

WOMEN'S healthsource



Mollie McDonnell (left) is savoring life after recovering from an unexpected stroke.

3D
mammography
now available.

Learn more
on page 9.

SUMMER 2014 TREATING COMMON BLADDER PROBLEMS |
CHECKUP IS KEY FOR NEW MOMS | NEW CHOLESTEROL GUIDELINES
| PAY ATTENTION TO LEG PAIN | MAKE MENTAL HEALTH A PRIORITY



Main Line Health®

Speak Up: Women's Bladder Problems Are Common and Treatable

You may not be discussing them with your best friend, but bladder issues such as stress incontinence, urge incontinence, and overactive bladder are extremely common. In fact, bladder problems affect up to 50 percent of women at some point in their lives.

For many women, these issues begin with childbirth. For others, problems develop after menopause or are associated with diseases such as diabetes, obesity, or multiple sclerosis. With so many causes, it's no wonder bladder problems are so prevalent.

Unfortunately, bladder problems can take a serious toll on your quality of life. "You might avoid social interactions or exercise because of discomfort or fear of leakage," says urogynecologist Marc Toglia, MD, system Chief of Female Pelvic Medicine at Main Line Health.

The good news? "Treatments today are completely different and much more effective than just a generation ago," Dr. Toglia says. At Main Line Health, specialists offer treatment options from noninvasive therapies to the most advanced surgical techniques.

An End to Incontinence

Not all cases of urinary incontinence are the same. One type is called stress incontinence—leaking urine during exercise, sneezing, coughing, or laughing. This results from loss of support of the urethra, the muscular tube that serves as the outlet valve to the bladder. The primary surgical treatment is known as a TVT procedure.

"During this short, outpatient procedure, the surgeon inserts a thin synthetic sling to stabilize the urethra and reduce leakage," Dr. Toglia says. He was the first surgeon in the Philadelphia suburbs to perform this procedure at Riddle Hospital, in 1999.

Additional treatments for stress incontinence include pelvic floor exercises, biofeedback, and pessaries.

Another type of incontinence is called urge incontinence, or overactive bladder

(OAB). Women with this condition have excessive, frequent urination or a strong urge to urinate and may leak if they can't get to the bathroom fast enough.

In many cases, OAB can be treated with fluid and dietary management, bladder retraining, and pelvic muscle exercise. Medications may be needed as well.

Recently, percutaneous tibial nerve stimulation was approved to treat symptoms of OAB. A small acupuncture needle stimulates the posterior tibial nerve located just above the ankle, which sends a signal to a nerve involved in bladder control. The benefits are long lasting: more than 80 percent of patients continue to experience an improvement in symptoms a year after treatment.

Targeted Diagnosis and Treatment

If you're experiencing bladder problems, start a conversation with a urogynecologist or urologist at Main

Line Health today. "Every patient receives a comprehensive work-up so we can pinpoint the cause and make an accurate diagnosis," says Darlene Gaynor-Krupnick, DO, a urologist who specializes in female urology at Lankenau Medical Center, Main Line Health. "This may involve tests such as a urinalysis; cystoscopy, in which a scope is used to look into the bladder; or a urodynamics test, which is similar to an EKG of the bladder."

Whether you have urinary incontinence, OAB, or another bladder issue, your Main Line Health physician will develop a customized treatment plan for you. ●

Start the Conversation

Don't hide a bladder problem. Experts at Main Line Health can help you get back to your life. Call **1.888.876.8764** or visit mainlinehealth.org/urogynecology.





Shield Yourself from Skin Cancer

After last winter, we're all anxious to feel the warm sun on our skin. But too much exposure to ultraviolet light can cause skin cancer, the most common type of cancer in the United States. It includes basal cell carcinoma, squamous cell carcinoma, and melanoma, which causes most skin cancer deaths and is likely to spread if not caught early.

To reduce your risk for cancer, follow these tips from Erum N. Ilyas, MD, dermatologist, Paoli Hospital, and system Chief of Dermatology, Main Line Health:

- Cover all exposed skin with a liberal amount of a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. "Broad-spectrum" guards against both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

- Reapply sunscreen every two hours, even if it's cloudy, and after swimming or sweating.
- Wear protective clothing, such as a wide-brimmed hat and sunglasses.
- Seek shade when the sun's rays are strongest, from 10 a.m. to 4 p.m.
- Use extra caution near water and sand. They reflect and worsen the sun's rays, increasing the odds of sunburn.
- If you see anything on your skin changing, growing, or bleeding, see a dermatologist.

