

WOMEN'S healthsource

CAN VITAMINS *Help Your* HEART?

3D MAMMOGRAM:
CLEARER
RESULTS



read inside

HAVING CHILDREN AFTER CANCER

Trying to become pregnant
may have saved her life.
See pages 4 & 5.

FALL 2016 POOR SLEEP LEADS TO MEMORY PROBLEMS | A NEW
WAY TO LOSE WEIGHT—WITHOUT SURGERY | HELPING OLDER
ADULTS AVOID MEDICATION MISTAKES



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Poor Sleep Leads to Memory Problems and Much More

If you were given an extra hour in the day, how would you spend it? If you're like many women, the answer is probably sleeping.

Experts recommend aiming for seven to eight hours of sleep every night. But juggling work, family, errands, and a social life can make it difficult to carve out time for consistent, quality sleep. Sleep deprivation doesn't just make you feel cranky and fatigued; it can take a real toll on your physical and mental health. Consider some of the consequences:

It can pack on the pounds.

Having trouble dropping extra weight? Make sleep a priority. Sleep deprivation can cause metabolic changes that are linked to obesity. Not getting enough sleep interferes with the hormones that regulate appetite and expend energy.

It reduces your ability to learn.

While we sleep, our brain is preparing itself for learning new things. Sleep deprivation can severely disrupt this process. According to the National Institutes of Health, our ability to learn new things drops a whopping 40 percent when we don't sleep. Sleeping well also enables us to better problem solve, be creative, and manage intense emotions. Have a big presentation at work? Get to bed early instead of staying up late cramming.

It can affect your memory.

When you sleep, your brain is far from snoozing. In fact, it's hard at work cementing what you learned that day into memory. To retain knowledge, keep in mind that getting a good night's sleep after a day of learning is just as important as sleep the night before.

It can lead to cognitive impairment.

In some cases, poor sleep is caused by sleep apnea, a condition that causes countless pauses in breathing during sleep. Untreated sleep apnea is linked to health problems like stroke, high blood pressure, and even Alzheimer's disease.

"Throughout the day, our brains naturally build up a substance called beta-amyloid," explains Brian Abaluck, MD, who specializes in neurology and sleep medicine at Paoli Hospital's Center for Sleep Medicine, part of Main Line Health. "While we sleep, our brains flush out this toxin. However, for those with obstructive sleep apnea who suffer from severe disrupted sleep, their brains don't have the opportunity to clear it."

The problem with beta-amyloid is that it causes plaques to form between brain cells, which contributes to the development of Alzheimer's disease. In fact, a study in the *Journal of the American Medical Association* showed that older women with untreated sleep apnea have almost twice the risk of developing cognitive impairment, including Alzheimer's disease.

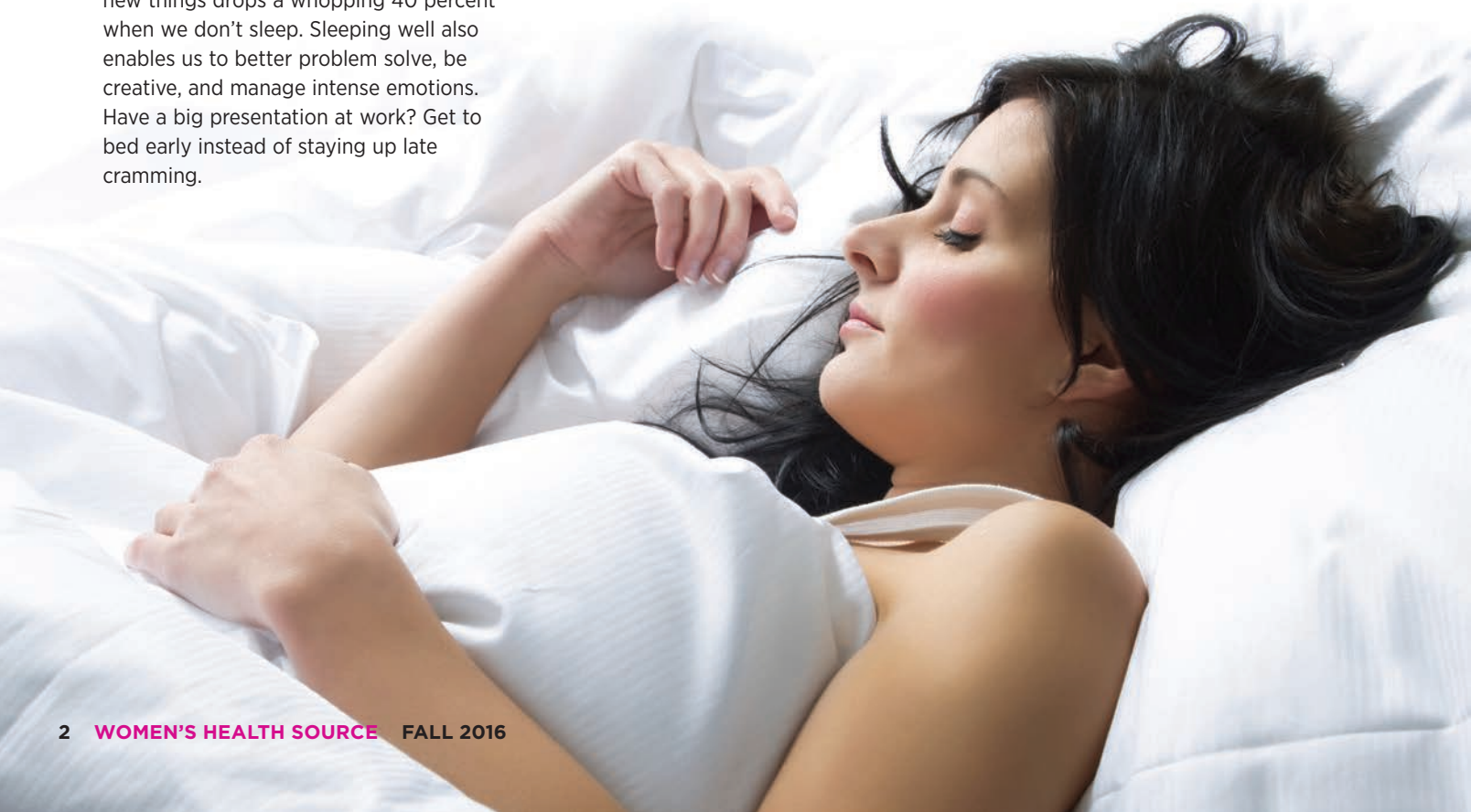
"Getting help for sleep problems is one way to help prevent memory problems," says Dr. Abaluck. Although they're highly treatable, sleep disorders are often ignored or not diagnosed for years. The Paoli Hospital Center for Sleep Medicine provides complete diagnosis and treatment for a variety of sleep disorders, such as sleep apnea, insomnia, and restless leg syndrome. ●



