.

HOSPITAL updates

Lankenau Medical Center Recognized (Again) for Excellence in Heart Care

For the seventh year in a row, Lankenau Medical Center has been named one of the nation's "50 Top Cardiovascular Hospitals" by Truven Health Analytics (formerly Thomson Reuters). It was the only hospital in the region and one of only two hospitals in Pennsylvania to make the 2014 list. Lankenau was chosen from more than 1,000 U.S. hospitals based on its outstanding cardiovascular care and standards of excellence. The Truven "50 Top Cardiovascular Hospitals" study evaluates performance in key areas such as risk-adjusted mortality and complications, core measures (a group of measures that assess process of care), percentage of coronary bypass patients with internal mammary artery use, and 30-day mortality and readmission rates.

Riddle Hospital

AACN recognizes ICU with Gold Beacon Award for Excellence

The American Association of Critical-Care Nurses (AACN) has bestowed a Gold Beacon Award on the Intensive Care Unit at Riddle Hospital. Only 23 units have received Beacon Awards in Pennsylvania, and, out of those, only four have been designated Gold. This award was created by the AACN to recognize individual nursing care units that distinguish themselves in the care of patients and their families. Beacon Award winners are examples of supportive work environments and tremendous collaboration among peers, colleagues, and leaders. For patients and their families, the Beacon Award signifies exceptional care through improved outcomes and greater overall satisfaction.



women's health source calendar of events



REGISTRATION is required for most programs unless otherwise noted. All Main Line Health events are free unless fee is listed. To register for an upcoming event below, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes.

Skin Cancer Screenings

At Riddle, Paoli, Wynnewood, and Newtown Square. Call to register.

Blood Pressure Screenings

Main Line Health regularly provides FREE screenings at locations across the region. Visit mainlinehealth.org/events for the current list.

Varicose Veins Screenings

FREE preliminary screening by Main Line Health vascular physician specialists, who offer in-office treatment options, including ones covered by most insurance companies.

April 30, May 14
5:30 to 7:30 p.m.
Riddle Hospital, Outpatient Pavilion, Health Center 3, Suite 3308

Stroke and Heart Lecture

Includes stroke screening and lunch. Call to register.

June 5, noon to 2 p.m.
Main Line Health Center in Broomall

SmokeFREE

Main Line Health's FREE smoking cessation program. Call **484.227.FREE (3733)** to register.

Centered on Your Health

May 6, 6 to 7 p.m.: "Diet and Exercise," Madelaine Saldivar, MD
Kaiserman JCC, Wynnewood

Wellness Wednesdays at Whole Foods

Visit mainlinehealth.org/events to view times and to register.

• **Wynnewood**
May 21: "Stroke Awareness"

• **Plymouth Meeting**
May 14: "Hip and Knee Pain," David Vegari, MD
June 11: "Bladder Issues," Darlene Krupnick-Gaynor, DO
July 9: "Stress Management," Madelaine Saldivar, MD

Wellness Wednesday at Lawrence Park – Main Line Health Center in Broomall

Please register online.

April 23, 5:30 p.m.
"Bladder Issues," Darlene Krupnick-Gaynor, DO

C.H.I.L.L.I. Cook-Off Community Day: Champions for Hope, Information, Levity, and Inspiration

Join us for a community event featuring program and treatment information from the Bryn Mawr Oncology program and activities for the whole family including kids' games, face painting, live music, raffles, and a chili cook-off!

Participants of clinical trials will be honored by John Devlin, MD.