Main Line Health has more than 30 board-certified dermatologists on staff. "We provide the full spectrum of services: routine, full-skin examinations, biopsying suspicious lesions, and treating skin cancers with Mohs surgery or through collaborative efforts with our surgery, plastic surgery, and oncology colleagues," says Dr. Ilyas. ●



Don't Get Burned

Read commonly asked questions about skin cancer

and view photos of suspicious moles. Visit healthlibrary.mainlinehealth.org and look up "Skin Cancer" in the health encyclopedia.

CHECKUP IS KEY FOR NEW MOMS

You recently gave birth, and you're taking great care of your baby. But are you also taking care of yourself?

Experts recommend that new mothers schedule a routine checkup with their OB/GYN four to six weeks after a vaginal delivery and one to two weeks after a cesarean section.

"Even if a woman didn't have complications during pregnancy or delivery, this checkup gives her a chance to discuss any issues on her mind, including moods, breastfeeding, nutrition, sleep, and adjusting to life with a newborn," says Lane Shima, DO, FACOOG, an OB/GYN at Riddle Hospital, Main Line Health. "If there were complicating factors with the pregnancy or delivery, we can make recommendations about preparing for the next pregnancy." Dr. Shima notes that this is also the perfect opportunity

to answer new moms' questions about sexual activity and contraceptive options, including which birth control methods are safe to use during breastfeeding.

Although a follow-up OB/GYN visit is highly educational for new mothers, researchers recently found that fewer than half of them make or keep the appointment.

"We realize that moms are incredibly busy caring for their new child, but we encourage them to also focus on their own health," says Dr. Shima. "Our goal during the follow-up is to answer questions, address concerns, and serve as a strong resource for women after childbirth."

To learn more about maternity services and schedule a tour at one of our hospitals, visit mainlinehealth.org/maternity.

Life After Stroke:

Cutting-Edge Procedure Saves Young

In December 2012, Mollie McDonnell, then 36, was at work when she began to feel not quite herself. She decided to leave the office early and began her 40-minute commute from Wilmington to her West Chester home.

As McDonnell drove, she noted that she couldn't use her left hand to turn on the radio. But she didn't think much of it. In fact, she didn't take much notice when she hit another car, then pulled right onto her lawn instead of the driveway. Thankfully, a neighbor was outside and ran over.

The neighbor helped McDonnell walk inside since she wasn't capable of using her left leg. But McDonnell insisted she just needed a nap. Not convinced, the neighbor called McDonnell's sister, Kate, who was at a meeting nearby. When Kate arrived, she called an ambulance.

"I remember the paramedics asking me to smile and raise my arm. I didn't know why," says McDonnell, who was paralyzed on her left side. "I had no idea I was having a stroke."

When Every Minute Matters

The paramedics rushed McDonnell to Paoli Hospital, where she was given an IV drug called tPA that's used to stop stroke. However, imaging tests showed that McDonnell's blockage was in a large vessel in her brain, which typically doesn't respond to medication. The emergency staff transferred her immediately to Bryn Mawr Hospital for specialized care.

Grahame Gould, MD, a neuro-interventionalist for Main Line Health, met McDonnell at Bryn Mawr's neurological interventional lab. This state-of-the-art lab allows physicians to use specialized imaging and equipment to remove blood clots from the brain with minimally invasive procedures. Dr. Gould is an expert in this type of advanced brain surgery.

"When a person is having a stroke, it's important to get blood flow back to the brain as soon as possible. Without treatment, Mollie would live with permanent disability," explains Dr. Gould. "Interventional procedures enable us to treat stroke victims when medication doesn't work."

Minimally Invasive Treatment

Dr. Gould performed what's called a mechanical thrombectomy—the manual removal of a clot from the brain. Using advanced imaging guidance, he directed a catheter through McDonnell's arteries

and blood vessels to the brain from a small incision in her leg. Then, using a specialized stent retriever device, Dr. Gould removed the blockage.

"Similar to how stents are used to treat a heart blockage, we opened the blood vessel in Mollie's brain at the point of the blockage," explains Dr. Gould. "We then removed the stent, pulling the blockage with it."

Minimally invasive mechanical thrombectomy is reserved for situations in which tPA can't be used or isn't effective. This includes patients with blockages in larger blood vessels, as well

"I remember the paramedics asking me to smile and raise my arm. I didn't know why. I had no idea I was having a stroke."