Rest Easy

Think you or a loved one may have a sleep or memory

problem? All four Main Line Health hospitals offer sleep centers, as do the Main Line Health Centers in Broomall and Newtown Square. Visit mainlinehealth.org/sleep.



A New Way to Lose Weight—Without Surgery

The Bariatric Center at Bryn Mawr Hospital is dedicated to empowering people to live healthier lives. The Center is now offering a groundbreaking new weight-loss option for patients who struggle with obesity-related conditions, including heart disease, high blood pressure, Type 2 diabetes, and/or sleep apnea. The intragastric balloon procedure enables weight loss without invasive surgery.

“This procedure is an option for people who want to lose 30 to 50 pounds to improve their health. It is a nonsurgical solution that doesn’t alter the body’s anatomy,” says Richard Ing, MD, Medical Director of Bariatric Surgery at Bryn Mawr Hospital, part of Main Line Health.

How the Balloon Procedure Works

First, the patient is mildly sedated. A thin endoscope containing a deflated balloon is placed through the mouth and into the stomach. The balloon is then inflated with

saline, expanding to create a sense of fullness in the stomach.

Designed to be temporary, the balloon is endoscopically removed after six months. Both the balloon insertion and its removal take less than 30 minutes to complete.

“After six months with the balloon providing a feeling of being full, the goal is for patients to modify their eating habits and make other behavioral changes to maintain a healthy weight for the long term,” says Dr. Ing.

Not everyone is a candidate for this procedure, such as those who have had previous bariatric surgeries or those with a very high BMI (body mass index). Currently, the procedure is not covered by health insurance.

Support Every Step of the Way

Following intragastric balloon placement, the Bariatric Center team provides support to help patients work toward a goal weight. Services include personalized

nutritional counseling from registered dietitians, along with exercise education.

“We don’t just treat patients and tell them ‘good luck.’ We are with them every step of the way, and if they stumble, we’re there to get them back on track,” says Dr. Ing. “Helping people embrace behavioral changes is part of our comprehensive care.” ●



Take the First Step

The Bariatric Center at Bryn Mawr Hospital is accredited

by the American Society of Metabolic and Bariatric Surgery. Visit mainlinehealth.org/bariatrics to learn more about your options, read patient testimonials, and sign up for a free information session.



Pear and Quinoa Salad

Quinoa (pronounced keen-wah) is a grain that you can often find in the pasta aisle at the supermarket—look near rice or other grains. It has a nutty, chewy texture.

- 2 cups cooked quinoa (red provides more color)
- 2 cups chopped pear
- 2 stalks celery, chopped
- ¼ cup golden raisins
- ¼ cup sliced almonds
- ¼ cup raspberry vinaigrette
- 4 romaine lettuce leaves



Mix all ingredients and mound onto lettuce leaves. Serve at room temperature or chilled.

Makes four servings. Each serving contains about 270 calories, 9 g fat (1 g saturated fat, 0 g trans fat, 0 g cholesterol), 75 mg sodium, 45 g carbohydrate, 7 g dietary fiber, 18 g sugars, and 6 g protein.



What's for Dinner?

Find healthy inspirations in our recipe library at blog.mainlinehealth.org/community/.





Preserving Fertility While



Dinner time is a happy time for Jim and Kelly Collevecchio's twins.

Newly married Kelly Collevecchio, 26, wasn't planning to become a mother right away. But her husband's heartfelt enthusiasm was hard to resist.

"Jim said, 'We might as well start a family when we're young,'" Kelly says. "He convinced me. And I'm very lucky he did." That's because trying to become pregnant may have saved Kelly's life.

The Collevecchios, of Boothwyn, had been trying for about six months to have a baby when Kelly's OB/GYN suggested fertility testing. After a test showed a possible problem with one of her fallopian tubes, she was referred to Isaac Sasson, MD, PhD, FACOG, a reproductive endocrinologist (fertility specialist) with Main Line Health.

Dr. Sasson ordered more tests, which revealed another problem—a mass on Kelly's right ovary, which turned out to be cancerous.