April 26, 10 a.m. to 2 p.m.
Bryn Mawr Hospital,
Parking Lot C

New Horizons Healthy Outlook

May 7, 12:45 to 1:45 p.m.:
"Breathing Easier,"
Susan Gregory, MD
New Horizons Senior Center, Narberth

Safe Sitter® Babysitting

Class designed for students ages 11 to 13. Fee: \$75. Pre-registration with payment required. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.
June 23 and 24, 9 a.m.
Riddle Hospital Administrative Annex, Conference Room 1

Babysitting Training

American Red Cross class focusing on safety issues, basic first aid, problem-solving techniques, age-appropriate activities, and marketing your business. Fee: \$85.
May 17, 9 a.m. to 4 p.m.
Lankenau Medical Center
Call **1.800.733.2767** to register.



REGISTRATION is required for most programs unless otherwise noted. All Main Line Health events are free unless fee is listed. To register for an upcoming event below, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes.

American Heart Association CPR

Participants receive a two-year certification upon completion.
Riddle Hospital Administrative Annex, Conference Room 1

• 2-Night Healthcare Provider CPR

Fee: \$75.
May 5 and 6, 6:30 to 10 p.m.

• Healthcare Provider Recertification CPR

Fee: \$50.
April 28, 6:30 to 10 p.m.
June 16, 6:30 to 10 p.m.

• Heartsaver AED CPR

Fee: \$65.
June 23 and 24, 6:30 to 10 p.m.

Adult CPR/AED

Sponsored by the American Red Cross. Fee: \$70.

May 7: Lankenau Medical Center
June 3: Bryn Mawr Hospital
6 to 9 p.m.

Call 1.800.733.2767 to register.

Basic First Aid Class

Basic first aid including bleeds, burns, and fractures for adults, children, and infants. Participants receive three-year certification upon completion. Fee: \$40. Pre-registration with payment is required.

June 12, 7 to 10 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Mature Driving Courses

For ages 55+. Call to register.
Riddle Hospital Administrative Annex, Conference Room 1

• National Safety Council

\$15 per person. If renewing, attend only the first day.
April 24 and 25, 9 a.m. to 1 p.m.

• AARP (renewal only)

\$15 for AARP members,
\$20 for nonmembers.
May 19, noon to 4 p.m.

Senior Suppers

This monthly event features dinner and an informative presentation about healthy living for older adults. Held at Paoli and Riddle Hospitals. Registration is required.

Paoli Hospital Senior Entertainment Tonight

Night at the Movies: *Silver Linings Playbook*. Fee: \$5.
May 28, 6 to 7:30 p.m.
Potter Room

May Is Older Americans Month

To learn about month-long events geared toward seniors, call 1.866.CALL.MLH or visit mainlinehealth.org/RiddleOlderAmericans.

Maternity Education

Classes offered monthly at Bryn Mawr Hospital, Paoli Hospital, Lankenau Medical Center, and Riddle Hospital and include Early Pregnancy Class, Prepared Childbirth Class, Prenatal Breast-Feeding, and classes on newborns and safety. Full class descriptions and registration information at mainlinehealth.org/maternity/childbirth-education.

Preparing for Childbirth Series and One-Day Classes

Lamaze-type class.
Fee: \$100 per couple.
April 26, May 17: 9 a.m.
June 4, 11, 18: 7 p.m.
June 21: 9 a.m.
Riddle Hospital Administrative Annex, Conference Room 1

Baby & You Series

This class teaches baby-care techniques for the new parent.
Fee: \$90 per couple.
May 7, 14, 21: 7 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Prenatal Breast-Feeding

Fee: \$40.
May 19, 7 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Ready to Run

Join us for a FREE, informative fitness class that teaches beginning through experienced runners stretches and techniques to make the most out of your runs and races.
June 2, 6 to 7 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

ANGIOSCREEN: THE SIMPLE TEST THAT CAN SAVE YOUR LIFE

This painless, six-minute, radiation-free screening provides a clear, immediate look at your circulation and vascular health so you know your risk for heart disease and stroke. The AngioScreen includes a personal health evaluation, as well as fast results of the following tests:

- Carotid artery ultrasound
- Ankle brachial index
- Abdominal aortic aneurysm screening
- Peak systolic velocity
- Heart rhythm electrocardiogram (EKG)
- Body mass index
- Blood pressure



The Lankenau Heart Institute offers this screening for only \$50. Multiple dates and locations are available. For an appointment, call 1.866.CALL.MLH (1.866.225.5654). Get more details at mainlinehealth.org/angioscreen.