Grahame Gould, MD, and Mollie McDonnell meet again in the neurological interventional lab where he performed her mechanical thrombectomy.

Stroke Victim

as those who have bleeding issues or trauma. It may also be used in people who did not seek treatment early enough for tPA to be administered.

“Unfortunately, the vast majority of people are not candidates for tPA,” says Dr. Gould. “This treatment provides another option. We work with all four Main Line Health hospitals to offer this treatment.”

Back to a Normal Life

When McDonnell woke up in Bryn Mawr Hospital’s intensive care unit, she learned she’d had a stroke. “I was shocked. It was a miracle that things happened as they did. My life could have been very different,” says McDonnell, who stayed in the hospital for nine days. “My care was phenomenal, and Dr. Gould spent time with me every day I was in the hospital. He put me and my family at ease.”

McDonnell serves as an example that stroke can happen to anyone. She’s young and had no risk factors. But she hasn’t let her experience hold her back.

Mollie enjoys time spent with her four sisters, including (from left) Bridget Komara, Colleen McDonnell, and Kate McDonnell. Not pictured is sister Maureen McDonnell.

Completely recovered, McDonnell continues to work in marketing, travels, practices yoga, and has taken up new hobbies like sewing and cooking.

“It took me longer to get over the stroke emotionally than physically,” says McDonnell. “But I’ve learned a lot. It taught me that it’s okay to accept help from others and to count my blessings daily. I’m trying new things whenever I can and feel so fortunate for the care I received.” ●



A Lifesaving Screening

To learn about your risk for heart disease and stroke,

Main Line Health offers AngioScreen®—a personal evaluation of your circulation and vascular health. The six-minute screening is only \$50. To schedule an appointment, call 1.888.876.8764. Get more details at mainlinehealth.org/angioscreen.

NEW GUIDELINES FOR PREVENTING STROKE IN WOMEN

Each year, more women than men have a stroke. And stroke kills twice as many women as breast cancer. To help prevent this debilitating disease, the American Heart Association has issued its first-ever stroke guidelines for women.

Although women and men share many of the same stroke risk factors, such as smoking and diabetes, there are some risks unique to women. These include:

- High blood pressure before or during pregnancy
- Preeclampsia during pregnancy
- Taking birth control pills
- Migraine headaches with aura (a perceptual disturbance) in women who also smoke
- Being older than 75

Having these risk factors doesn’t mean you’ll have a stroke. But the guidelines help women and their doctors know what steps to take to lower the risk. For example, women who use birth control pills should be tested for high blood pressure and get help to quit smoking. Women older than 75 should be screened for atrial fibrillation, which is linked to higher stroke risk.

To read the guidelines, visit mainlinehealth.org/stroke. If you have any of these risk factors, ask your doctor about ways you can reduce your chances of having a stroke.

HOSPITAL updates

Bryn Mawr Hospital Pediatric Care in Our Community
Bryn Mawr Hospital and the Nemours/Alfred I. duPont Hospital for Children offer specialized pediatric care services to the South-eastern Pennsylvania community. Bryn Mawr Hospital's pediatric Emergency Department is staffed by a Nemours team with advanced training and certification in caring for sick or injured children. Our private inpatient pediatric beds are staffed by a dedicated team of Nemours hospitalists who communicate directly with your child's physician and provide seamless, 24/7 inpatient care. Round-the-clock neonatal intensive care and pediatric general surgery coverage are also provided by Nemours specialists. Together, we deliver on our promise of clinical excellence, superior patient experience, and access to care in our community. To learn more, call 1.866.CALL.MLH or visit mainlinehealth.org/peds.

Lankenau Medical Center

Specialized Transplant Care
Kidney transplants have been performed at Lankenau Medical Center since 1994. A major expansion of its organ transplantation services, the Jefferson Transplant Institute at Lankenau Medical Center is a shared initiative of Main Line Health and Thomas Jefferson University Hospitals. The partnership merges Lankenau's and Jefferson's expertise and resources in transplantation care and offers a new model of care for people in need of organ transplantation. This partnership provides seamless access to Jefferson's transplantation teams in the city, while bringing pre- and post-transplant care closer to home at the specialized transplant center at Lankenau.



women's health source calendar of events



REGISTRATION is required for all 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.