Kelly, a nurse at Riddle Hospital, was stunned. Symptoms of ovarian cancer can include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, and urinary symptoms (urgency or frequency). Women who experience these symptoms almost daily for more than a few weeks should see their doctor. But signs of ovarian cancer are often silent, and Kelly hadn't experienced any symptoms at all.

"I had no idea anything was wrong," Kelly says. "The only reason my doctor ordered tests was because I was trying to get pregnant. Since I was already at stage 3, we were fortunate we found the cancer when we did."

Dr. Sasson quickly referred Kelly to David Holtz, MD, FACOG, Director of the Division of Gynecologic Oncology at Main Line Health. In September 2013, Dr. Holtz removed Kelly's right ovary and fallopian

tube in a procedure at Paoli Hospital. He also recommended chemotherapy.

Teaming Up to Optimize Results

Kelly and Jim still hoped to start a family, but they were concerned about how the chemo might affect Kelly's fertility. Drs. Sasson and Holtz worked together and determined there was enough time to retrieve eggs from Kelly's remaining ovary before she began chemotherapy.

Kelly's ovary was stimulated with hormones to produce several mature eggs. The eggs were then removed, fertilized in the laboratory with Jim's sperm, and frozen for use after Kelly's cancer treatment.

In February 2015, after six rounds of chemotherapy and several months of recovery, Kelly was ready to complete her fertility preservation treatment. Her fertility team transferred two embryos to her uterus. Thirty-six weeks later, on October 12, 2015, Kelly delivered healthy twins at Riddle Hospital.

Know Your Fertility-Sparing Options

If you've been diagnosed with cancer, you may already know that treatments can affect your reproductive health. The good news is that there are options to help preserve fertility.

"The best approach is having the oncologist collaborate with the reproductive endocrinologist early—before cancer treatment begins," Dr. Holtz says. "We want to make sure couples understand the methods we can use to minimize the chance for infertility without sacrificing the quality of cancer care."

One option may be to suppress the activity of the ovaries during chemotherapy with oral contraceptives or medications to preserve ovarian function, Dr. Holtz says. In addition, sometimes doctors can use a chemo drug that's less toxic to the reproductive system but still effective against the cancer.

Embryo freezing, which the Collevecchios used, may be a good option if it's safe to delay your cancer treatment for two to

Fighting Cancer

three weeks. This is how long it takes to stimulate the ovaries for egg retrieval.

Dr. Sasson's practice has a dedicated team that works with cancer patients to ensure their fertility care starts quickly so their cancer treatment can follow as soon as possible.

"We see patients with cancer within a day or two because we want to make things as easy for them as we can," Dr. Sasson says. "These are challenging times for them, and it's important they feel emotionally supported through every phase of care."

Enjoying Every Minute

Kelly, now 30, acknowledges her journey hasn't been easy. But she considers herself lucky. She says she and Jim couldn't have asked for more from their Main Line Health team.

"The babies are starting to crawl, and we're having so much fun with them," Kelly said in May. "Brielle's a fabulous sleeper, but James needs a little more

TLC to calm down, so I rock him to sleep every night. I worked hard to have these babies, so I will rock him to sleep every night until he's 18!

"I'm savoring this time because I know they'll never be this small again," Kelly adds. "I don't take any day for granted, and I don't think I ever will again. I'm happy and healthy and trying to just enjoy life as it comes." ●



Help for Healthy Pregnancies

It's important to know the potential risks to you and your baby during pregnancy--and to address any medical issues you may have before you get pregnant. If you're facing cancer, heart disease, or other risk factors, Main Line Health offers maternal fetal medicine and fertility specialists who can help guide you to a healthy pregnancy. To learn more, visit mainlinehealth.org/maternity.



Patient Kelly Collevecchio and her twins visit her doctors Isaac Sasson, MD, PhD (left), and David Holtz, MD, FACOG, at Paoli Hospital.

LEADING THE WAY IN OVARIAN CANCER RESEARCH

Groundbreaking research by scientists at Main Line Health's Lankenau Institute for Medical Research (LIMR) could lead to a new treatment for women with advanced ovarian cancer.

"One of the big problems with ovarian cancer is that after optimized surgical removal of the tumors and aggressive chemotherapy, nearly all patients develop recurrent tumors," says Janet Sawicki, PhD, a cancer biologist who led the research team and is LIMR's Deputy Director. "Obviously, a more effective treatment option is needed."

Earlier this year, the LIMR team published a study on its innovative targeted-therapy approach to suppress a protein in ovarian tumors known as HuR. The study appeared in the March 15, 2016, edition of *Cancer Research*, a journal of the American Association for Cancer Research.

HuR plays a key role in promoting tumor growth and the development of drug resistance. Using a novel DNA structure called a nanocarrier for drug delivery, the LIMR team successfully administered a therapeutic molecule through the bloodstream that targets HuR in ovarian tumors, but leaves healthy cells alone.

"We have shown that by suppressing HuR, a master regulator of hundreds of genes, we can disrupt many essential cellular molecular pathways needed by ovarian tumor cells to survive," Dr. Sawicki adds. "This finding sets this therapeutic approach apart from other therapies targeting a single gene."

In early studies, tumor growth was suppressed and life span was significantly increased in mice treated with the new therapy.

Dr. Sawicki hopes to have an FDA-approved investigational drug ready for phase 1 clinical trials in 2017. The drug will be tested in combination with the standard chemotherapy for ovarian cancer, she says, aiming to suppress tumor growth and overcome drug resistance. "This new therapy looks quite promising, and we're anxious to begin testing."

