

WOMEN'S healthsource

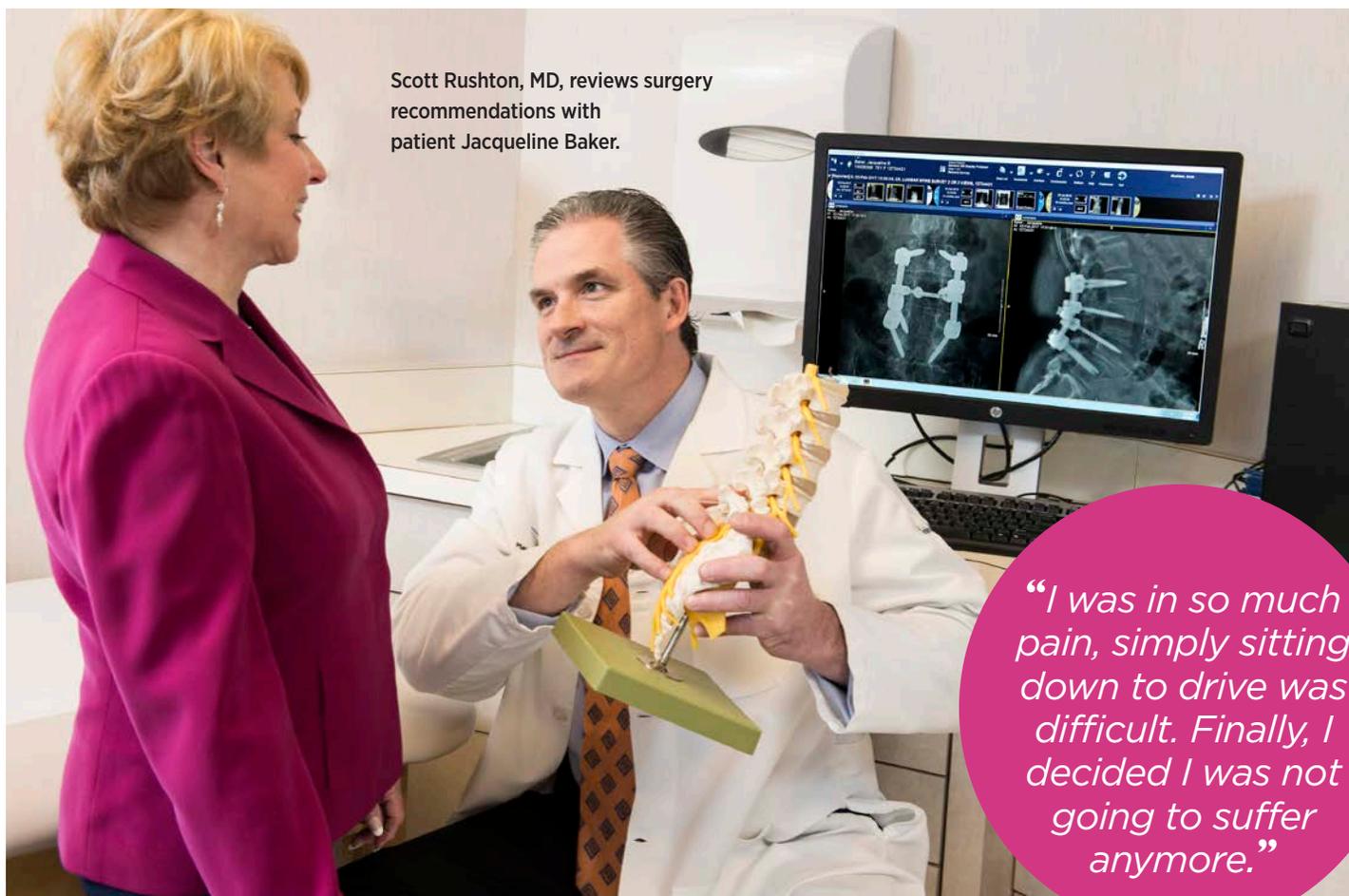
Banishing **Back Pain** *for Good*

SUMMER 2017 YOUR RX FOR YOUNGER LOOKING SKIN |
CLEARER DETECTION WITH 3-D MAMMOGRAPHY |
LIVING HEALTHY AFTER A HEART ATTACK



Main Line Health®
Well ahead.®

Back Pain: *When Is Surgery*



Most of us understand all too well the pain of an aching back. It's the most common reason Americans see a health care provider. And for good reason: Back pain can wreak havoc on everything from your sleep and mood to your everyday activities.