HOSPITAL updates

Bryn Mawr Hospital 10 Years at 101 Medical Office Building

Outpatient Radiology and Barbara Brodsky Comprehensive Breast Center have celebrated their 10th anniversary. Both centers have served thousands of patients with care and compassion. The Breast Center was the first on the Main Line to use digital mammography and train breast surgeons through the Breast Fellowship program. Outpatient Radiology provides advanced imaging and diagnostic services. It was the first on the Main Line to install a 1.5 tesla high-field, open-bore MRI and one of the first to use PET/CT to aid in cancer diagnoses. To learn more about our radiology and breast health services, visit mainlinehealth.org/brynmawr or call 484.337.4400.

Paoli Hospital New Services and Convenient Care in Exton and Royersford

The Main Line Health Center at Exton Square is now open, offering more convenience and increased access to the high-quality services of Main Line Health. Services include urgent care seven days a week, family medicine, pediatrics, and specialty care (cardiology and hematology and oncology), as well as a laboratory, neurodiagnostic and vascular testing, open MRI, physical rehabilitation, and radiology (CT scan, DEXA scan, mammography, ultrasound, and X-ray). Visit mainlinehealth.org/exton. Also, Carol Henwood, DO, a well-known family medicine physician from the Pottstown area, is now seeing patients at Main Line HealthCare in Royersford. Visit mainlinehealth.org/royersford.

Rest Is Best: How Lack of Sleep Harms Your Health

You might see sleep as a break from your daily activities, but as you slumber, your body and brain carry out tasks essential for physical and mental health such as rebalancing hormones, re-arming your immune system, and repairing your heart and blood vessels.

Most adults need between seven and nine hours of rest for good health, but more than one-fourth of those in the U.S. don't get it—and the consequences are severe.

"Chronic sleep deprivation contributes to inflammation throughout your body, high cholesterol, and high blood pressure," says Robert Satriale, MD, medical director, Main Line Health Sleep Center in Exton. "These are all risk factors for heart disease."

According to a 10-year study in the journal *Sleep*, people who regularly sleep less than six hours per night have a 23

percent increased risk for heart disease than people who sleep more. If their sleep is also poor quality, their risk is 80 percent greater.

Shortened sleep may also be to blame for America's obesity epidemic. People who log less than five hours are significantly more likely to be overweight than those who get seven hours. They're also more prone to weight gain over time.

Why? "Tired brains actually respond to food differently. They light up when study participants look at food-related photos, even if they're not hungry," says Dr. Satriale. In fact, the sleep-deprived may eat up to 500 extra calories and nine extra grams of saturated fat per day.

One way to get better Zs is to remove TV and computer screens from your bedroom and keep things quiet, cool, and dark. Also, try to maintain the same sleep schedule all seven days of the week. ●

Main Line Health Sleep Services

All Main Line Health Sleep Centers are accredited by the American Academy of Sleep Medicine. Staff includes pulmonologists and sleep technicians. Find a Sleep Center close to you.

Locations:

- Bryn Mawr
- Broomall
- Exton
- Media
- Newtown Square
- Paoli
- Wynnewood

For an appointment at a Main Line Health Sleep Center, call 1.888.876.8764.

Springtime Cereal

Wake up with this crunchy, creamy breakfast, which provides one-and-a-half servings of fruit per person.

- ¾ cup wheat and barley nugget cereal
- ¼ cup 100 percent bran cereal
- 2 tsp. toasted sunflower seeds
- 2 tsp. sliced toasted almonds
- 1 tbsp. raisins
- ½ cup sliced bananas
- 1 cup sliced strawberries
- 1 cup low-fat raspberry or strawberry yogurt



1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and half of the strawberries. Gently stir in the yogurt and divide between two bowls.
3. Scatter the remaining strawberries over the top and enjoy!