WELLNESS AND PREVENTION

Blood Pressure Screenings

Main Line Health regularly provides free screenings at locations across the region. For the full current list, visit mainlinehealth.org/events.

Safer STEPS

Learn about common safety hazards in the home and how exercise can help prevent falls.

All sessions from 1 to 2 p.m. at the Annenberg Conference Center, Lankenau Medical Center.

- September 27, Stone Room
- October 25, November 29, Room 101A

Hip and Knee Pain Seminars

Learn the causes of pain and treatments to relieve it. All seminars from 1 to 2 p.m. at Lankenau Medical Center.

- September 22
- October 20
- November 17
- December 15

Matter of Balance Classes

Learn practical strategies to reduce fear of falling and increase your activity levels. Use of evidence-based practices to assist people who have concerns about falls or who are interested in balance and flexibility. To register for sessions at Paoli Hospital from 1:30 to 3:30 p.m., call 484.565.8328 or email Eckenrodel@mlhs.org:

- Thursdays, September 29 to November 17, Potter Room
 - Mondays, October 3 to November 21, Paoli Room
- To register for sessions at Riddle Hospital from 1 to 3 p.m. call 1.866.CALL.MLH:
- Mondays, September 19 through October 13

LEARN WELL LIVE WELL

At Main Line Health, we are committed to providing comprehensive care for you and your family when you need it, but we're equally dedicated to keeping you healthy. Our Learn Well Live Well program is designed to provide the knowledge you need to take an active role in managing your health. Find an upcoming seminar near you at mainlinehealth.org/learnwell.



Registration is required for most programs unless otherwise noted.

To register for an upcoming event in this calendar, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes.

Lankenau Medical Center also offers this class; call 1.888.876.8764.

Where Delicious Meets Fast and Healthy

Nutrition tips, a cooking demonstration, and taste-testing with Judy Matusky, RDN, LDN.

Fee: \$5.

- September 29, 6:30 to 8 p.m. 933 Haverford Road, Bryn Mawr Lower Level Conference Room A

SmokeFREE

Free six-week behavior management program designed to help smokers quit. Offered at all four Main Line Health hospitals. Call 484.227.FREE for schedule and details.

The Healthy Woman Program at Lankenau Medical Center

Provides free health screenings for qualifying women who are uninsured or underinsured. Screenings include mammograms, pelvic

exams, and Pap tests. Call 484.476.8554.

American Red Cross Blood Drives

To make an appointment, go to redcrossblood.org and use sponsor code "paolihospital."

- December 16 and 30, 7 a.m. to 5 p.m., Paoli Hospital, Potter Room, 255 West Lancaster Ave.

CHILDBIRTH AND CHILD CARE

We're here to help you prepare for your newest addition with a variety of classes available at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital.

Preparing for Childbirth Series and One-Day Classes

Preparation for labor and delivery is offered in this Lamaze-type class. A tour of the hospital maternity unit is included. Schedule this class at approximately eight months of pregnancy. Class size is limited; please enroll early. Fee: \$110.

Prenatal Breastfeeding

Learn the steps to successful breastfeeding. Partners encouraged to attend. Fee: \$45.

Baby & You Series

This class increases confidence in new parents in caring for their babies. Class includes a visit from a pediatrician affiliated with

Main Line Health. Please enroll early. Fee: \$90.

Preparing for Multiples

For those expecting multiples, learn about birth and postpartum. Fee: \$45.

Advanced Comfort Measures

Beyond breathing and relaxation. Fee: \$45.

Sibling Preparation

For 3- to 7-year-old siblings. Fee: \$30 for one child; \$10 for each additional child.

Keeping Baby Safe

Creating a safe and healthy environment. Fee: \$45.

The Happiest Baby

Learn ways to calm a crying baby. Fee: \$90.

Safe Sitter Babysitting

An intensive one-day training for boys and girls ages 11 through 14. Learn to care for younger children as well as to prevent unintentional injuries while babysitting. Fee: \$60.

- November 25, 9 a.m.
- December 28, 9 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

Grandparents as Sitters

Designed for grandparents caring for their grandchildren ages

newborn to 6 years old. This course covers safety, child care equipment, CPR, and choking. **Fee: \$40.**

- September 24, 8:30 a.m.
 - November 12, 8:30 a.m.
- Riddle Hospital, Administrative Annex, Conference Room 1

DISEASE MANAGEMENT

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. Get information on makeup, wigs, head wraps, and more! **Registration required.** Call **1.800.227.2345.**

- September 14, 5 p.m.
 - November 9, 5 p.m.
- Paoli Cancer Center Lobby
- October 17, 11 a.m.
- Riddle Hospital, Administrative Annex, Conference Room 1

Diabetes & You Daytime and Evening Programs

Designed to help you gain better management of diabetes. Cost is covered by most insurance companies. Call **484.227.3769.**

- At 12:30 p.m.:**
- September 7, 14, 21
 - October 5, 12, 19
 - November 2, 9, 16
 - December 7, 14, 21

- At 6:30 p.m.:**
- September 13, 20, 28
 - October 11, 18, 26
 - November 8, 15, 30
- Riddle Hospital, Health Center 4, Conference Room 2

CPR AND FIRST AID

- ♥ **Basic First Aid Class**
- This Emergency Care & Safety

ANGIOSCREEN: 6 MINUTES COULD SAVE YOUR LIFE

AngioScreen delivers a personal evaluation of your circulation and vascular health, as well as clear and immediate test results of the following:

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

The cost is \$50. Visit mainlinehealth.org/angioscreen or call **1.866.CALL.MLH** for an appointment at one of our multiple locations.

