

WOMEN'S healthsource

PLANNING *for a* **SAFE MIDLIFE PREGNANCY**

4 WAYS *to Prevent* **WINTER FALLS**



read inside

PATIENT STORY: TAKE HEART

Penn Valley woman is back on the road within weeks after innovative heart procedure.
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WINTER 2016 STEPS TO HELP MANAGE MENOPAUSE |
PLAN AHEAD BEFORE JOINT SURGERY | WINTER ILLNESSES YOUR
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Main Line Health®
Well ahead.®

Planning for a Safe Pregnancy Past 35

Many women are choosing to start a family later, and most of them will have healthy pregnancies. But research shows that risks to both moms and babies increase with age. Fortunately, women can improve their chances of having a healthy pregnancy by adopting healthy habits early and getting the appropriate health care they need before, during, and after pregnancy.

Understanding the Risks

"A woman past age 35 is not necessarily at high risk, but her pregnancy does require special care," says Joe Sincavage, MD, an OB/GYN with Riddle Hospital, part of Main Line Health. Risks can include complications such as miscarriage, still birth, congenital birth defects, poor fetal growth, multi-fetal pregnancies, diabetes, and high blood pressure.

Another risk is an age-dependent increased chance of having a baby with a genetic disorder. "All pregnant women should be offered a blood test for Down syndrome, Trisomy 18, and Trisomy 13," says Antonette T. Dulay, MD, a maternal-fetal medicine specialist with Lankenau Medical Center. All four Main Line Health hospitals have perinatal testing centers to conduct these specific tests. "Blood screening can help evaluate the risk of these genetic abnormalities, but it can't diagnose them."

Women who will be age 35 or older at their due date have the option of diagnostic tests such as chorionic villus sampling (between the tenth and twelfth week) or amniocentesis (at the fifteenth week or later), which are highly accurate but pose a small risk for miscarriage. Beginning at 11

weeks, doctors can also assess the nuchal translucency (the thickness behind the back of the baby's neck) to determine the risk of genetic problems, birth defects, miscarriage, and still birth.

Preconception Care Is Key

Women older than 35 planning a pregnancy should consider seeing a maternal-fetal medicine specialist, particularly if they have a chronic health problem such as diabetes, thyroid disease, obesity, depression, or asthma. "Managing any preexisting health condition is a must before becoming pregnant," says Dr. Dulay. "Doing so can greatly reduce risks to both the mom and baby."

In addition, "all women of childbearing age should get at least 400 micrograms of folic acid daily through food or supplements," adds Dr. Sincavage. "This helps prevent certain birth defects of the brain and spine."

If you become pregnant, quit drinking alcohol and smoking. Get tested for immunity against diseases that can harm a developing baby and update your vaccinations if necessary. Finally, talk with your doctor about any medications or supplements you should consider taking. ●



Beautiful Beginnings

From preconception counseling and fertility specialists to private delivery suites and advanced neonatal care, our OB/GYNs deliver superb care close to home. Visit mainlinehealth.org/maternity.

Surgery Without Blood Transfusion

Whether due to a medical condition or religious conviction, some people can't accept blood transfusions. That's why Lankenau Medical Center offers "bloodless" surgery, or patient blood management (PBM). A variety of medical and surgical techniques are used to completely avoid transfusing blood or blood products.

"PBM can be especially important for patients with high infection risk," says Annette Frawley, RN, program manager. PBM strategies include:

- Special nutrition and medicine before surgery to increase red blood cell counts
- Minimized sampling to take no more blood than needed for testing
- Minimally invasive surgical techniques to reduce blood loss
- Blood recovery, in which lost blood is collected, processed, and returned to the patient

As blood use and costs increase nationwide, blood management programs have become more important. For example, 1,100 donors are needed daily to serve nearly 100 hospitals in the Philadelphia region, but much of our blood supply is received from other parts of the country because supplies are low in our area. That's why it's still important to give blood, says Frawley. "Blood management helps preserve our supply, but we'll always need donated blood. It's a life-saving gift." Learn more at bloodmanagement@mlhs.org or 1.866.372.6936.

ENHANCED SERVICES FOR NEW PARENTS AT BRYN MAWR HOSPITAL

Bryn Mawr Hospital and Lifecycle WomanCare (LWC) are working together to provide high-quality health care to pregnant and postpartum families. In particular, both organizations are committed to patient-centered, natural birth experiences.

LWC transfers patients to Bryn Mawr Hospital if a wider scope of medical options is needed. LWC's certified nurse midwives have privileges at the hospital and continue to care for women during labor and birth. "LWC has offered excellent out-

of-hospital birth experiences for more than 35 years. But even a routine pregnancy can become high risk. We're proud to partner with LWC to provide advanced maternity care when needed," says Catherine Bernardini, MD, Chief OBG/GYN at Bryn Mawr Hospital. "Our hospital offers a caring environment with 24/7 anesthesia care, board certified OB/GYNs, and a Level 3 NICU. We're here for when the unexpected happens." Learn more at mainlinehealth.org/maternity and lifecyclewomancare.org.



