

WOMEN'S healthsource



WINTER 2015 THE BENEFITS—AND RISKS—OF YOUTH SPORTS
| THE WEIGHT AND DIABETES CONNECTION | HELP FOR PELVIC
PROBLEMS | UNHEALTHY TRAPS WE FALL INTO IN OUR 30S



Main Line Health®



The Benefits—And Risks—Of Youth Sports

If you've got soccer cleats or softball bats filling the closet at home, you're not alone. About 45 million children and adolescents participate in organized sports in the United States, and 75 percent of families with school-aged children have at least one child who plays. While there's no doubt that being part of an athletic team or club brings lots of benefits, it's important to consider all the ramifications of participating in these activities.

The Positive Impact

Perhaps the biggest plus of team sports is the physical benefits it offers. Organized sports help kids burn calories, cut down on unnecessary snacking, and spend less time watching TV and using phones, computers, and other media. Athletes are more likely to eat fruits and vegetables, are less likely to engage in unhealthy activities like using tobacco and drugs, and have a decreased risk of heart disease and diabetes.

But the health benefits of athletics aren't just physical. Participating in sports has been linked to a reduction in suicidal thoughts and anxiety, improved

academic achievement, and increased happiness and self-esteem. Being part of a team can offer social support and acceptance that many children seek during their adolescent years.

What to Watch Out For

Even with their benefits, team sports aren't without flaws. Along with increased youth participation in sports, there has been an increase in sports-related injuries. Although children are generally more resilient than adults and can bounce back from these injuries more quickly, a child's skeleton is still immature, and injuries can result in a decrease in flexibility, coordination, and balance.

An important way to address this problem is to make sure that coaches, trainers, and other athletic personnel are prepared to respond to medical emergencies, such as concussions. Unfortunately, only 33 states require education for coaches, parents, athletes, and school personnel in recognizing, managing, and preventing concussions. Establishing some formal type of education about positive coaching skills,

physical training, injury reduction, and first aid should be encouraged throughout the country.

Finally, some athletes—particularly teens—sometimes feel pressure to perform from coaches, parents, or teammates. This often results in dangerous athletic practices, an increased risk of injury, a loss of confidence, and a negative sports experience for the athlete.

Before another sports season begins, it's important for coaches and parents alike to recognize that youth sports should focus on physical, psychological, and social development—as well as fun—for all participants. ●



Getting Back on the Field

Bryn Mawr Rehab Hospital offers treatment and therapy

for many diverse conditions and injuries, including sports injuries and concussion.

Learn more by visiting mainlinehealth.org/rehab/services or calling 484.596.5400.

Your Weight and Diabetes: Understanding the Connection

If you're concerned about developing diabetes, one of the best things you can do is to be physically active. That's because being overweight is a major risk factor for Type 2 diabetes. In fact, "about 80 percent of people who have Type 2 diabetes also have a weight issue," says Janet Wendle, RN, CDE, director of the Diabetes Management Program at Main Line Health.

Help to Banish Belly Fat

Experts believe that extra weight, particularly in the abdomen, makes it difficult for cells to respond to insulin. This can result in high blood glucose, which can lead to Type 2 diabetes. If you already have diabetes, being overweight can make it harder to manage your blood sugar and can raise your risk for complications.

Main Line Health offers programs that can help you reach your weight-loss goals and help to prevent diabetes or manage the disease. These include nutrition counseling, diabetes seminars, and our Diabetes Management Program.

"Diabetes management focuses on four key areas: healthy eating, regular physical activity, blood glucose monitoring, and medication," says Mary Ann Martin, RD, LDN, CDE, a medical nutrition therapist and certified diabetes educator at Paoli Hospital. The Diabetes Management Program includes consultations with a diabetes educator and a registered dietitian, support groups, and other resources.

Using Surgery to Promote Weight Loss

Main Line Health also offers a comprehensive surgical weight-loss program that provides the education and support to lose weight safely and maintain a healthy weight in the long term. Bariatric surgery may be an option for those unable to shed pounds through diet and exercise alone. You may be eligible 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.

Michele Radaszewski, RN, MS, CBN, bariatric program coordinator at Bryn Mawr Hospital, says patients must also be fully committed to long-term follow-up care, a proper diet, and regular exercise.