20 SECONDS | 1 CT SCAN | 1 ANSWER

Lung cancer is the #1 cancer killer in the U.S.—more than breast, colon, and prostate cancers combined. But now, a low-dose CT scan can lower the risk for death from lung cancer by 20% in high-risk patients. All four Main Line Health hospitals as well as our

outpatient Health Centers perform this painless, non-invasive test.

Call **484.565.LUNG** to schedule your screening. To learn more about the scan and your personal cancer risk, visit mainlinehealth.org/lungscreen.

Institute course covers bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification.

Fee: \$40. Preregistration with payment is required.

- September 22, 7 p.m.
 - December 3, 9 a.m.
- Riddle Hospital, Administrative Annex, Conference Room 1

♥ CPR Heartsaver AED

This American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive a two-year certification.

Fee: \$65.

- September 12 and 13, 6:30 p.m.
 - November 21 and 22, 6:30 p.m.
- Riddle Hospital, Administrative Annex, Conference Room 1

FOR OLDER ADULTS

Mature Driving AARP

Driver safety program covering the challenges of drivers older than 55. Full and renewal courses offered.

Fee: \$15 per person for AARP members; \$20 per person for nonmembers. Courses start at 9 a.m.

- Full course: November 16 and 17
 - Renewal courses: September 21, October 22, December 14
- Riddle Hospital, Administrative Annex, Conference Room 1

Senior Suppers at Riddle Hospital

Monthly event featuring dinner and an informative presentation about healthy living for older adults.

Fee: \$7/person. Held at 4:30 p.m. in the Administrative Annex, Conference Room 1.

- September 28: “Fighting Colon Cancer with a Fork and a Knife,” with Samir N. Parikh, MD, FACS
- October 26: “Mental Health and Emotional Wellness for Seniors,” with Tom McGuirk
- November 30: “Diabetes Education,” with Ginny Goldschmidt, RN-BC, MSN, CDE

Senior Supper Club at Paoli Hospital

For the “over 60” crowd, enjoy dinner and a healthy living seminar.

Fee: \$7/person. Held from 5 to 7 p.m. Reservations required; call 1.888.876.8764.

- September 12: “Transitions in Care”
- October 5: “Safety Concerns for Seniors”
- November 16: “Achy Joints: Hips, Backs, and Shoulders”
- December 13: Holiday Party Time! Paoli Hospital, Potter Room

Senior Entertainment Tonight

A fun evening for the “over 60” crowd.

Fee: \$5/person with light supper. Reservations required.

- October 12, 5 to 6:30 p.m.: Ross Kershey, local historian, will speak on “Controversial Elections” Paoli Hospital, Potter Room

FALL COMMUNITY PROGRAMS IN EXTON

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

- 🗨️ “Prediabetes,” with Janet Wendle, Diabetes Program Manager. This diagnosis is a wakeup call that you’re on a path to diabetes. But it’s not too late to turn things around.
- September 27, 6:30 to 7:30 p.m.

- 🗨️ “Fighting Cancer with a Fork and Spoon,” with Gretchen Skwer, RD. How does the food you eat increase or decrease your risk for cancer?
- October 13, 6:30 to 7:30 p.m.

- 🗨️ “Hip and Knee Pain Seminar,” with Donna Levan, Orthopaedic Program Manager. Learn about common causes of hip and knee pain, the latest treatments, and how to avoid injury.
- October 17, 6:30 to 7:30 p.m.

- 🗨️ “Back Pain Seminar,” with Donna Levan, Orthopaedic Program Manager. Learn some simple steps to prevent back injury. Program will cover body mechanics, anatomy, treatment options, and posture.
- November 21, 6:30 to 7:30 p.m.

- 🗨️ “Heart Health and Sleep Disorders,” with Donald Ferrari, MD, and Michael Misero, Main Line Health Sleep Specialist. Does poor sleep affect your heart health?
- December 6, 6:30 to 7:30 p.m.



Find Out More

Main Line Health's Lymphedema Management Program is designed to help people with cancer overcome any lymphedema challenges. To make an appointment with a cancer specialist at one of Main Line Health's four acute care hospitals, please call 1.866.CALL.MLH.

Expert Care Is Key in Living with Lymphedema

It's not easy for patients with breast cancer to learn they've developed lymphedema.

But Main Line Health's Lymphedema Management Program is there to support them every step of the way.

Lymph is a fluid that circulates through the body to refresh the ability to fight infection. If patients with breast cancer have lymph nodes surgically removed, or if lymph tissue is damaged during radiation treatments, this may lead to a buildup of lymph fluid known as lymphedema.

"Lymphedema is not a complication of cancer treatment. It's actually a side effect of having lymph nodes removed," says Robin Ciocca, DO, surgical oncologist at Lankenau Medical Center, part of Main Line Health. Patients who have had a lymph node procedure may develop lymphedema at any point during their lifetimes. Those with breast cancer who have had most of their lymph nodes removed with an auxiliary lymph node dissection (ALND) are at higher risk for lymphedema than those who have had two or three lymph nodes removed in a sentinel lymph biopsy.