4 Ways to Prevent Winter Falls

While dashing through the snow

has a pleasant ring to it, the winter season comes with hazards—including falls.

Young people who fall typically suffer ankle, wrist, and shoulder injuries, says Eric Smith, MD, orthopaedic surgeon at The Rothman Institute at Riddle Hospital, part of Main Line Health. But falls can be treacherous for older adults. According to the National Safety Council, falls are the main cause of death among people ages 71 and older.

“When bones are weak, a simple fall can lead to a break, such as a hip fracture,” says Dr. Smith.

Most falls take place indoors or immediately outside the home—like in the yard or driveway, says Dana Hughes, inpatient physical therapist at Bryn Mawr Rehabilitation Hospital, part of Main Line Health. To stay safe, she shares these tips:

- Always use banisters and handrails on stairs.
- Wear nonslip shoes, indoors and out.
- Remove trip hazards and fix areas of uneven terrain.
- Use motion-sensor lights in driveways and doorways.

Weather-wise, freezing rain and ice are the biggest dangers, says Dr. Smith. “People who slip on ice can come down with a lot more force. That increases the risk for broken bones.”

If you fall and your injuries are minor, your doctor may recommend over-the-counter medications for pain and inflammation, as well as exercises to restore strength and balance. “For better all-around health and to minimize your risk of falling, the most important thing is staying active,” says Jess Lonner, MD, orthopaedic surgeon at The Rothman Institute at Bryn Mawr Hospital, part of Main Line Health. “Weight-bearing exercise is number one for bone strength, and exercises such as tai chi are excellent for balance.”

Yoga can also improve stability in older adults, adds Hughes. “If you have trouble standing during exercise, there are also yoga and tai chi programs that can be done sitting in a chair.”

Worried about falling? Carry a cell-phone or mobile-alert device so you can reach someone quickly. “This is critically important, especially for people who live alone,” says Dr. Lonner. ●

Get the Facts

Main Line Health offers free seminars on hip and knee problems and how to prevent them. Learn about nonsurgical treatments for joint pain, as well as the latest innovative joint replacement procedures. Find a seminar near you at mainlinehealth.org/events.

BOUNCE BACK FASTER WITH ‘PREHAB’

Are you considering joint replacement surgery? Plan ahead with “prehab,” a presurgery exercise and education program designed just for joint replacement patients.

“If you exercise before surgery, you’ll be at a higher level of strength and flexibility after surgery, and you may recover more quickly,” says Angelo Colonna, therapy manager at Bryn Mawr Hospital and Main Line Health Center at Newtown Square. “Prehab also educates you on what to expect at every stage of your care: the activities you’ll do in the hospital, how orthopaedic therapy works, and how to exercise at home.”

Your prehab team will:

- Work with you on an exercise plan
- Demonstrate the use of assistive devices like canes and walkers
- Explain how to do safe transfers (from the car to a wheelchair, for example)
- Review home safety tips, such as safely using the bathroom

Knowing what to expect can ease the stress associated with surgery, adds Colonna. “Patients can meet the therapy team and ask questions. We learn if there are special considerations—say, if a patient has difficulty with transportation or has a caregiver with health issues. We share this information with other members of the care team. That helps patients get the help they need, every step of the way.”

The Main Line Health prehab program is available at outpatient sites throughout the community. Learn more at mainlinehealth.org/orthopaedics.

TAKE HEART!

Minimally Invasive Surgery Leads to Faster Recovery

The burning pain above her navel started early last spring, but Linda Hoffman of Penn Valley wasn't too worried about it. The pain was intermittent and bearable. Hoffman, who has a 36-year career in cardiac sonography, says, "I thought it was acid reflux or gallstones. A heart issue never entered my mind since I'd had a cardiac workup a year earlier with normal results."

Then, on July 31, all that changed. The burning pain returned and didn't go away. "It felt like I had been impaled with a red hot steel bar, and it was relentless," Hoffman remembers. With her husband out of town, she called the ambulance and was taken to the Emergency Department at Lankenau Medical Center.

"Minimally invasive heart surgery allows patients to return to normal activities sooner, with no restrictions."

—Francis Sutter, DO

Soon after she arrived, bloodwork suggested the 62-year-old had a heart-related problem. Paul Coady, MD, an interventional cardiologist, performed a cardiac catheterization on Hoffman. He found a blockage in her left anterior descending artery (LAD) and two in her right coronary artery, which would require treatment. The LAD is the main artery feeding rich, oxygenated blood to the heart chamber and muscle. Blockage there is often called "the widow maker" because of the potentially fatal problems it can cause.