AngioScreen

This painless, six-minute radiation-free screening provides an immediate look at your circulation and vascular health so that you know your risk for heart disease and stroke. Fee: \$50. For an appointment, call 1.866.CALL.MLH (1.866.225.5654). Get more details at mainlinehealth.org/angioscreen.
July 8 and August 5, 1 to 7 p.m.
Lankenau Medical Center
July 24 and August 21, 1 to 7 p.m.
Main Line Health Center in Broomall, 1991 Sproul Road

Blood Pressure Screenings

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

Hip and Knee Pain Seminar

Orthopaedic specialists will discuss common causes of and the latest treatments for joint pain.
July 3, August 7: 1:30 to 2:30 p.m.
Lankenau Medical Center
July 10, 10 to 11 a.m.
Paoli Hospital
July 15, 11 a.m. to noon
Bryn Mawr Hospital

Diabetes & You: Daytime and Evening Programs

Programs designed to help you better manage diabetes. Cost is covered by most insurance companies. For details, call 484.227.3769.
July 8, 15, 22: 6:30 p.m.
July 9, 16, 23: 12:30 p.m.
August 5, 12, 19: 6:30 p.m.
August 6, 13, 20: 12:30 p.m.
Riddle Hospital Health Center 4, Conference Room 2

Health Seminars at Main Line Health Center at Exton Square

July 14: "The Matter of Balance," 11 a.m. to noon
July 23: "Smart Heart," 10 to 11 a.m.
Patient Education Room, Main Line Health Center at Exton Square, Lower Level

Look Good, Feel Better

Free program for cancer patients developed by the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Foundation; and the National Cosmetology Association. Learn the latest makeup tips as well as information on wigs, head wraps, and more. For details or to register, call the American Cancer Society at 1.800.227.2345.
July 31, 5 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

To view dates at Paoli Hospital, visit mainlinehealth.org/events.

Riddle Hospital Audiology Education Seminar

Learn about improved quality of life and the pleasures associated with better hearing.
August 20, noon to 2 p.m.

Membership Has Its Privileges

Encourage the women in your life to join the Women's Health Source program! Members enjoy this magazine, a women's health e-newsletter, as well as online health quizzes, calculators, and access to our Nurse Counselor. Register today at mainlinehealth.org/whs/register.



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Riddle Health Center 4,
Conference Room 2

Infant/Child CPR

Sponsored by the American Red Cross. Fee: \$70.
July 9: Lankenau Medical Center
August 19: Bryn Mawr Hospital
6 to 9 p.m.
Call 1.800.733.2767 to register.

Adult CPR/AED

Sponsored by the American Red Cross. Fee: \$70.
July 16: Bryn Mawr Hospital
August 13: Lankenau Medical Center
6 to 9 p.m.
Call 1.800.733.2767 to register.

CPR Healthcare Provider

Two-night course covering CPR and obstructed airway care for adults, children, and infants. Includes one- and two-person CPR. Designed for any licensed or certified provider. Fee: \$75. Preregistration with payment required.
August 18 and 19, 6:30 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

CPR Healthcare Provider Recertification

This American Heart Association one-night course is geared toward recertifying the professional rescuer. Bring your unexpired CPR card. Fee: \$50. Preregistration with payment required.
July 21, 6:30 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Senior Suppers

For the older-than-60 crowd, these monthly events feature dinner and an informative presentation about healthy living for older adults.
July 9, 5 p.m.: "Mental Health Issues," Paoli Hospital, \$7
July 30, 4:30 p.m.: "Medication Safety: Brown Bag Medicine Check," Riddle Hospital, \$7
August 27, 4:30 p.m.: "Balance Overview," Riddle Hospital, \$7

Paoli Hospital Senior Entertainment Night

July 22, 6 to 7:30 p.m.:
"Sinatra Night," \$5
Potter Room

Mature Driving National Safety Council

This driver safety program addresses the specific challenges of drivers older than 55. All classes filled on a first-come, first-served basis. If you need only the renewal course, attend the first day only and bring proof that you've attended an eight-hour course previously. Fee: \$15 per person.
August 7 and 8, 5:30 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Mature Driving AARP—Renewal Course

This driver safety program addresses the specific challenges of drivers older than 55. All classes filled on a first-come, first-served basis. This is a renewal course only; bring proof that you've attended an eight-hour course previously. Fee: \$12 for AARP members; \$14 for nonmembers.
July 10, noon
Riddle Hospital Administrative Annex, Conference Room 1

Riddle Hospital Maternity Tours

A free tour of The Birthplace at Riddle includes the labor and delivery area, postpartum unit, and newborn nursery. Due to limitations, the participation of children is not permitted.
July 24, 7:30 p.m.
Riddle Hospital Main Lobby
Call for additional dates and times.