When people who have been treated for breast cancer develop lymphedema, the excess fluid and swelling it causes usually appear around the arm or hand area. They may notice subtle, gradual symptoms, such as rings that no longer fit or a slight swelling in an arm. If left untreated, lymphedema can lead to infections.

It's important to seek the right care when treating lymphedema. "Lymphedema affects each woman differently, so receiving care from experts is key to managing the condition," says Pallavi Rastogi, MD, hematologist/oncologist at Paoli Hospital, part of Main Line Health.

Certified lymphedema specialists develop an individual therapy plan for each patient. Treatments include lymph drainage massage and custom-fitted compression garments. "We're also investigating a new tool called L-Dex™, which measures the actual lymphatic flow to determine the potential for lymphedema to develop. This can prevent progression to a more serious problem," says Brad Carter, MD, breast surgeon at Bryn Mawr Hospital, part of Main Line Health.

Prevention is an important factor in controlling lymphedema symptoms. "Studies show that women who maintain an ideal body weight and stay physically active have a lower risk of developing lymphedema," says Dr. Ciocca.

Patient education, early diagnosis, and ongoing treatment are essential elements of the Lymphedema Management Program. "This is another outstanding example of the multidisciplinary services we offer for people with cancer," says Dr. Rastogi. ●

CLEARER DETECTION WITH 3D MAMMOGRAPHY

We know that annual mammograms are the best way to detect breast cancer at its earliest, most treatable stage. As part of Main Line Health's ongoing commitment to you, we are proud to offer a revolutionary new breast cancer screening and diagnostic tool, 3D mammography.

3D mammography is similar to a conventional mammogram except that it uses multiple images to create a 3D view of the breast. These 3D images allow a radiologist to gain a better understanding of your breast tissue during screening, significantly improving early breast cancer detection. The technology also reduces the need for follow-up imaging by up to 40 percent.

Call us today at 484.580.1800 to schedule your test. You can also visit mainlinehealth.org/3Dmammography to view locations and hours and request an appointment online.

4 Ways to Sync Up with Teen Internet Use

Nearly 75 percent of U.S. teenagers own a smartphone, so it's important to educate kids on inappropriate or dangerous online conduct and content.

"Keep in mind the teen brain when having these discussions," says Kelly Campanile, Psy.D., psychologist with Bryn Mawr Family Practice Residency Program.

"Adolescents' decision-making abilities are still developing. Typically, teens are drawn to novel, risky stimuli and are under-sensitive to the negative consequences. So it's important to provide them with stimuli that aren't risky, such as sports, activities, or trips to new places."

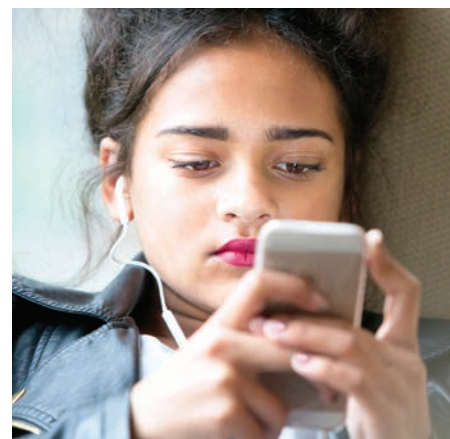
1 Take time to learn what your teens do online. Ask your kids where they go and who they interact with. Make sure your teen knows they can tell you if they feel scared by something. Work together to solve the problem, which may involve reporting it to authorities.

Explain what you consider off-limits behavior. For instance, warn them about the dangers of texting about sex with either friends or strangers. Teens risk

becoming victims of harassment or crimes. News stories about sexting or cyberbullying can serve as jumping-off points.

2 Befriend your teen in the digital space. About 70 percent of teenagers have more than one social media profile. Create your own account to learn more about those networks. Then, state that you and your child must connect on Snapchat, Instagram, Facebook, or any other platform.

3 Talk about transparency with your teen. You should occasionally check text or chat logs and browser histories. "However, don't rely solely on these monitoring strategies," says Campanile. "Engaged parenting and positive teen-parent relationships have been consistently found to help teens open up about risky behavior, including Internet use."



4 Keep tabs on Internet jargon. Text-speak and social media comments can involve slang, acronyms, and images called emojis. Search online for the meaning of unfamiliar phrases or symbols, or ask your teen to explain. Decoding them can help you understand your teen's interactions—and, just maybe, your teen.

THERAPY PETS: HELPERS IN HEALING

Barney is a busy dog. On any given day, the Labradoodle-terrier mix may visit a rehabilitation hospital, stop at a nursing facility, or sit in on an elementary school reading class.

Barney is a trained, certified therapy pet who is an integral member of the Pet Therapy team at Bryn Mawr Rehab Hospital, part of Main Line Health. His role is to boost the health and well-being of people with a range of conditions, including traumatic brain injury, cardiovascular disease, and stroke. Animal-assisted therapy can:

- Ease stress, anxiety, and depression in people of all ages
- Encourage communication and socialization
- Promote healthy activity and help speed recovery

How does it work? First, animals are natural mood-lifters, says occupational therapist Ruth Crouthamel of Bryn Mawr

Rehab Hospital. "They're always happy to see you. They give you an immediate psychological boost."

Second, animals can help motivate patients to meet their therapy goals. "Feeding a dog or clipping on a leash improves fine motor skills," says Crouthamel, who works with Barney and three other therapy dogs, Charlie, Fiona, and Bert. "Walking with a dog increases standing tolerance. Giving commands to a dog helps strengthen the voice."