The good news was that Hoffman had listened to her body and noted the changes in her symptoms. Now, she wanted to know all her options. The heart team reviewed her case and discussed treatment plans. Francis Sutter, DO, chief of cardiac surgery at Lankenau Medical Center, presented to



After a successful coronary hybrid revascularization, Linda Hoffman is enjoying an active life of traveling with her husband, Bobby Rydell.

Hoffman the option to have a minimally invasive surgery called robotic hybrid revascularization instead of the conventional invasive coronary artery bypass grafting (CABG), which involves opening the chest to access the heart. Doctors at Lankenau Medical Center have the greatest experience in the nation in minimally invasive heart surgery and this specific alternative.

The Benefits of Minimally Invasive Surgery

In the past five years, more than 50% of all CABG procedures at Lankenau have been

performed robotically using a single, 1½-inch incision. Dr. Sutter is a nationally recognized leader in this procedure. When he started using the robot almost a decade ago, Dr. Sutter says, it wasn't just because it was the latest technology. "It's not about the technology, but about how it can improve patient recovery and quality of life. It allows patients to return to normal activities sooner, with no restrictions," he explains.

Dr. Sutter realized that traditional coronary artery bypass surgery, in which doctors make an 8-inch incision in the chest, causes a great amount of trauma to the patient's

“When my patients have this surgery, they’re often back to their usual routines in two weeks,” says Dr. Coady, pictured at right with Hoffman. Below, Dr. Sutter uses the surgical robot console.



body, affecting his or her recovery.

“The robot enables me to avoid breaking the breast bone and, instead, perform surgery through a 1½-inch incision. When my patients have this type of surgery, they’re often out of the operating room and back to their normal daily routines in two weeks. That’s one-third of the time it takes to recover from traditional coronary artery bypass surgery.”

A Unique Collaboration

Hybrid revascularization, which Hoffman received, requires collaboration between cardiac surgeons and interventional cardiologists. But unlike physicians who work side-by-side in the operating room, doctors performing the hybrid procedure treat their patients at staged intervals.

CABG is usually performed before the stents are placed. “After the CABG is performed, the patient is given time to recover, and the interventional cardiologist places stents in the remaining blocked coronary artery to restore blood flow,” says Dr. Coady. The order may be reversed in certain cases. “Who goes first is determined by the needs of the patient and discussion between the surgeon and cardiologist,” Dr. Coady says.

In Hoffman’s case, Dr. Coady placed stents in her right coronary artery on August 3. She returned to Lankenau on August 18 for her robot-assisted CABG with Dr. Sutter and was discharged in three days. In this surgery, the left internal mammary artery was used to bypass, or go around, the blockage, restoring the flow of oxygenated blood to the heart muscle.

Back on the Road

Hoffman is thrilled she was able to avoid open heart surgery since she’s not someone who sits still for long. She says, “As soon as



I was alert enough after surgery, I checked my chest to make sure I didn’t have the zipper incision” seen with traditional open heart surgery. Married to 60s singer and icon Bobby Rydell, Hoffman often travels with her famous husband to his performances, as well as to their summer home at Lake Winola. She was happy to be back to her regular activities in two weeks. Hoffman says, “I am so glad Lankenau offers this minimally invasive option. It allowed me to quickly return to my routine lifestyle. I was at the lake kayaking two weeks later. And the best part? No zipper scar!” ●



Here for Your Heart

To learn about our minimally invasive program, options for heart surgery, and our team’s outcomes, visit mainlinehealth.org/heart.

DON'T UNDERRATE A SECOND OPINION

Following your diagnosis with a serious medical condition, your doctor will suggest treatment options. But before you make a decision, get a second opinion. It can help ensure that your treatment plan is the best one for you.

Benefits of a Second Opinion

There are many important reasons to get a second opinion. Here are several of the most common:

- Your doctor is recommending that you have a major surgery.
- You want to explore other treatment options than the one your doctor suggests.
- You want another doctor to analyze your test results to see whether he or she agrees with the diagnosis, prognosis, and treatment protocols.
- Your health insurance company requires you to get one before it covers your treatment.

You can seek a second opinion at any point—when you’re first diagnosed, when a treatment plan has been suggested, or even during the course of treatment.

The Next Steps

Speak with your doctor, as well as with family and friends, to get recommendations for a doctor who can give you a second opinion. Once you’ve found one, you’ll need to ask your original doctor for copies of all your records, lab reports, and test results relating to your diagnosis.

You should also prepare a list of specific questions that you want to discuss with the second doctor regarding your diagnosis and recommended treatment. Take notes so you can carefully consider the second opinion and compare it with your original doctor’s plan. Ultimately, it’s up to you to decide how you want your condition to be treated.