"One of the reasons our bariatric program is so successful is because of the strong support system we have in place," Radaszewski says. "Our team includes a nutritionist, psychologist, specially trained nurses, and physical therapists who work with patients before and after surgery to maximize their chances for success. With bariatric surgery, we can significantly improve—or even cure—many of the chronic conditions associated with obesity, such as diabetes and hypertension."

Know Your Diabetes Risk

Many people aren't aware that they're at risk for diabetes. In addition to being overweight, risk factors include:

- Older age
- A sedentary lifestyle
- Family history of diabetes
- Personal history of gestational diabetes
- Impaired glucose tolerance

In addition, African-Americans, Hispanic/Latino Americans, American Indians, and some Asian-Americans are at especially high risk for Type 2 diabetes.

"The good news is that diabetes can be managed—and even prevented," Wendle says. "Research shows that by losing just five to seven percent of their body weight and moderately exercising for 150 minutes a week, those at risk for Type 2 diabetes can prevent or delay the onset of the disease." ●

Take Control

The Diabetes Management Program is offered at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital. To find out how we can help you, visit mainlinehealth.org and click on "Healthcare Services."



GREAT EXPECTATIONS: *When It's a Twin Pregnancy*

Twins Teagan and Kieran Love roll over, sit up, scoot, and babble nonstop. But these perfectly normal 9-month-olds arrived a full 12 weeks before their due date. At birth, they weighed just over five pounds—together.

Preemies often take longer to catch up with their chronological age mates, and some deal with lifelong developmental disabilities. “We know the outcome could have been very different,” says their mother, Colgan Love, a middle-school special education teacher. “We’re so thankful for the care we received from the experts at Main Line Health.”

An Early Arrival

Sara Nicholas, MD, a perinatologist at Lankenau Medical Center, delivered Love’s twins. She explains, “Preterm labor—labor occurring before 37 weeks gestation—affects about half of twin

“We thought that premature labor couldn’t happen to us. While Dr. Nicholas let us know the risks, she also ended every appointment with a hug. We’re thankful for that reassuring care.”

deliveries, probably because the uterus becomes over-distended.”

Dr. Nicholas is one of six maternal-fetal medicine (MFM) specialists with Main Line Health. These doctors specialize in high-risk pregnancies. While providing regular prenatal care, they also help manage the mother’s existing health issues, diagnose and manage birth defects and other problems, and care for any complications. “This expertise provides a high level of well-coordinated, safe pregnancy care for both mothers and their babies,” notes Dr. Nicholas.

Love says, “We thought that premature labor could never happen to us, but it did. Dr. Nicholas combined knowledge and compassion by letting us know the risks and ending every appointment with a hug.”

When Love’s cervix began to shorten—a sign of preterm labor—at just 24 weeks of gestation, she went on bed rest. Though birth appeared imminent, Dr. Nicholas assured Love and her husband, Kevin, that every extra day of pregnancy would boost their babies’ chances of survival.

At 26 weeks, Dr. Nicholas gave Love two series of steroid shots to hasten the babies’ lung maturation. Two weeks later, the twins arrived by cesarean section, and their cries indicated that the lung-maturing shots had taken effect.

Cesarean births are more frequent in twins, occurring at least half the time. “As long as the lower twin is head down, we usually encourage a vaginal delivery,” Dr. Nicholas says. “But because so many twins arrive early, many are positioned back first or breech, which makes a cesarean delivery safer.”

Other Challenges of Twin Pregnancy

In addition to prematurity, twin pregnancies raise the risks for other complications. For example, preeclampsia, which boosts the risk for fetal growth issues and premature delivery, occurs more often in multiple pregnancies. To prevent problems, moms expecting twins get more frequent blood pressure monitoring and ultrasounds. While women expecting one baby typically get two ultrasounds during the course of



The Love family comes in for a special visit with perinatologist Sara Nicholas, MD, and Glenn Kaplan, MD, director of Neonatology at Main Line Health.



Medical specialists throughout Main Line Health have validated what Colgan and Kevin Love see every day: Despite being born at 26 weeks, twins Kieran and Teagan are flourishing.

their pregnancy, women having twins get at least one each month.

During a twin pregnancy, a woman's special nutritional needs include extra folic acid to reduce the risk of spina bifida, as well as more calcium, iron, and protein. Unfortunately, nausea is also heightened by a multiple pregnancy. Once nausea passes, twin moms should consume extra protein.