Therapy pets—including cats, rabbits, and other animals—may also spark a positive response in people with cognitive deficits like autism-spectrum disorder or Alzheimer's disease.

"A warm, fuzzy animal brings smiles to people who haven't smiled in a long time," says Crouthamel. "And that's priceless."

Lankenau Medical Center and Bryn Mawr Hospital also have pet therapy and visitation programs.



Support for Recovery

Occupational therapy at Bryn Mawr Rehab Hospital helps patients who have experienced a debilitating injury or illness return to activities of daily living. Learn more at mainlinehealth.org/occupational, or call 484.596.5400.

Helping Older Adults Avoid Medication Mistakes

Modern medications have truly transformed health care. They help cure disease, prolong life, and allow us to feel better each day. But medications work properly only if we take them the way we should. And there's the problem: Busy schedules, multiple prescriptions, having more than one health care provider, and even the use of different pharmacies can easily lead to medication mix-ups and health concerns.

"Medication noncompliance is a major problem that can greatly affect medical outcomes," explains geriatrician Thomas E. Lawrence, MD, System Medical Director of Geriatric Medicine and Long Term Care at Main Line Health. "But often it is not done intentionally. It can happen if you forget to take your medicine, take it incorrectly—such as the wrong amount or at the wrong time—or take medications or supplements that negatively interact."

Concerns for Older Adults

Dr. Lawrence says that taking medications incorrectly affects people of all ages. But older people can be especially at risk.

"Older adults often have multiple health problems that require many different medications, often prescribed by different physicians or specialists. This increases the chance of interaction problems," he explains. "Age-related memory loss can contribute to adherence problems as well. Even vision or hearing issues can prevent older people from following medication instructions correctly."

Tips for Medication Safety

Follow these steps to help you or a loved one avoid medication problems:

- Keep an updated list of the drugs and supplements you take, including dosage, in your wallet. Review it with all your doctors.
- Try to use just one pharmacy. If that's not possible, make sure each pharmacy has a list of all your prescriptions, not just the ones filled there.
- If you take many different pills throughout the day, ask your doctor if your medication plan can be simplified.
- Fill a weekly pill box to remind you to take your medicine. Ask a family member to help if necessary.
- Keep medications safe from teens/grandchildren to prevent misuse.
- Talk with your doctor if you're prescribed sleeping pills or narcotics. Both can become addictive and cause increased risks, such as confusion and falls, in older people. ●

RX FOR DISASTER: THE OVERDOSE EPIDEMIC

Prescription medications play a major role in pain management. But their improper use may lead to dependency, addiction, and even overdose. According to the CDC, overdose deaths involving opioids—legal drugs including oxycodone and hydrocodone, and illegal drugs like heroin—have nearly quadrupled in the U.S. since 1999.

"All age groups are at risk," says Mike Hammonds, Director of Acute Care Behavioral Health at Bryn Mawr Hospital, part of Main Line Health. "But adolescents and especially young adults are under high pressure to achieve in school, among many other things, and may be at higher risk for drug use and overdose."

The hospital emergency department (ED) is the front line of treatment for overdose cases.

"In the ED, we see patients at their most vulnerable," says Hammonds. "That's also the time they may be most willing to get help."

After the patient is medically stable and assessed, he or she may be directed to a substance use disorder facility, such as Mirmont Treatment Center, also part of Main Line Health, where drug dependency is addressed in a holistic, supportive setting or in an outpatient setting depending on the care needed.

"People think of addiction as a personal failing, and that can keep them from seeking help," Hammonds adds. "We want patients to get the treatment and follow-up care they need to return to health."

Main Line Health Behavioral Health offers inpatient and outpatient services throughout the community. For more information, visit mainlinehealth.org/behavioral.



Endometriosis and Heart Disease: What's the Link?

Endometriosis happens when the lining of the uterus grows outside of the uterus. It affects about 5 million American women. Now, new research published in the journal *Circulation* shows that having endometriosis may raise your risk for heart disease.

"We've known for years that women are at an increased risk for heart disease because of unique factors such as pregnancy complications and a greater incidence of diabetes. But this is the first study that has found a direct correlation between endometriosis and heart disease risk," says Katie Hawthorne, MD, Lankenau Heart Institute cardiologist at Lankenau Medical Center, part of Main Line Health.

Why the Connection?

Although it may seem like a curious link, women with endometriosis have unique risk factors for heart disease, including:

- Chronic inflammation
- Higher levels of LDL ("bad") cholesterol and lower levels of HDL ("good") cholesterol
- Oxidative stress, which has a negative effect on heart health