WELLNESS AND PREVENTION

Blood Pressure Screenings

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

SmokeFREE

Main Line Health's FREE behavior management program designed to help smokers quit. Participants may be eligible to receive free nicotine replacement therapy. Call for dates, times, and locations.

Heart and Vascular Screening

AngioScreen is a simple, six-minute, noninvasive screening that gives you immediate results. Fee: \$50. Offered from noon to 6 p.m.

- **Lankenau Hospital:** January 14, February 11, March 3 and 31
- **Main Line Health Center in Broomall:** January 19, February 23, March 15

Where Delicious Meets Fast and Healthy

A cooking/nutrition class featuring recipes that are simple, delicious, and better for you! With Judy Matusky, RD, LDN. Fee: \$5.

- **March 3, 6:30 to 8 p.m.**
Main Line Health
933 Haverford Road, Bryn Mawr
Conference Room A (Lower Level)

Colon Health and Colonoscopies

Refreshments included. With Michael Wolfson, MD.
• **March 2, 5:30 p.m.**
Paoli Hospital, Potter Room

Debunking Common Joint Replacement Myths

With Stuart Gordon, MD. Register by calling 610.280.2642.
• **March 23, 7 to 8 p.m.**
Chester County Library, 450 Exton Square Parkway, Exton

Understanding Cancer Risk

How knowing your family history helps. With Kallyn Stumm, LCGC.
• **April 13, 6:30 p.m.**
Paoli Hospital, Potter Room



calendar



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.

CHILDBIRTH AND CHILD CARE

We're here to help you prepare for your newest addition, with class topics including:

- **Pregnancy 101**
- **Preparing for Childbirth Series**
- **One-Day Prepared Childbirth**
- **Preparing for Multiples**
- **Advanced Comfort Measures**
- **Prenatal Breastfeeding**
- **Welcoming Baby: A Family Affair**
- **Sibling Preparation**
- **Baby & You**
- **Keeping Baby Safe**
- **Happiest Baby**

Classes are 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.

Baby & You Series

This class increases confidence in new parents in caring for their baby. Class includes a visit from a practicing pediatrician affiliated with Main Line Health. Please enroll early.

Prenatal Breastfeeding

Learn the steps to successful breastfeeding. Partners encouraged to attend.



Safe Sitter Babysitting

Intensive one-day training program for boys and girls ages 11 through 14. The purpose is to teach safe, nurturing care for younger children as well as how to prevent unintentional injuries while babysitting.

- **January 23, 9 a.m.**
- **March 24, 9 a.m.**
Riddle Hospital, Administrative Annex, Conference Room 1



Grandparents as Sitters

Designed for grandparents who are or will be caring for their grandchildren ages newborn to 6 years old. This course will cover safety, electronics, child care equipment, CPR, and choking. Ideas for playtime activities and outings will be shared.
March 5, 8:30 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

CPR AND FIRST AID

CPR Heartsaver AED

This American Heart Association (AHA) course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an AHA certification upon completion, valid for two years. Fee: \$65.

- **February 8 and 9, 6:30 p.m.**
- **April 16, 9 a.m.**
Riddle Hospital, Administrative Annex, Conference Room 1



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

- **March 9, 9 a.m.**
Riddle Hospital, Administrative Annex, Conference Room 1

DISEASE MANAGEMENT

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 for details.
At 12:30 p.m.:

- **January 13, 20**
- **February 3, 10, 17**
- **March 2, 9, 16**
- **April 6, 13, 20**

At 6:30 p.m.:

- **January 19, 27**
- **February 9, 16, 24**
- **March 8, 15, 23**
- **April 12, 19, 27**

Riddle Hospital, Health Center 4, Conference Room 2



Look Good, Feel Better

Women undergoing treatment for cancer are invited to this program 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! Each participant receives a personal beauty kit to take home. This is a free program, but registration is required. Call the American Cancer Society at 1.800.227.2345.

- January 20, 11 a.m.

- April 5, 5 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

- March 2, 10 a.m. to noon

- May 4, 10 a.m. to noon

Bryn Mawr Hospital

LEARN WELL, LIVE WELL

Wellness Wednesdays at Whole Foods, Wynnewood

Includes a blood pressure screening. No registration needed. 339 East Lancaster Ave., noon to 2 p.m.

- January 20: Healthy Resolutions You Can Keep

- February 17: Healthy-Heart Living

- March 16: Diabetes: Prevention and Control

- April 20: Spring into Fitness

- May 18: The Latest on Arthritis

WINTER COMMUNITY PROGRAMS IN EXTON

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

“Hip and Knee Pain Seminar,” with Donna Levan, DPT. Hear about common causes, prevention, and treatment, including nonsurgical treatment.

- January 18, 6:30 to 8 p.m.