Pregnancy 101

Early pregnancy class for expectant families (up to 24 weeks of pregnancy) or those considering pregnancy.
July 16: Bryn Mawr Hospital
August 20: Paoli Hospital
7 to 9 p.m.

Preparing for Childbirth Series and One-Day Classes

Preparation for labor and delivery is offered in this Lamaze-type class. Tour of The Birthplace at Riddle included. Schedule this class at approximately eight months of pregnancy. Class size is limited; please enroll early.
Fee: \$100 per couple.
July 19: 9 a.m.
August 16: 9 a.m.
Riddle Hospital Administrative Annex, Conference Room 1

Prenatal Breastfeeding

Designed to help you understand the nursing process, learn the steps to successful breastfeeding, and get your questions answered. Partners highly encouraged to attend. Fee: \$40.
July 28, 7 p.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.
July 9, 16, 23: 7 p.m.
Riddle Hospital Administrative Annex, Conference Room 1

Babysitting Classes

Classes are held at Bryn Mawr Hospital, Lankenau Medical Center, and Riddle Hospital to teach youth how to become better babysitters. Call 1.866.876.8764 for various dates throughout the summer.

Bryn Mawr Twilight Concert Series

July 19 and 20, August 2
6:30 to 8:30 p.m.
Bryn Mawr Gazebo, 9 South Bryn Mawr Avenue

Healthy Outlook at New Horizons

September 12, 12:30 p.m.: "The Aging Eye," Keith Mathers, MD
New Horizons Senior Center, Narberth

Paoli Hospital Enhanced Services at Exton Square Mall Site
Main Line Health Center at Exton Square provides the quality care of Main Line Health in one convenient location at the Exton Square Mall. New services include total joint and spine surgery, dermatology, diabetes/nutrition counseling, gastro-enterology, OB-GYN, orthopaedics, podiatry, pulmonology, rheumatology, sports medicine, and our weight management assessment program. Our urgent care, laboratory, and X-ray services are available seven days a week with extended hours. Visit us at mainlinehealth.org/exton.

Health care providers at 153 Exton Square Parkway are not employees or agents of a Main Line Health affiliate. Membership on the medical staff of a Main Line Health hospital does not constitute an employment or agency relationship.

Riddle Hospital New Emergency Room Coming Fall 2014

To better serve its rapidly growing community and maintain the highest standards, Riddle Hospital is significantly expanding its Emergency Department, with an emphasis on patient and family comfort, efficiency, and safety. The new ED will help ensure a better patient experience and more rapid care. Highlights include 24 private treatment rooms, a Rapid Evaluation Unit for faster treatment of less serious injuries, dedicated imaging technology, private consultation rooms for families, and design features that create a friendlier environment for older adults. Construction of the \$15 million, state-of-the-art facility is expected to be complete in the fall of 2014. Learn more at mainlinehealth.org/RiddleED.

You Are What You Eat

Each new day gives you an opportunity to make smart choices about nutrition. Here are some answers to commonly asked questions about healthy eating.

What does a balanced meal look like?

Your dinner plate should contain protein, whole grains, and vegetables. Divide your plate in half. One-half should be filled with nonstarchy vegetables, such as broccoli and leafy greens. One-quarter of your plate should contain a lean protein source, such as fish, chicken, or even a lean piece of beef. The last quarter should be filled with whole grains.

How can I eat healthier and still feel full?

“Many processed and snack foods have far more calories than we find in natural whole foods,” says Mary Ann Martin, RD, LD, CDE, outpatient medical nutrition therapist at Paoli Hospital, Main Line Health. “Plus, foods in their whole form provide more nutrients, vitamins, and fiber than refined, processed foods.”

To feel full, reach for foods with high water content, such as tomatoes and grapes. Whole grains, such as brown rice, and high-fiber fruits and vegetables, such as apples and green beans, also tend to help us feel fuller longer. Other healthy, filling options: almonds, low-fat Greek yogurt, and lean turkey.

What’s the best place to buy fresh produce and meats?