Yield: two servings. Each serving provides 352 calories, 6 g total fat, 1 g saturated fat, 69 g carbohydrate, 272 mg sodium, 8 g fiber.



Meals Made Easy

Find more fresh recipes with fruit as the star. Visit our Well Ahead Community recipe blog at community.mainlinehealth.org.





Make an Appointment

To learn more about premium health and wellness services for your family at Main Line Health Center in Broomall, call 484.476.3701 or visit mainlinehealth.org/broomall.

Need a Doctor After Hours?

If you live near Lawrence Park Shopping Center in Broomall, you're in luck. Main Line Health's fully equipped Health Center in Broomall is staffed with board-certified physicians who can help you or a family member when it's not possible to see your regular doctor.

The after-hours service at Broomall—Main Line Health NOW®—is available 5 to 9 p.m. Monday through Friday and 9 a.m. to 2 p.m. Saturday and Sunday. No appointment is necessary during these hours. You can simply walk in, and a physician will see you. Then, the physician will follow up with your regular doctor to discuss your visit, recommend a treatment plan, and make sure your health records are updated.

Main Line Health NOW is designed to help you deal with common problems such as headache, cold, flu, earache, sore throat, cough, diarrhea, vomiting, abdominal pain, sprains, and cuts. The Health Center's physicians can also perform physicals and administer common immunizations.

In addition to having after-hours availability, Main Line Health Center

in Broomall offers a range of health services, including:

- Women's health and pregnancy care
- Primary care and wellness services for the entire family
- Laboratory and imaging tests
- Physical therapy and rehabilitation services

People who need imaging tests such as a diagnostic mammogram, an ultrasound, or a CT scan typically can have them at the time of their visit. "We make sure patients don't need to come back to have their tests," says Fran Diegman, manager of radiology services at the Health Center, "and results are usually ready the same day."

Physicians at the Health Center in Broomall are part of the Main Line Health network of physicians and hospitals. As a result, if you need specialized care, they can help you select the appropriate specialist and coordinate your care. ●

**Main Line Health Center in Broomall
Lawrence Park Shopping Center
1991 Sproul Road
Broomall, PA 19008**

Main Line Health Centers in Your Community

- **Main Line Health Center in Broomall***
1991 Sproul Road, Suite 625
Broomall, PA 19008
- **Main Line Health Center in Collegeville**
599 Arcola Road
Collegeville, PA 19426
- **Main Line Health Center at Exton Square***
154 Exton Square Parkway
Exton, PA 19341
- **Main Line Health Center in Newtown Square**
3855 West Chester Pike
Newtown Square, PA 19073

*Main Line Health NOW® available at this location.

To learn what each center offers, visit mainlinehealth.org and click on "Hospitals & Locations." To make an appointment, call 1.866.CALL.MLH.

Treatment for Addiction: Putting Women First

Many women are wired to offer help instead of asking for it. Their needs come second to those of their family. If a woman is struggling with addiction, her loved ones feel the impact.

"It's difficult for women to ask for help because their role is to manage everything. They're taught to be selfless and nurturing," explains Dominique Maugeri, a counselor at Mirmont Treatment Center. "They may feel guilty about leaving their family for treatment."

The staff at Mirmont Treatment Center understands women's particular needs. For more than 25 years, Mirmont has helped thousands of people begin the journey of recovery from alcoholism and drug dependency.

"We work to minimize stress, challenge mistaken beliefs, and provide support through other women who have the same experiences," explains Jessica Cirillo, clinical supervisor at Mirmont. "We help women become empowered to use their voice and trust others. Their sobriety needs to top the list of important things in life. Without it, nothing else will stick."