“Fighting Cancer with a Fork and Spoon,” with Gretchen Skwer, RDN, LDN. Lifestyle choices and regular screenings can help prevent cancer. Join us for an informative lecture on lowering your risk.

- March 2, 6:30 to 8 p.m.

“Oh, My Aching Back,” with Donna Levan, DPT. Learn about the common causes of low back pain, treatments, body mechanics, and innovative procedures.

- March 21, 6:30 to 8 p.m.

FOR OLDER ADULTS

Senior Suppers at Riddle Hospital

This monthly event features dinner and an informative presentation about healthy living for older adults. Fee: \$7/person. 4:30 p.m.

- January 27: “Exercise and Nutrition,” with Jessica Chiappardi

- February 24: “Top Ten Foods for Your Plate,” with Judy Matusky, RD

- March 23: “Money Matters,” with Franklin Mint Federal Credit Union

- April 27: “Grandparents as Babysitters,” with Phyllis Heppard and AnneMarie Casey-Glatz, RN Riddle Hospital, Administrative Annex, Conference Room 1

Senior Supper Club

For the “over 60” crowd, an evening of dinner, conversation, and a healthy living seminar. Fee: \$7/person. Reservations required. 5 to 7 p.m.

- February 10: Cardiac Health

- March 9: Diabetes/Weight Management

- April 7: Fall Prevention Paoli Hospital, Potter Room

Senior Entertainment Tonight

A fun evening for the “over 60” crowd. Fee: \$5/person, includes light supper. Reservations required. 5 to 6:30 p.m.

- January 12: Tour America’s National Parks

- March 15: “Harry Truman,” with historian Ross Kershey Paoli Hospital, Potter Room



A Matter of Balance: Managing Concerns About Falls

This program is designed to reduce the fear of falling and increase activity levels among older adults.

- March 4, 11, 18; April 1, 8, 15, 22, 29, 1 to 3 p.m.

Ludington Library, 5 S. Bryn Mawr Avenue

- May 6, 13, 20, 27; June 3, 10, 17, 24, 10 a.m. to noon

Main Line Health Center Newtown Square, 3855 West Chester Pike

Memory and Aging: What Should I Know?

Call to register: 610.933.3250.

- March 10

5:30 to 6:30 p.m.: Open house and refreshments

6:30 p.m.: Interactive panel discussion

Brandywine Senior Living 1133 Black Rock Road, Phoenixville

Mature Driving AARP: Renewal Course

This safety program addresses the specific challenges of drivers older than 55. Fee: \$15 per person for AARP members; \$20 for non-members. Renewal course only.

- February 4, noon

- March 16, noon

- April 23, noon

Riddle Hospital, Administrative Annex, Conference Room 1

Be Heart-Smart This Winter

Attend one of our FREE Learn Well, Live Well seminars to learn the latest about keeping your heart healthy. For dates, times, and other details, visit mainlinehealth.org/events.

Cardiac Health: Take Care of Your Heart

Donald Ferrari, DO

Exton Main Line Health Center

How Insomnia or Disrupted Sleep Affects Your Heart

Catherine A. Riley, MD

Ludington Library

Sudden Cardiac Arrest

Matthew Hillis, MD

Main Line Health Center in Newtown Square

Cardio-Oncology: Cancer Treatment’s Effect on Your Heart

Aarti Shevade, MD

Main Line Health Center in Broomall

Ticker Test: Answering Questions About Heart Disease

Daniel Tsyvine, MD

Riddle Hospital, Annex Room 1

Fighting Heart Disease with a Fork and Knife

John McNamara, DO

Paoli Hospital, Potter Room

Empowering You Health Fair

Saturday, April 16, 10 a.m. to 2 p.m., Lankenau Medical Center

You’re invited to the fourth 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 sessions, and activities for children will also be featured. Find a new meaning for healthy living and take charge of your health at this free community event. Invite your friends and family members!

Visit mainlinehealth.org/events for more details.



Navigating Change: Steps to Help Manage Menopause

It's a natural transition in life, but menopause is different for every woman, and that can lead to misconceptions and concerns. What symptoms will affect you? How long will they last?



Whether you're currently going through "the change" or it's still on the horizon, keep in mind: You are not powerless during menopause. In fact, there are many things you can do to make this time easier.

Understanding the Roller Coaster

Menopause is defined as the absence of a period for one year. In the U.S., the average age women reach it is 51. But when we talk about menopause, we often refer to the transitional time leading up to that point. This is when your period becomes irregular and other symptoms begin to occur.