Benefits of Breastfeeding

Board-certified lactation consultant Donna Sinnott, who chairs the Main Line Health Lactation Committee, helps moms like Love give their twins the best possible start with breast milk. "We offer prenatal breastfeeding classes and assistance at all the hospitals," she says.

Love began pumping for her babies the day they were born. "Of course, their little bodies weren't ready for breastfeeding yet, and neither was mine," she recalls. "They had to learn how to put sucking, swallowing, and breathing together, and it took 10 days for my milk to come in. At six weeks, I was able to start breastfeeding them." On breast milk alone, the twins now weigh about 18 pounds each.

"For preemies, any breast milk, in

any form, is fabulous," says Sinnott. "We consider it 'medicine.'"

A Flourishing Family

Colgan and Kevin were able to hold their tiny infants for the first time the day after they were born. Love recalls, "Our NICU nurses became our family. They loved our babies like their own. It was hard to leave at night, but I was reassured knowing that the night nurses gave them cuddles when they cried."

To ensure that the twins are meeting age-appropriate milestones, they regularly visit developmental specialists throughout Main Line Health. Each time, Colgan and Kevin hear the experts validate what they can plainly see: Teagan and Kieran are flourishing.

"Premature birth was certainly scary," says Love. "But I always knew we were in good hands." ●



Give Your Baby the Best

Find a Main Line Health obstetrician by calling **1.866.CALL.MLH** or visiting **mainlinehealth.org/maternity**.

Heading Off Postpartum Depression

While Colgan Love didn't experience postpartum depression, many mothers of multiples do. "All pregnancies are emotional," says perinatologist Sara Nicholas, MD. "But postpartum depression can especially affect moms of twins because the hormonal changes after pregnancy are greater."

All new moms who deliver at a Main Line Health hospital can take the Edinburgh Postnatal Depression Scale, a questionnaire to identify their risk of postpartum depression, a serious but treatable after-effect of some pregnancies. They can also talk with a social worker before leaving the hospital. After they go home, a therapist from the Women's Emotional Wellness Center (WEWC) will call.

The WEWC provides outpatient therapy and psychiatric services for women and their families—including fathers, grandparents, and other caregivers—before, during, and after pregnancy. Call **484.337.6300** or visit **mainlinehealth.org/WEWC**.

When Your Newborn Needs Special Care

Although every new parent hopes for a routine birth, Main Line Health has a team of neonatal specialists ready to handle any complication that may arise. All four Main Line Health hospitals also have neonatal intensive care units (NICUs) for newborns who need extra care. Nemours duPont Pediatric neonatologists and neonatal nurse practitioners staff select Main Line Health hospitals 24/7. Our highly skilled NICU teams ensure that every baby gets the care he or she needs.

NEW LOCATION!

Wellness Wednesdays at Ludington Library

- February 4, 6 to 7 p.m.:
“Preventing Slips and Falls”
- March 4, 6 to 7 p.m.:
“When to Choose an ER”

Wellness Wednesdays at Main Line Health Center in Newtown Square

- January 21, 6 to 7 p.m.:
“Weight Loss Options,” with Richard Ing, MD
- February 18, 6 to 7 p.m.:
“Cardiac/Oncology” with Amy Curran, MD, and Tarun Mathur, MD
- March 18, 6 to 7 p.m.:
“Let’s Talk Colons”

Wellness Wednesdays at Whole Foods Wynnewood

No registration required.

- February 18, noon to 2 p.m.:
“Heart Health,” with blood pressure screenings
- March 18, noon to 2 p.m.:
“Heimlich Maneuver,” with blood pressure screenings

Free Health Services for Women

Lankenau Medical Center, in collaboration with the state of Pennsylvania, offers free mammograms and Pap tests for low-income, uninsured, and underinsured women between the ages of 40 and 64. For more information or to make an appointment, call 484.476.8554.

Blood Pressure Screenings

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

Senior Suppers

For the over-60 crowd, this monthly event features dinner and a presentation about healthy living for older adults. Suppers are at Paoli Hospital, Potter Room, 5 to 7 p.m., and Riddle Hospital, Administrative Annex, Conference Room 1, 4:30 to 6:30 p.m. Fee: \$7.