"Many women feel an obligation to their families over their sobriety," adds Barb Catania, primary therapist. "We can help them learn to put themselves first."

We're Here for You

Mirmont Treatment Center is located at 100 Yearsley Mill Road, Media, and accepts admissions 24 hours a day, every day. Call 1-800.846.4656 or 484.227.1453. For a video tour of the center, visit mirmont.org.



A Health Alert About Hepatitis C for Baby Boomers

If you were born between 1945 and 1965 and haven't been tested for hepatitis C, you should be. A blood test for antibodies to the virus can tell you if you need further evaluation and possible treatment for serious liver disease.

"Hepatitis is a silent killer," says Scott Fink, MD, chief of Hepatology at Lankenau Medical Center. People with this blood-borne disease typically don't have symptoms until it's caused liver damage—which can be life-threatening.

Baby boomers are five times more likely than any other generation to be infected with hepatitis C, which is why the Centers for Disease Control and Prevention (CDC) recommends antibody testing in everyone born between 1945 and 1965. According to the CDC, 75 percent of people with hepatitis C don't know they have the infection.

Even more sobering is the estimate that more than one-third of baby boomers with undiagnosed hepatitis C have advanced liver disease. Without testing, the disease goes undetected and

untreated. The CDC estimates that testing in baby boomers could save 120,000 lives—thanks to recent advances in the treatment of hepatitis C.

Ron Hurd, 57, of Newark, Delaware, lived with hepatitis C for decades. Although he had few physical symptoms, the disease took a mental toll. "I remember being told I would die from hepatitis C." With the growing number of effective drug treatments, this kind of gloomy prognosis is uncommon today.

"We're able to cure most people with new drug therapies, and that's exciting news," says Dr. Fink.

After undergoing a 24-week treatment regimen, Hurd no longer has the virus. "I feel like I've been rejuvenated," he says. ●

Take Action

Being a baby boomer is just one risk factor for having hepatitis C. Talk with your primary care doctor about whether you should be tested. To schedule an appointment with a Main Line Health physician, call 1.866.CALL.MLH.

When Stroke Strikes at a Younger Age

For most young adults, major health problems seem decades away. But stroke is a real and potentially devastating event that can affect people of all ages.

Main Line Health is working to make young people aware of their risk. The hospitals provide fast, expert stroke treatment as well as advanced rehabilitation services to get patients back to their most productive life possible.

“When we’re young, we think we are invincible. But one in every four stroke victims is younger than age 65,” explains Ramadevi Swaminath, MD, physical medicine and rehab specialist and medical director of the Stroke Rehabilitation Program at Bryn Mawr Rehab Hospital. “Unfortunately, many young people who have a stroke don’t recognize the symptoms, and they wait to get help. It can make treatment and recovery that much more difficult.”

A stroke can occur when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to part of the brain. At age 43, Kerry Isberg was blindsided by her stroke.

“All of a sudden I couldn’t sit up straight. I started to feel dizzy. My eyes were acting funny,” recalls the journalist and mother of two. At first, she was unable to walk, eat, or talk above a whisper. She spent eight days recovering at Paoli Hospital, then received therapy at Bryn Mawr Rehab Hospital.

Isberg was able to get the help she needed for a strong recovery. But not everyone identifies the signs of a stroke right away. Symptoms come on suddenly and may include:

- Drooping or numbness on one side of the face
- Weakness on one side of the body
- Difficulty speaking
- Loss of balance or problems walking
- Trouble seeing out of one or both eyes
- Severe headache

“Sometimes younger people explain away their symptoms or don’t take them seriously,” says Dr. Swaminath. “Some might think they’ve had too much to drink or haven’t gotten enough sleep.”

“When a stroke occurs, brain cells begin to die. It’s imperative that people seek care immediately,” says Grahame Gould, MD, a neurointerventionalist at Bryn Mawr Hospital. “There is a small window of time after a stroke—during the first few hours—when treatment is most successful.”