The transition to menopause isn't as fast as many women would like. Symptoms can begin before your last period

and linger a few years after. Common symptoms include:

- Hot flashes
- Night sweats
- Weight gain
- Vaginal dryness and irritation
- Moodiness
- Fatigue

"The time from a woman's very first symptom to her last can span anywhere from two to eight years," explains Teresa Marlino, MD, obstetrician/gynecologist with Paoli Hospital, part of Main Line Health. "Going through menopause is more like a roller coaster than a light switch. It doesn't just start and stop. But it's also not high-intensity all the way through."

Many women are able to manage their symptoms with lifestyle changes. Others find relief with treatment. And some lucky ones experience no symptoms at all.

Preventing Extra Pounds

As you near menopause, you might notice the number on your scale creeping up.

"The combination of hormones, genetics, and lifestyle make it common for most women to gain some weight during menopause," explains Richard Ing, MD, medical director of the Bariatric Center at Bryn Mawr Hospital, part of Main Line Health.

But there are reasons to fight back. Experts believe that overweight women tend to have more hot flashes. More important, carrying extra pounds increases the risk for many health problems.

If you are overweight, Dr. Ing suggests shifting your lifestyle habits. Focus on eating whole grains, lean meats, protein, and fruits and vegetables. Watch your portion sizes, and get more physical activity. Even if you're at a healthy weight, put these habits into practice now. "The single best way to prevent weight gain during

A Guide for the Journey

Are there ways to sleep peacefully during menopause? How much calcium do you really need? What about hormone therapy? Get the answers at mainlinehealth.org/whs/menopause-and-you. Our Menopause and You program offers a series of informative articles and videos to help guide the way.

menopause is to live a healthy lifestyle before you're affected by it," says Dr. Ing.

Discovering New Treatments

Many women going through menopause are embarrassed to discuss symptoms with their doctors. For example, more than 15 million American women suffer from vaginal irritation, which can cause painful intercourse and even discomfort walking. Estrogen creams provide relief for some, but new treatments are also available.

Darlene Gaynor-Krupnick, DO, FACOS, is a urologist specializing in women's issues at Lankenau Medical Center, part of Main Line Health. She uses a treatment called the MonaLisa Touch to help women with vaginal irritation. The procedure, which takes about five minutes, uses a medical laser to deliver controlled energy

to the vaginal tissue. This stimulates the cells to make more collagen, increasing the health of the vaginal skin.

"This treatment provides fantastic results and gives women another option," explains Dr. Gaynor-Krupnick. "It's important to talk with your doctor about all your symptoms to find the right solution."

Taking Care of Yourself

Often simple lifestyle changes can make a difference. "For example, some women find relief from hot flashes by dressing in layers or avoiding alcohol and caffeine. If you smoke, kicking the habit can help," advises Beverly Vaughn, MD, gynecologist with Lankenau Medical Center. "Learning relaxation techniques, such as yoga and mindfulness, and exercising regularly can help with fatigue and moodiness."

Dr. Vaughn suggests thinking of menopause as a trigger for a new plan for your overall health. This is the time to ensure your blood sugar, cholesterol, and blood pressure levels are healthy.

"A woman's risk for health problems such as heart disease and stroke increases with menopause. And for women who are diabetic, their risk is even higher," says Dr. Vaughn. "Women tend to focus on relieving symptoms of menopause—and that's important for quality of life in the short term. But don't ignore the long-term risks, which can be life threatening."

Bottom line? "You are in charge of your health and your body. Only you can determine what you should do to manage symptoms," says Dr. Marlino. "You deserve to be happy and comfortable. There are options to help you get there." ●

Wholesome Granola Bars



It doesn't take a magician to make a standard recipe more nutritious. "The key is to incorporate small changes gradually," says Lynn W. Nichols, RD, LDN, CDE, a medical nutrition therapist at Main Line Health's Diabetes and Nutrition Center. For instance, replace a cup of butter with a half-cup of butter and half-cup of applesauce. Make additional tweaks to other ingredients, such as sugar, each time you make the dish. "This approach helps everyone adjust to change," Nichols says. "You'll be pleasantly surprised by how much your family enjoys the healthier version."

Ingredients: Before

- 2¼ cup regular granola
- 2 cup all-purpose flour
- 1 cup raisins
- 1 cup chopped walnuts
- 1 cup shortening
- 2¾ cup packed brown sugar
- 3 eggs, beaten
- 2 tsp. baking powder
- 1 tsp. salt
- 1½ tsp. vanilla

Ingredients: After

- 1½ cup low-fat granola
- ½ cup all-purpose flour
- 1 cup uncooked quick oats
- ¾ cup dried tart cherries, deseeded
- ⅓ cup slivered almonds, toasted
- 2 tbsp. vegetable oil
- ¼ cup firmly packed brown sugar
- 2 egg whites, slightly beaten
- ½ tsp. ground cinnamon
- ⅓ cup honey

1. Preheat oven to 350 degrees. Line bottom and sides of an 8 x 8 x 2-inch baking pan with foil. Lightly spray the foil with nonstick spray.
2. Combine granola, oatmeal, cherries, flour, almonds, and cinnamon in a large mixing bowl. In a separate bowl, stir together egg whites, honey, brown sugar, and oil. Stir egg mixture into granola mixture until all is coated. Press mixture evenly into the prepared pan.
3. Bake in preheated oven for 20 to 25 minutes, or until mixture is light brown. Let cool completely. Cut into bars. Yield: 20 bars. Each serving provides:

	Before	After
Calories	393	148
Fat	18 g	4 g
Carbohydrates	54 g	26 g
Cholesterol	34 mg	0 mg
Sodium	142 mg	24 mg
Total Sugars	37 g	14 g



Hungry?