- February 18: Cardiac Health, Paoli Hospital
- February 25: Senior Fitness for Your Health, Riddle Hospital
- March 11: Senior Nutrition Tips, Paoli Hospital
- March 25: Riddle Hospital



women's health source calendar of events



REGISTRATION is required for most programs unless otherwise noted.
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.

Senior Entertainment Tonight

Fun and entertaining evenings with light fare and a good social time. 5 to 6:30 p.m., Paoli Hospital, Potter Room. Fee: \$5.

- January 28: Historian and educator Ross Kersey speaks on the King's Speech Epilogue
- March 17: Travelogue of Ireland

Health Seminars at Main Line Health Center at Exton Square

Held in the Community Room, located on the lower level of the Exton Square Mall between Macy's and Boscov's. 154 Exton Square Parkway; enter from Route 30.

“Hip & Knee Pain Seminar,” January 27, 1 to 2 p.m., and March 24, 11 a.m. to noon. Learn about the anatomy of the hip and knee, common causes of joint pain, and ways to prevent injury. Find out about non-surgical treatments as well as the latest innovative procedures.

“Leak-Proof Laughter and Other Great News for Women,” February 4, 6:30 to 7:30 p.m. Come hear about women's health issues and how you can reclaim your confidence, freedom, and peace of mind.

Celebrate National Wear Red Day with Go Red For Women on February 6

For more than a decade, the American Heart Association has sponsored National Wear Red Day® to raise awareness about heart disease in women. Celebrate with Go Red For Women on February 6, and join the movement to end heart disease by making a donation to fund critical, women-related research and education.

“Eating Smart for a Healthier Heart,” February 10, 7 to 8 p.m. Low-fat, high-fat, the right fat... what's the scoop on eating right for heart health?

“Back Pain Seminar,” February 24, 6:30 to 7:30 p.m. Learn common causes of low back pain and preventive tips.

“Ready, Set, Baby,” March 18, 7 to 8 p.m. Main Line Health Birth & Beyond education programs present this one-hour introductory class on pregnancy topics, car seat information, newborns, and the Hattersley Family-centered Maternity Unit at Paoli Hospital.

“Sleep & Health...Letting Sleep Work for You,” March 31, 6:30 to 7:30 p.m. This seminar will explain how much sleep we need and what we can do to improve our sleep.

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

The Bryn Mawr Film Institute and Bryn Mawr Hospital present this film series, which exposes the fact and fiction of how disease and health care are portrayed in film.

- February 4, 7 p.m.: “The Fault in Our Stars,” introduced by Amy Curran, MD, and Ruthmary Strohm, MSW, LSW

Healthy Eating Demonstrations

- February 24, 6:30 to 7:30 p.m., Wegmans, 50 Foundry Way, Malvern: “Eating Smart for a Healthier Heart.” Low-fat, high-fat, the right fat...what's the scoop on eating right for heart health?
- March 10, 11 a.m. to noon, GIANT, 1824 Ridge Pike, Royersford: “Feeding a Family Fast and Healthy.” Nutritious menu planning and recipes for busy families.



REGISTRATION is required for most programs unless otherwise noted.
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.

THE WOMEN'S HEART INITIATIVE PRESENTS **PAINT THE TOWN RED**

**AN EVENING OF FUN, FRIENDS,
 NETWORKING, AND SHOPPING**

Thursday, February 26, 6 to 9 p.m.

Merion Golf Club, 450 Ardmore Ave., Ardmore

Join us for an evening devoted to celebrating women and making heart-healthy choices.

- Shop to your heart's content with a variety of local vendors.
- Savor heart-healthy hors d'oeuvres.
- Meet the Lankenau Heart Institute team of female cardiologists dedicated to keeping women's hearts healthy.

\$40 | Registration required. Please register early by calling or visiting 1.866.CALL.MLH or mainlinehealth.org/events.



HeartSmart 2015

We're kicking off American Heart Month with one of Riddle Hospital's most popular events. Join us! This annual event features a cardiac seminar (10 to 11 a.m.), heart-healthy cooking demonstration (1 to 2 p.m.), and interactive health fair from 11 a.m. to 1 p.m. For details, visit mainlinehealth.org/riddleheartsmart.

Super Walk 2015

Designed to get Chester County on the road to heart health. Walkers of all ages are invited to this FREE, indoor, stroller-friendly Super Walk. **February 1 (snow date: February 8)**
Registration: 7:30 a.m.