Generally, local farmers markets are a healthier choice. Locally grown fruits and vegetables tend to have less or no exposure to pesticides and fertilizers. Chickens and other animals raised in large, industrialized farms, which supply much of our food, are kept in close quarters with little sanitation. They are given antibiotics to help prevent illness and to promote growth. When we consume these meats, we also consume the antibiotics, which is thought to lead to antibiotic resistance in humans.



All-American Turkey Burgers

It’s finally summertime, and the grilling is easier. In the case of hamburgers, it can also be high in fat and calories. For better nutrition, swap turkey for beef. Try livening up your burger with your favorite spice mixes, too.

1 lb. ground turkey
½ cup chopped onion
1 clove garlic, minced
¼ cup ketchup
⅛ tsp. pepper
4 kaiser rolls, split
4 lettuce leaves
4 slices tomato
4 slices onion

1. Preheat grill. In a medium bowl, combine ground turkey, chopped onion, garlic, ketchup, and pepper. Evenly divide mixture and shape into four burgers about 3½ inches in diameter.
2. Grill burgers five to six minutes per side until they’re no longer pink in the center (165 degrees, checked with a food thermometer).
3. To serve, place each burger on the bottom half of a roll and layer with lettuce, tomato, onion, and the top half of a roll. Serves four.

Each serving provides 379 calories, 13 g fat, 3 g saturated fat, 59 mg cholesterol, 561 mg sodium, 37 g carbohydrates, 3 g fiber, 26 g protein.



Get Fired Up

Try spicy chicken skewers or lime shrimp kabobs. You’ll find these easy summer grilling recipes and more at community.mainlinehealth.org.





NEW CHOLESTEROL GUIDELINE FOR WOMEN: A Personalized Approach

One out of two American women will experience atherosclerotic cardiovascular disease, or hardening of the arteries, in her lifetime. Atherosclerosis occurs when cholesterol-rich plaque builds up on the insides of the arteries. It's a major cause of both heart disease and stroke.

In the past, doctors treated people with high cholesterol based on the person's 10-year risk for atherosclerosis. Recently, the American College of Cardiology and American Heart Association released a new guideline that helps doctors identify patients who would benefit most from treatment or prevention plans. Factors considered include age, gender, race, blood pressure, cholesterol levels, and medical and family history.

If you fall into a high-risk category, the new guideline recommends treatment with moderate-to-high doses of medications called statins. "That's a big change from the past, when we tended to start patients on lower doses and adjust upward," says Jeanine Romanelli, MD, a cardiologist at the Lankenau Heart Institute at Lankenau Medical Center.

"Women with a significant lifetime

risk need to recognize the need for adopting healthy habits—preferably early on, before atherosclerotic disease begins to develop," says Leslie Poor, MD, a cardiologist at the Lankenau Heart Institute at Bryn Mawr Hospital and co-chair of the Women's Heart Initiative at Main Line Health. Research shows that you can benefit from exercising regularly, eating lots of fruits and vegetables and fewer saturated fats and carbohydrates, and maintaining a healthy weight.

Talk with your primary care doctor about your personal heart health. "Each patient is an individual," Dr. Poor says. "Understanding your own risk can help you make better decisions about prevention and treatment." ●



Be Heart-Smart

The Lankenau Heart Institute team understands the

unique needs of women and is proud to include 11 female cardiologists. Learn more about them—as well as other heart-healthy resources—at mainlinehealth.org/whi.

3D Mammography Offers Better Detection

Digital breast tomosynthesis, also known as three-dimensional (3D) mammography, is now available at our Comprehensive Breast Centers at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital, at no additional cost to our patients.

3D mammography provides a clearer, more accurate view of the breast and allows doctors to more effectively pinpoint the size, shape, and location of any abnormalities. This can lead to better detection, fewer tests, and greater peace of mind. While 3D mammography is recommended for all women, it's been shown to make the most difference for those between ages 40 and 50, women with dense breasts, and those with a personal history of breast cancer.

3D mammography takes photos from many angles, which are combined to offer a more complete picture. "Imagine a loaf of bread. Instead of seeing the entire loaf in one picture, you're slicing it down so you get more detail," explains Emma Simpson, MD, chair of Radiology for Main Line Health.

All four Breast Centers also offer high-resolution ultrasound, breast MRI, stereotactic core biopsy, ultrasound breast biopsy, and bone density testing provided by our board-certified radiologists. If you need additional evaluation after your mammography, nurse navigators, genetic counselors, and breast surgeons are on site to coordinate your follow-up care.