Find more healthy snack inspirations in our recipe library at

[blog.mainlinehealth.org/
community/](http://blog.mainlinehealth.org/community/).

Cancer Care You Can Trust and Depend On

If you or someone you love has cancer, you want the very best in care—and if it's close to home, all the better. For the latest in cancer treatment delivered right in your community, look no further than Main Line Health. Not only are medical and surgical oncologists available for consultation, but you can access advanced diagnostic testing and treatments such as radiation and infusion therapy—all without traveling beyond the neighborhood.

While all surgeries are performed at one of Main Line Health's four acute care hospitals, three breast specialists—David Rose, MD, W. Bradford Carter, MD, and Robin Ciocca, DO—are now available for outpatient appointments at Main Line Health Center in Newtown Square and Main Line Health Center in Broomall.

Our Health Centers offer radiation oncology, mammography, ultrasound-guided breast biopsy, medical oncology, breast surgery consults and follow-ups, as well as all social services such as support groups, Reiki, aromatherapy, and an extensive healing garden.

"I feel like our easily accessible cancer care in the community is a well-kept

secret," says Dr. Carter, a board-certified breast surgeon who brings 20-plus years of experience to the Newtown Square location, part of Bryn Mawr Hospital's Barbara Brodsky Comprehensive Breast Center. "We have extensive subspecialty expertise available right in the community and offer an integrated, multidisciplinary care approach."

Dr. Ciocca is a board-certified breast surgeon at Lankenau Medical Center's Comprehensive Breast Center and now sees patients at Main Line Health Center in Broomall. "As one of the region's leading health systems, we're able to offer services found at academic medical centers in Philadelphia while providing care that's easier to access," she says.

Drs. Carter and Ciocca meet with specialists across the System each week to discuss patient cases. These multidisciplinary meetings ensure that patients have an expert team planning a customized care strategy, whether they face breast, ovarian, colorectal, or another form of cancer. Patients can also participate in clinical trials—some of which have been developed by Main Line Health specialists. ●

A Callback Doesn't Mean Cancer

Mammograms are still the best tool for early breast cancer detection. And now, with digital breast tomosynthesis—also known as 3-D mammography—they're more effective than ever.

Like a CT scan, digital breast tomosynthesis looks at breast tissue in "slices" for a clearer, more accurate view. Doctors are able to better pinpoint the size, shape, and location of any abnormalities.

Regardless of mammogram type, less than 10 percent of women receive a callback for more testing, notes Tina Stein, MD, diagnostic radiologist at Riddle Hospital. And if you're one of them? "It does not mean you have cancer," she stresses.

Results of additional tests such as MRI or ultrasound are nearly immediate, so you don't have to wait and worry. Ninety percent turn out to be negative, or noncancerous.

Even if your physician requests a biopsy after imaging, "80 percent of biopsies are not cancer," Dr. Stein says. "It's best not to jump to conclusions."

Main Line Health offers 3-D mammography screening throughout the region.

To find a location near you, call 484.580.1800 or visit mainlinehealth.org/3Dmammography.



Specialty Care That's Close to Home

To learn about the specific services provided at Main Line Health Centers in Broomall or Newtown Square, visit mainlinehealth.org/health-centers.

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

Main Line Health Center
in Newtown Square
3855 West Chester Pike
Newtown Square, PA 19073



Colorectal Cancer Is Striking Younger

Colonoscopy screening tests have cut colorectal cancer rates in the last two decades. And most of the time, you won't have to think about getting a colonoscopy until you're 50. But a recent boost of colorectal cancers in younger patients may make you think twice about waiting to be screened.

A new study predicts that by 2030, nearly one in four rectal cancers—and more than one in 10 colon cancers—will occur in patients younger than 50. That's an increase from 10 percent and 5 percent in 2010. Adults ages 20 to 34 will see the sharpest increase; researchers expect their rates to rise 124 percent and 90 percent.

Doctors aren't sure why these cancer rates are increasing in younger patients. But it does show that more older adults are getting colonoscopies than they used to. And when their rates of colorectal cancers decline, the cancer rates of younger patients increase automatically.