Kick-off: 8:30 a.m.

Main Line Health Center at Exton Square, 154 Exton Square Parkway, Exton Square Mall, Lower Level

Presented by Main Line Health and Lankenau Heart Institute in association with Activate Chester County

Angioscreening

This simple, six-minute, noninvasive screening provides an immediate look at your vascular condition. Fee: \$50.

- **January 13, 1 to 7 p.m.:** Main Line Health Center in Broomall
- **January 22, February 5 and 19, 1 to 7 p.m.:** Lankenau Medical Center

SmokeFREE

FREE six-session behavior modification program to help you quit smoking for good. Participants may be eligible for free nicotine-replacement therapy (patch, lozenge, or gum). Call **484.227.FREE (3733)** to register.

Riddle Hospital Childbirth Classes

- **Prenatal Breastfeeding:** January 26 or March 23, 7 p.m.
- **Preparing for Childbirth 1-Day Class:** January 17, February 7, or March 14, 9 a.m.
- **Preparing for Childbirth Series:** January 28, February 4 and 11, 7 p.m.
- **Baby & You:** March 4, 11, and 18, 7 p.m.

Riddle Hospital Administrative Annex, Conference Room 1

Look Good, Feel Better

Women being treated for cancer are invited to this FREE program developed by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Foundation, and the National Cosmetology Association. Learn the latest tips on makeup, wigs, head wraps, and more! Call **1.800.227.2345** to register.

- **January 12 and March 2, 10 a.m. to noon:** Main Line Health Center in Bryn Mawr

Basic First Aid Class

This Emergency Care & Safety Institute course covers bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification. Fee: \$40.
March 7, 9 a.m.

Riddle Hospital Administrative Annex, Conference Room 1

Community CPR Courses

American Heart Association CPR courses taught at Riddle Hospital. Participants receive a two-year certification.

Heartsaver AED Course

February 16 and 17, 6:30 p.m.

Two-night course teaches CPR and

AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Fee: \$65.

Healthcare Provider

Recertification

February 23, 6:30 p.m.

Bring your current unexpired CPR card to class with you. Fee: \$50.

Full Course

March 16 and 17, 6:30 p.m.

Two-night course covers CPR and obstructed airway care for adults, children, and infants. Designed for any licensed/certified provider. Fee: \$75.

Safe Sitter Babysitting Class

Two-day class for students ages 11 to 13 years old. Learn how to screen babysitting jobs, handle an emergency, administer basic CPR and first aid, and more. Fee \$75.

March 30 and 31

Riddle Hospital Administrative Annex, Conference Room 1

Mature Driving Courses

Tune up your driving skills with these courses, which address challenges for drivers older than 55. Held in Riddle Hospital Administrative Annex, Conference Room 1.

- **National Safety Council full or renewal course**
February 2 and 3 (attend day 1 only if renewing), 9 a.m.
- **AARP Driver Safety Renewal Program**
March 3, noon

Empowering You Health Fair Saturday, April 11, 10 a.m. to 2 p.m. Lankenau Medical Center

You're invited to the third annual Empowering You Health Fair, hosted by the Junior League of Philadelphia, Inc. The fair is free and open to the public. Attendees can participate in health screenings, including blood pressure, Dexascan, glucose, cholesterol, and BMI checks. Health and wellness discussions, cooking demonstrations, fitness exercise sessions, and activities for children will also be featured. Find a new meaning for healthy living and take charge of your health at this community event. Invite your friends and family members!



**Main Line Health Center
in Collegeville**
599 Arcola Road, 484.580.1000

Visit [mainlinehealth.org/
collegeville](http://mainlinehealth.org/collegeville) to learn more
about the Health Center and
request an appointment online.

One Convenient Stop for Health Care in Collegeville

When you need medical attention, Main Line Health physicians provide highly skilled, compassionate, and advanced care. However, receiving this level of care doesn't always mean traveling to a hospital. At the Main Line Health Center in Collegeville, you can visit a Main Line Health doctor right where you live.

Comprehensive Services Under One Roof

"The Main Line Health Center in Collegeville is a multispecialty practice you can go to for most of your primary care needs," says Jennifer Gilbert, DO, an obstetrician/gynecologist who practices at the Health Center. "You may even be able to meet with several providers during the same visit."