To schedule your mammogram, call 1.888.876.8764 or visit mainlinehealth.org/imaging.

Pay Attention to Leg Pain

Muscle Cramps May Be Sign of Peripheral Arterial Disease



If you've ever had a muscle cramp, you know it can be painful. Now imagine your hips, thighs, or calves cramping whenever you walk or exercise. Leg pain is a common symptom of peripheral arterial disease (PAD), a serious condition that occurs when fatty buildup in the arteries blocks circulation to the legs and feet. Yet the vast majority of people with PAD don't know they have it.

Knowing the Symptoms

The classic PAD symptom of leg pain occurs with exercise and goes away with rest. Patients may also have sores on their feet that heal slowly. A leg or foot may constantly feel cold because of poor circulation.

"Unfortunately, PAD is an underdiagnosed disease," says Antonis Pratsos, MD, an interventional cardiologist at the Lankenau Heart Institute at Bryn Mawr Hospital. "Up to 50 percent of people with PAD don't have symptoms. Many who do attribute them to something else, like arthritis. Also, because PAD tends to occur in older people, who often have other health problems, doctors might overlook it."

"Untreated PAD can lead to complications such as gangrene and amputation," adds Amid Khan, MD, an interventional cardiologist at the Lankenau Heart Institute at Lankenau

Medical Center. "People with PAD also have a five-times greater risk for heart attack and a two- to three-times greater risk for stroke."

Top Treatment Options

Doctors at the Lankenau Heart Institute are experts at diagnosing and treating PAD. "When found early, PAD often can be managed with a supervised exercise program, medication, and lifestyle changes such as lowering high blood pressure and eating a healthier diet," says Vincent DiGiovanni, DO, vascular surgeon at Lankenau Medical Center and Riddle Hospital. For severe disease, surgical treatment may include:

- Opening the clogged artery with balloon angioplasty and implanting stents to keep the blood vessel open
- Using a catheter to insert special devices into the artery to sand, shave, freeze, scrape away, or vacuum out plaque
- Performing bypass grafting surgery—using a blood vessel from another part of the body to enable blood to flow around the blockage

You can take steps today to lower your risk for PAD. "Getting regular exercise is important," Dr. Pratsos says. "Make sure to control diabetes, high blood pressure, and high cholesterol. And if you smoke—quit." ●

Should You Be Screened for PAD?

To diagnose peripheral arterial disease (PAD), doctors perform a physical exam and a simple test that compares the blood pressure in your feet with the blood pressure in your arms to see how well the blood is flowing.

Talk with your doctor about screening if you:

- Are younger than 50, have diabetes, and have one additional PAD risk factor, such as smoking, high blood pressure, or high cholesterol
- Are 50 to 65 years of age with a history of smoking or diabetes
- Are older than 65
- Have pain in your legs with exertion or when resting
- Have known coronary, carotid, or renal artery disease

We're Here for You

The Lankenau Heart Institute team delivers integrated cardiovascular services at all four Main Line Health hospitals and a network of community sites. For an appointment with a cardiologist, call 1.888.876.8764 or visit mainlinehealth.org/heart.

When Quality of Life Matters Most

Palliative care is a special type of care for people with serious illness. “We look for ways to help patients and their loved ones feel better. Our goal is to enhance quality of life and reduce physical and emotional suffering,” says Sandra Urtishak, MD, a board-certified medical oncologist and palliative care physician with Paoli Hospital.

The palliative care team manages patients’ pain and symptoms and helps with difficult decisions. This interdisciplinary approach includes physicians, advance-practice nurses, social workers, and spiritual support.

For Any Stage of Illness

Palliative care is not necessarily end-of-life care, though it can be part of hospice services, explains Karl Ahlswede, MD, system medical director, Palliative Care. “Hospice is palliative care in the last six months of life, whereas palliative care can be used at any stage of illness.”

A patient, family member, or primary care doctor requests the involvement of a palliative care team. Palliative care may be most beneficial when considered early in the care process, though it can be given at any point, says Dr. Ahlswede.

Guides for the Journey

Recently, Main Line Health palliative care specialists consulted with a cancer patient in crisis. Not only did they get her pain under control, they also set up a network of medical contacts so she could take a planned family trip to Disney World. “We also helped with age-appropriate information so she could talk with her children about her illness,” says Cynthia Wagner, MSN, APRN, system director, Palliative Care.