Other factors may be to blame as well. "In younger Americans, obesity, lack of physical activity, and eating a more traditional

Western diet are all on the rise," points out Giancarlo Mercogliano, MD, a gastroenterologist with Main Line Health. "And all can increase the risk for colorectal cancers."

Thankfully, maintaining a healthy lifestyle can decrease your chances of developing the disease. Follow these four tips:

- 1. Lose weight.** Dropping extra pounds can cut your risk of developing and dying from this type of cancer.
- 2. Exercise.** Even moderate physical activity can decrease your chances.
- 3. Don't smoke.** "Cigarettes have been linked to adenomas—growths that can turn into cancer," Dr. Mercogliano says. "If you smoke, these growths are more likely to come back even after they've been surgically removed."
- 4. Get screened.** If you have colitis, Crohn's disease, or a family history of colorectal cancer, your doctor may suggest an early screening. Talk with your doctor to decide what's best for you. ●

NEW COLORECTAL SURGERIES LEAD TO SHORTER RECOVERY

John H. Marks, MD, has pioneered minimally invasive surgical techniques that are used by colorectal surgeons around the world. What makes these techniques so groundbreaking is that they successfully treat people with colorectal cancer while also helping them maintain rectal function and avoid a colostomy bag.

Dr. Marks serves as Medical Director of the Colorectal Cancer Program at Lankenau Medical Center, one of the largest, most advanced robotic surgery programs in the world.

"We perform thousands of minimally invasive colorectal surgeries at Lankenau, heavily using DaVinci robotic technology. It leads to shorter recovery time and eliminates the need for a colostomy bag, which is incredibly beneficial for patients facing colon and rectal cancer," says Dr. Marks.

Dr. Marks has developed several colorectal surgical procedures, including transanal endoscopic microsurgery, single-incision laparoscopic surgery, and TATA (transanal TEM with coloanal anastomosis and transabdominal assistance). All of them enable patients to void normally after cancer is removed.

"At Lankenau, we are dedicated to providing the best cancer outcomes using cutting-edge options that result in minimal scarring and promote colon function," says Dr. Marks. "Our goal is to help patients resume their activities and enjoy life after they have been treated for colorectal cancer."

If you're diagnosed with cancer, count on the clinical expertise of our doctors, visionary insight of our scientists, and dedication of our staff. Learn more at mainlinehealth.org/cancer.

Lydia Hammer Senior Vice President, Marketing & Business Development
Kathleen Fallon System Director, Marketing
Shaun Moran System Manager, Women's Health Services Marketing

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4 Illnesses Your Child May Catch This Winter

You're bound to hear it this winter: "Mommy, I don't feel good." By age 2, most children have had eight to 10 colds. Once they start school, they get sick even more often. You can't place your child in a bubble, but you can learn to spot—and treat—some of the most common childhood illnesses.

COMMON COLD

- **SIGNS:** Runny nose, sneezing, mild fever, cough, sore throat
- **HOME TREATMENT:** Clear nostrils with a suction bulb or saline drops. Use a cool-mist humidifier to ease sleep.
- **CALL THE DOCTOR FOR:** Colds in children age 3 months or younger, or for trouble breathing, blue lips or nails, a temperature of 102 degrees Fahrenheit or higher, ear pain, or symptoms that last more than one week. "A sign that your child is struggling to breathe is the drawing back of the muscles between the ribs or around the collar bone with each breath. This may require an ER visit," says Becky Souder, DO, who practices family medicine at Paoli Hospital, part of Main Line Health.

FLU

- **SIGNS:** Fever, fatigue, sore throat, stuffy nose, body aches, possibly vomiting and diarrhea
- **HOME TREATMENT:** Resting and drinking plenty of fluids work best. Remember to have your child receive a yearly flu shot beginning at age 6 months.
- **CALL THE DOCTOR FOR:** Flu in children age 5 or younger or those with a chronic illness, or for trouble breathing, severe vomiting, lack of interaction, or symptoms that improve and then return

CROUP

- **SIGNS:** Barking, hacking cough that usually worsens at night
- **HOME TREATMENT:** "Moist air helps," Dr. Souder says. "Use a humidifier or sit in a steamy bathroom with your child for 10 minutes."
- **CALL THE DOCTOR FOR:** Trouble breathing or a high-pitched noise when inhaling, or dark or bluish skin around the face or fingernails

STREP THROAT

- **SIGNS:** Severe pain when swallowing, tiny red spots on the roof of the mouth, high fever, white patches on the tonsils, swollen lymph nodes in the neck
- **CALL THE DOCTOR FOR:** Any severe sore throat that may be strep



Top Care for Kids

Looking for a doctor for your little one?

Visit mainlinehealth.org/pediatrics. With more than 150 pediatricians, we have your child's care covered.