Services offered:

- Family medicine
- Pediatrics
- Obstetrics and gynecology
- Cardiology
- Ear, nose, and throat
- Orthopaedics
- Rheumatology
- Dermatology
- Gastroenterology
- Podiatry
- Physical rehabilitation
- Medical imaging and radiology
- Laboratory services
- Medical oncology/hematology

- Chemotherapy and infusion
- General surgery

Coordinated Care—with Extended Hours

Housing many different specialties within one space also means providers can easily consult with one another. "If a physical therapist is concerned about a patient's progress, he or she can easily coordinate with the patient's doctor right then and there," says Jonathan Garino, MD, an orthopaedic surgeon who sees patients at the Health Center. "Whether a patient has a new or chronic musculoskeletal problem, we can evaluate the issue, provide screenings such as X-Rays, and offer treatments such as injections and iontophoresis, an advanced ultrasound technique for pain."

Many practices within the Health Center, including family medicine, pediatrics, and OB/GYN, offer extended hours—some taking appointments as late as 7 p.m.—to work around your busy schedule.

"If you need to have a major procedure, all four Main Line Health hospitals are here to treat you," Dr. Garino says. "But if you need to see a doctor urgently or more frequently close to home, the Main Line Health Center in Collegeville makes it easy and convenient to do." ●

Top Cancer Services Offered Close to Home

This November, Main Line Health Center in Broomall opened the doors to its brand new Cancer Center. "The Center provides a full spectrum of medical oncology services including initial visits, follow-up visits, and chemotherapy administration," says Greg Kasmer, system director, Main Line Health Cancer Program. "It's a more accessible way for patients to receive the same level of quality they'd experience at any other Main Line Health facility, but within Delaware County."

The Cancer Center at Broomall provides a comfortable environment, offering Wi-Fi access and private televisions while patients receive chemotherapy. "It's an intimate setting with plenty of personalized attention from your physician and nurses," Kasmer says. "When you're being treated for cancer, you have a lot going on. Having an outpatient site that's easily accessible means there's one less thing to worry about."

Learn more at [mainlinehealth.org/
broomall](http://mainlinehealth.org/broomall). To schedule an appointment, call 484.580.1000.



New iPhone Hearing Aid Offers Superior Sound

The iPhone 6 and Apple Watch

aren't the only innovative Apple products to hit the market recently. You may have missed the debut last year of made-for-iPhone hearing aids, but they might be even more revolutionary than their fellow tech gadgets.

"If you have a hearing loss and haven't been able to effectively use a telephone, now your hearing aids can connect wirelessly to your iPhone," says Barbara J. Madden, AuD, director of Audiology at Riddle Hospital. "The sound processing is very advanced. This new hearing aid technology offers great sound quality, improved speech understanding, and better comfort in background noise."

The iPhone-compatible hearing aid, created by manufacturer GN ReSound, wirelessly works with apps on your phone that allow you to make custom sound adjustments based on location. For example, if you get the settings in your favorite restaurant just right, the next time you're there, your iPhone will remember.

Although these hearing aids are made for iPhones and iPads, it's not required to own one of the devices. They function as sophisticated digital hearing aids, too.



If hearing loss is an issue for you or you want to try out the new hearing aids, schedule an appointment with an audiologist. "We do a listening needs assessment to find the right solution for each person," Madden says. "Our ultimate goal is your wellness, not selling hearing aids." ●

Make an Appointment

Call 484.227.3370 or visit mainlinehealth.org/riddleaudiology to learn how the Audiology and Hearing Aid Center can help with hearing loss.

WINTERTIME DEPRESSION CAN LEAD TO ALCOHOL ABUSE

As the days get darker and drearier, it's natural to feel a bit less energized.

"When there's not as much sunlight, some people tend to feel more down," says Karen Archambo, clinical supervisor at Main Line Health's Center for Addictive Diseases. "They may isolate themselves, and that's when depression can really sink in."

To deal with depression, some people turn to alcohol—but there are many problems with that strategy. For one, alcohol is a central nervous system depressant. If a person is already

depressed, adding a substance that's a depressant will make it worse. "It's creating this vicious cycle," Archambo says. "Initially, those euphoric feelings will last for maybe an hour or so, but drinking is going to ultimately make you more depressed."