Dr. Ahlswede likens practicing

palliative care to being a river guide. “We’ve been down this river before. There are some rough spots, but we can help make sure patients and their loved ones know what to expect to make the journey easier.” ●

Take the Next Step

To find a Main Line Health palliative care specialist, visit mainlinehealth.org/our-doctors and choose the specialty “Palliative Care.”



MAKING YOUR OWN MENTAL HEALTH A PRIORITY

Most mothers have a mental “to-do list” running through their minds at any given moment: stop for milk, make cupcakes for school, do the laundry, meet a deadline.

“Whether you’re a stay-at-home mom or in the workforce, we’re all doing so much. Oftentimes our minds are focused on what has to be accomplished, rather than what’s happening right now in the present moment,” says Elizabeth Bland, MSW, LCSW, clinical manager, Women’s Emotional Wellness Center.

Established to meet the needs of women and families in our community,

the Women’s Emotional Wellness Center offers outpatient mental health therapy services to women and their families before, during, and after pregnancy. Common issues that are assessed and treated include depression and anxiety during and after pregnancy, infertility, bereavement, unexpected medical outcomes, NICU hospitalizations, and adoption issues. The treatment team at the Women’s Emotional Wellness Center is experienced in assisting with adjustment issues as well as general issues related to parenthood. The Center also

treats women outside the perinatal period on a case-by-case basis.

“The Women’s Emotional Wellness Center provides a place for women to put themselves on their to-do list,” says Bland. “Our experienced professionals offer perspective, support, and coping techniques. After all, isn’t the power of the present more important than living in the future?”

Find out how the Women’s Emotional Wellness Center can help you by visiting mainlinehealth.org/WEWC.

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



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Click Here for Better Health

According to a survey by the Pew Internet & American Life Project, 48 percent of Americans who use the Internet to get health information say that what they've found has improved their self-care. But online medical content isn't always reliable. Users must carefully evaluate the information and discuss it with their health care providers before acting on it.

Consider these questions:

- Who runs the site? Sites that end in ".gov" are government-sponsored. Those that end in ".org" are noncommercial sites. Those ending in ".edu" are educational institutions, and ".com" indicates commercial organizations.
- What is the mission of the site? Visit the "About this Site" section.
- How is information developed and reviewed, and is it current?

The Health on the Net Foundation Code of Conduct (HONcode) for health and medical websites provides a search engine limited to sites that meet the organization's ethical guidelines. These sites provide the source of their health information, the authors' qualifications, a privacy policy, and their funding sources. They also separate their editorial and advertising content. To search HON's certified sites, visit www.hon.ch and click on "Patient/Individual."

Visit healthlibrary.mainlinehealth.org for your complete online guide to good health. You'll find quizzes, calculators, articles, tips, and more, all research-based and medically reviewed.

Keep Children Safe This Summer

Playing outside is an important part of building health as well as childhood memories. To keep your little ones safe, follow these simple precautions.

Bad Bugs

Most bee and wasp stings require nothing more than local care, such as removing the stinger and applying ice or topical hydrocortisone. But call 911 if you see hives, dizziness, or shortness of breath.

Mosquitoes and ticks can carry diseases. To keep these bugs at bay, minimize the amount of standing water on your property. Consider using mosquito repellent when outdoors. Wear pants and long-sleeve shirts when in the woods or tall grass, and check your children's hair and skin for ticks after spending time outside.

Bikes and Boards

Kids should wear approved helmets that fit properly. When skateboarding, children also should wear wrist, knee, and elbow guards. Be sure to talk to kids about the rules of the road.

"While there is no evidence that safety gear greatly reduces the risk for concussion, proper helmets can protect against other serious head injuries, such as skull fractures," says Brian McDonald, DO, Bryn Mawr Rehab Hospital. If you suspect a concussion, make an appointment with a concussion specialist. Rest the body and brain, and limit exposure to noise and brightness. Seek immediate medical attention if your child has

symptoms such as a severe or worsening headache, vomiting, lethargy, confusion, or weakness.

Water Safety

Teach children to swim, or enroll children ages 4 or older in swimming lessons. Watch children at all times when they're in or near bodies of water.

"Sometimes it's hard to know when to bring your child to the ER," says Hazel Guinto-Ocampo, MD, chief of Pediatric Emergency Services, Bryn Mawr Hospital. "Your best resource is your child's doctor. However, if you believe your child may be seriously injured, follow your instinct." ●