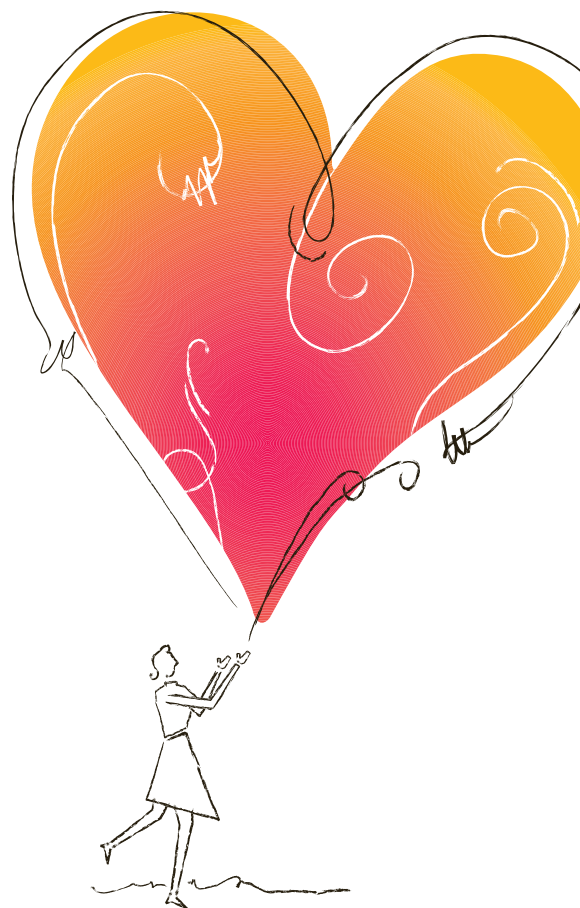
In addition, treatment for endometriosis, such as hormone therapy and hysterectomy, may also put women at risk for heart disease.

Ways to Protect Your Heart

"Preventive measures like exercising regularly, eating a healthy diet, quitting smoking, and limiting alcohol intake can all make a big difference," says Antonette Dulay, MD, Maternal-Fetal Medicine Specialist and OB/GYN at Lankenau Medical Center.

In addition, it's important to recognize the symptoms of a heart attack and seek medical attention immediately. Chest pain is the most common symptom, but a heart attack can occur without it. Women are more likely than men to have signs such as nausea, fatigue, shortness of breath, or pain in the jaw, back, or shoulders.

Finally, women with endometriosis should talk with their doctors about their concerns. "This study underscores the need for cardiologists, obstetricians, gynecologists, and primary care physicians to work together to consider other conditions when thinking about a women's heart disease risk," says Dr. Dulay. ●



Focused Care

Our physicians are uniquely qualified to address the special concerns of women. Learn more at mainlinehealth.org/women.

KIDNEY TRANSPLANT PROGRAM TRANSFORMS LIVES

The Kidney Transplant Program at Lankenau Medical Center has been a lifeline for many people with end-stage renal disease. Anna Oldfield is one of them. In 2009, when she was three months pregnant, her blood pressure suddenly soared, and the 39-year-old was diagnosed with a serious kidney disorder called IgA nephropathy.

Oldfield was monitored closely during her pregnancy and delivered a healthy baby girl. Within a week after the birth, however, her kidney function deteriorated and she needed dialysis treatments to survive.

Oldfield was placed on a national kidney transplant registry through Main Line Health's Kidney Transplant Program. In 2012, after three years on dialysis, Oldfield finally got the call: We have a match for you.

With expert care from Lankenau's physicians, surgeons, and nurses, her new kidney flourished, and she no longer needed dialysis. Today, she feels healthy, energetic, and grateful for the medical expertise that changed her life dramatically.

"Everyone at Lankenau was just great," Oldfield says. "Their main objective was to get me well, and they were there for me when I needed them."

"We are a highly experienced, hands-on team that takes pride in personalized service and quality care," says Robert L. Benz, MD, System Chief of Nephrology.

Learn more at mainlinehealth.org/nephrology/kidney-transplant-program.



A healthy Anna Oldfield with her family

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Ask the Doctor: Supplements and Your Heart

Riti Patel, MD, is a cardiologist with Lankenau Heart Institute. She has helped countless women and men improve their heart health. Lifestyle and dietary changes play a big role in her prescription. For some, this includes taking supplements.

Should you visit the vitamin aisle to help keep your heart healthy? Here's Dr. Patel's take, along with some additional tips for healthier living.

Q: Will supplements improve my heart health?

A: Supplements are sometimes helpful in improving overall health. But getting vitamins, minerals, and other nutrients from your diet is best.

Many people aren't aware that supplements are not regulated in this country. For the most part, people assume they're not dangerous—but some can actually cause harm. Which supplements will be helpful depends on your individual health issues, so it's important to talk with your doctor.

Q: Are there any supplements you recommend to all your patients?

A: Most people are deficient in omega-3 fatty acids, which directly affect heart health. I often recommend an omega-3 fish oil supplement to patients who don't eat fish regularly.

For vegetarians and vegans, flax and chia seeds are good sources of this

important nutrient. Some omega-3 supplements and all flax seeds require refrigeration so they don't go rancid. I generally recommend prescription fish oil capsules—which are regulated—so dosages are accurate.

Q: If nutrients from food are best, what should I eat?

A: The "ideal diet" is a moving target. Food involves a lot of things: your culture, family, and enjoyment. Your doctor or dietitian can help with changes that are easy for you to make. Sticking with these changes will have the biggest impact on your health long term. Unfortunately, there's no magic solution.

That being said, I do ask patients to think about portion size and limit processed foods, such as white flour, white rice, and sugar. Convenience foods with long shelf lives are generally nutrient-poor. We should lean toward nutrient-rich whole foods, such as fruits and vegetables. A healthy diet is less about calories and more about nutrients.

Q: How else can I promote a healthy heart?

A: Being active is important. And no smoking. That's the most important recommendation out of all of these. Just remember, though: If you do smoke, it doesn't make you a bad person! It just means you have a habit that would be best to break—the sooner, the better. ●



SAVE THE DATE!

Women's Heart Initiative presents

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Every Woman's Guide
to a Heart-Healthy Life

Thursday, November 2
Lankenau Medical Center
For event details, visit
mainlinehealth.org/whi.