Alcohol also takes away nutrients and vitamins from the body, which causes fatigue and sluggishness. Because women don't metabolize alcohol as quickly as men, it stays in the system longer for them, with harmful effects on the liver, heart,

and other parts of the body.

If you find yourself using alcohol to numb your feelings, particularly if you're drinking at home alone, seek help. Your doctor can connect you with the right treatment, which may include attending group or individual therapy at the Center for Addictive Diseases.

The Center for Addictive Diseases has locations in Drexel Hill and Exton. If you think you or a loved one need help, reach out at 1.888.CARE.898 or mainlinehealth.org/addiction.

Don't Suffer in Silence

Expert treatment relieves pelvic floor disorders

More than one-third of American women have a pelvic floor disorder (PFD), according to the National Institutes of Health. PFDs may arise at any point in life, although they are more likely to occur in a woman's later years. The most common PFDs include:

- Urinary or fecal incontinence
- Chronic pain
- Discomfort during sex
- Pelvic prolapse (when the uterus or top of the vagina falls through the vaginal opening)

"Pelvic floor problems can have a huge impact on a person's life," says Wendy Schlessinger, PT, a pelvic floor therapist at Paoli Hospital. "For example, women experiencing urinary incontinence may become virtually homebound because they're afraid to have an 'accident' if they go out."

There is no need, however, to "suffer in silence." Main Line Health offers a full-service outpatient Pelvic Floor Rehabilitation Program for the diagnosis,

treatment, and management of even the most complex pelvic dysfunction.

A Team Approach to Personalized Treatment

A multidisciplinary Pelvic Floor Rehabilitation team of doctors, physical therapists, and nurses work together to pinpoint each patient's source of pelvic discomfort. The team uses advanced diagnostic technology, such as electromyogram, which measures the electrical activity of pelvic muscles at rest and during contraction.

The Pelvic Floor Rehabilitation team creates a personalized treatment plan for each patient. That customization is essential because a wide variety of factors may lead to a PFD, including:

- Pregnancy
- Athletic injuries
- Poor posture
- Extra body weight

"The causes of pelvic floor disorders vary greatly, so this is not a cookie-cutter process. Instead, we provide an

individualized plan of care designed to address each person's particular condition and symptoms," says Schlessinger.

"Our goal is to strengthen and rebuild muscular control in the pelvic area to improve patients' quality of life," says Scott Voshell, co-director of Rehabilitation Services at Main Line Health.

How Rehabilitation Works

Pelvic floor rehabilitation can include:

- Assessment of pelvic muscle weakness
- Behavior modification training
- Fluid and dietary management
- Pelvic muscle exercises, including Kegel exercises
- Reconditioning of bladder muscles
- Biofeedback training of pelvic muscles
- Posture analysis and therapy
- Medication therapy

Throughout the process, the team emphasizes patient empowerment.

"Education and conversation are major components of our program," says Voshell. "We want women to feel comfortable enough to ask questions and to fully understand their condition and treatment options."

Outpatient Pelvic Floor Rehabilitation services are available at Lankenau Medical Center, Riddle Hospital, Main Line Health Center in Collegeville, and now at Paoli Hospital's Outpatient Physical Medicine and Rehabilitation Center.

"Pelvic floor disorders can be successfully managed," says Voshell. "Our highly trained rehabilitation team has the tools, experience, and empathy needed to provide relief for patients." ●



**Take the
First Step**

Don't let a pelvic floor disorder control your life. To learn more about treatment and find a location close to you, call 1.888.876.8764.



“Many of the adverse effects of cancer treatment on the heart can be anticipated—and therefore managed or avoided altogether.”

Q&A: Understanding How Cancer Treatment Can Affect the Heart

With Irv Herling, MD, cardiologist, Lankenau Heart Institute

What is the connection between cancer treatment and heart problems?

Unfortunately, sometimes treatments that destroy or damage cancer cells have an adverse impact on the heart. We call this cardio-toxicity. It can affect the heart muscle, valves, blood supply and lining, and electrical activity, as well as cause blood clotting and high blood pressure. In fact, the leading cause of death in cancer survivors is cardiovascular disease.

For example, radiation treatment to the chest for Hodgkin's lymphoma is known to damage the structures of the heart. Radiation treatment of left breast cancer may cause coronary atherosclerosis, in which harmful plaque builds up inside the arteries. Likewise, certain chemotherapy drugs may damage cardiac muscle.