Treatment may include clot-busting medication or surgery to open the blocked artery. After treatment, rehabilitation is key to getting back to normal life. Bryn Mawr Rehab Hospital provides intense physical, occupational, and speech-language therapy for stroke patients so they can regain some of the function they’ve lost.

“The staff at Bryn Mawr Rehab Hospital made me feel hopeful,” says Isberg. ●



Be Stroke-Smart

To learn more about stroke symptoms and treatment, visit

mainlinehealth.org/stroke. Isberg and other stroke patients share their video stories at mainlinehealth.org/rehab.

Lower Your Stroke Risk

Some risk factors, like family history, can’t be changed. But there are ways to lower your chances of having a stroke.

Tackle these modifiable risk factors:

- Hypertension
- High cholesterol
- Diabetes
- Physical inactivity
- Smoking
- Obesity

Also, the birth control pill can increase stroke risk in some women. If you use oral contraceptives, ask your doctor about your personal risk.



Lankenau Medical Center
Bryn Mawr Hospital
Paoli Hospital
Riddle Hospital
Bryn Mawr Rehab Hospital
Mirmont Treatment Center



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Lydia Hammer Senior Vice President, Marketing & Business Development
Shaun Moran Manager, Marketing

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**NAVIGATING
YOUR HEALTH
CARE**

A Few FAQs About Health Care Reform

Do I have to buy health insurance?

Yes. The Affordable Care Act (ACA) requires almost everyone to have health insurance or pay a special tax. For 2014, that will cost either \$95 or one percent of taxable income per adult, whichever is greater. The tax for a child is half the adult penalty. The tax will increase each year as follows:

- 2015: \$325 or two percent of taxable income per adult, whichever is greater
- 2016: \$695 or 2.5 percent of taxable income, whichever is greater
- 2017 and beyond: the tax penalty will increase annually based on cost-of-living increases

How will the ACA affect my health insurance premiums?

If you buy individual insurance, the impact on your premiums depends on factors including where you live, your age, and your health. In most states, individual premiums will increase, but in some cases they will decline.

What can I do to reduce my health insurance costs?

Apply to your state's Health Insurance Marketplace. That's the only way you may qualify for reduced premium costs, based on your household income and family size.



A Clearer, More Comfortable MRI

Main Line Health now offers patients advanced MRI technology.

The 1.5T MAGNETOM Aera MRI features the following benefits:

- An open architectural design that's more comfortable, particularly for those who are claustrophobic or larger in size (supporting up to 550 pounds)
- Superior software applications that result in faster exam times
- Significant equipment upgrades that produce sharper imaging for orthopaedic, neurological, vascular, and oncological patients

Riddle Hospital was the first in Delaware County to offer this level of advanced MRI to patients, and now Main Line Health is bringing it to their new Exton Square Mall site. The latest MRI in Exton is located at the new Main Line Health Center at Exton Square, offering patient-centered, quality care in a convenient and accessible setting. The 32,000-square-foot, state-of-the-art outpatient facility provides a broad range of diagnostic and treatment services under one roof,

including family medicine, pediatrics, hematology and oncology, radiology, physical rehabilitation, laboratory services, and urgent care.

For your convenience, the Health Center is open seven days a week and offers one-stop registration, complimentary valet parking weekdays, walk-in and often same-day appointments for lab and X-ray services, and online appointment scheduling for select practices.

"With this innovative new MRI technology, we're offering a new standard of imaging care to our patients. We are proud to be the first in Chester County to offer this service," says Robert Pinsk, MD, campus chief of Radiology at Paoli Hospital. "With our highly skilled, board-certified radiologists and technical staff, Main Line Health continues its mission to provide a superior patient experience." ●

Get the Picture

To learn more about this advanced MRI technology, visit mainlinehealth.org/imaging or call 1.866.CALL.MLH.