Basically, this means that life-saving cancer treatment can actually come hand-in-hand with a significant cost in quality of life, or even life itself, because of a heart complication.

Does this apply to all people with cancer?

Several cancer therapies have known cardio-toxic effects, so a patient receiving those therapies may be at risk.

Heart complications can also occur in people who have pre-existing cardiovascular issues, such as high blood pressure, significant disease of heart valves, coronary artery disease, and heart failure. Other people at increased risk include the very young and the elderly, or those with diabetes, hyper-lipidemia, high cholesterol, smoking habits, and obesity.

Why is the link between cancer treatment and heart complications receiving attention now?

As treatments have improved, more people are living beyond a cancer diagnosis, which is great. At the same time, we have seen a trend of increasing cardiovascular complications in those individuals. Often, those exposed to certain cancer therapies may remain at increased risk of heart complication for the rest of their lives. What's important to know is that many of these adverse effects can be anticipated—and therefore managed or avoided altogether. Cardiologists and oncologists are starting to realize just how crucial it is to address the link between these two disciplines.

So what is the Lankenau Heart Institute doing to address the problem?

Cardiologists must become skilled in this discipline and knowledgeable about cancer treatments. It's also important for oncologists to understand the potential risks to the cardiovascular system and to work hand-in-hand with cardiologists to offer the best patient care.

Lankenau Heart Institute is creating a formal Cardio-Oncology program in conjunction with cardiology and oncology colleagues throughout the Main Line Health system. New guidelines and strategies will help us manage cardiovascular risk and prevent complications in people with new cancer diagnosis and in cancer survivors post-treatment. This will involve a team approach highly focused on each patient's specific case. When appropriate, patients will undergo a detailed cardiovascular assessment before beginning their cancer treatment. The goal is for people to begin cancer treatment with full knowledge of their risk and a system in place to minimize that risk—or eliminate it altogether. ●

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NAVIGATING YOUR HEALTH CARE

Understanding Medical Studies

Sometimes a new medical study seems to contradict other health advice you've heard. How can you make sense of all the information?

When you come across a new finding, pay attention to the details. Not all studies are alike. For example, research involving people, rather than animals, is typically more relevant to you. You also should note:

- How many people took part in the study
- The characteristics of the people in the study, such as gender or ethnicity
- Where the study was published

The more people studied and the more they are like you, the more meaningful the results are to you. Also look into who paid for the study and who is reporting it. For example, if it's a study about the benefits of a certain medication and the medicine's manufacturer funded the study, be wary.

If you're considering changing a health habit based on a study, check with your doctor first.

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4 Unhealthy Traps We Fall Into in Our 30s

There are a lot of great things about being in your 30s. Your career's looking up, you may be building a family—and you can finally buy the good wine.

But the same things that make your 30s wonderful also make life just plain full: chauffeuring the kids, logging long hours at the office, keeping up a home in the midst of the chaos. When life gets hectic, it's easy to let your health slide. Watch out for these traps.

1 You're too tired to work out. Starting at age 30, inactivity is the greatest risk factor for heart disease, says a 2014 study on Australian women. But when your eyelids feel like lead, heading to the gym can seem like a Herculean task. So don't pack a gym bag—go outside instead. All exercise improves mood, but outdoor activity increases energy and makes you feel revitalized more than indoor workouts, studies show.

2 You skip regular checkups. Even if you feel fine, it's important to see a primary care doctor regularly for health screenings. Depending on your risk factors, you may need a cholesterol test, diabetes screening, or other exams. Don't wait until you have worrisome symptoms. Many diseases are easier to treat if you catch them early.

3 You're not taking folic acid. In women, folic acid helps prevent major birth defects. For the best protection, have enough folic acid in your body even before you become pregnant. Most women of childbearing age need about 400 to 800 micrograms daily. You can get it from a vitamin or certain cereals.

4 You munch on your kids' leftovers. You know the drill: Your child won't eat anything but macaroni and cheese, so you end up having it three times a week, too. Compared with women without kids, mothers are more likely to drink sugary beverages, consume more calories each day, and carry extra weight, says a study in *Pediatrics*. Remember, your kids notice what you eat. If you snack on nuts and a piece of fruit, eventually they will, too.