Some back problems respond well to exercise and medicine. But in other cases, surgery may be the best way to get back on your feet.

The Female Connection

Scott Rushton, MD, spine surgeon at Lankenau Medical Center, part of Main Line Health, explains how some back pain can be unique to women. “For both men and women, the discs that cushion the spine naturally begin to degenerate, or wear away, around age 20, leading to back pain. But women especially are at risk for feeling the effect,” he says. “Pregnancy, childbirth, and gynecological surgeries can all weaken the body’s core muscles, which support the spine.”

It’s impossible to prevent spinal degeneration. But women of all ages can

do core-strengthening activities to prevent and manage its effects.

“Practice yoga or Pilates, take a spin or kickboxing class, or simply go for a walk. Anything that helps build your core can ease symptoms of spinal degeneration,” advises Dr. Rushton.

Women are also at greater risk for back pain because of the structure of the female lower back. Our anatomy makes us more prone to spondylolisthesis—the slipping of discs in the spine.

When Spine Surgery Can Help

Treatment for back problems often includes exercise, pain medication, and injections. But if they don’t work, is surgery your next step?

“I don’t recommend spine surgery for people whose primary symptom is lower back pain. It offers extremely poor out-

the Solution?

Expert Care

To reach a Main Line Health spine surgeon, call 866.CALL.MLH or visit mainlinehealth.org/spinesurgery.

comes,” Dr. Rushton advises.

Dr. Rushton takes a conservative approach, operating only on patients he believes can achieve significant improvement. In fact, out of the roughly 4,500 patients he sees each year, Dr. Rushton recommends spine surgery to only about 300.

“Consider spine surgery if you have serious neurologic symptoms that impact your quality of life. This may include pain or weakness down the hips or legs, or numbness or a feeling of heaviness in the legs,” he says. “For these patients, surgery is the most rewarding procedure I can perform. It is extremely effective.”

Life-Changing Treatment

Jacqueline Baker, a 73-year-old business owner and corporate trainer, suffered from back and hip problems for years. As the pain grew, it took a major toll on her daily life.

“I was in so much pain, simply sitting

down to drive was difficult. It was painful to be on my feet at all. And I was afraid I’d never be able to pick up my grandson again,” recalls Baker. “I tried therapies like injections, but they didn’t work for long. Finally, I decided I was not going to suffer anymore.”

Baker’s doctor referred her to Dr. Rushton.

“Jacqueline had severe spinal degeneration as well as structural issues, including a curvature of the spine and slipped discs, that were putting pressure on her nerves,” explains Dr. Rushton. He recommended surgery to relieve the pressure on Baker’s nerves, clear out the debris caused by degeneration, and stabilize her spine with titanium screws.

Dr. Rushton performed the complex procedure, called a laminectomy and spinal stabilization and fusion, at Lankenau Medical Center. Using minimally invasive techniques, Dr. Rushton made a small

incision in Baker’s back over the affected vertebrae. With tiny instruments, he removed the bone and debris that was putting pressure on her spine. He then placed the titanium screws, which her vertebrae would naturally grow around to fuse the spine together.

For Baker, the results of the surgery were immediate.

“I woke up from surgery and the pain was gone,” recalls Baker, who was back to work two months after surgery and continued with physical therapy for a year. “I wanted to be totally better, and I am. Now, I’m pain free and doing all the things I thought I’d never do again. I walk two miles a day, play with my grandson, and drive without problems.”

Dr. Rushton adds, “If you’re considering surgery, make sure you understand the potential outcomes. For the right patient, spine surgery can improve quality of life tremendously.” ●

HEALING THE SPIRIT THROUGH CREATIVE ARTS

Being diagnosed with an illness can be profoundly stressful. Main Line Health’s Paoli Hospital Creative Arts Therapy (C.A.T.) works in the space where body, mind, and spirit intersect to help relieve this stress and promote healing.

“Research has shown C.A.T. increases people’s spiritual well-being, which in turn can improve their physical health,” says Donna Radl, PhD, licensed professional counselor and board-certified art therapist. So when patients arrive at Paoli Hospital and indicate on their admission paperwork that they are feeling depressed or anxious, they can meet with a C.A.T.

clinician. These one-on-one inpatient services are free, as are weekly group

arts therapy meetings for Paoli patients and monthly support meetings open to all caregivers in the community. “These caregivers may not have a loved one being treated at Paoli. But they learn they aren’t alone,” says Dr. Radl.

One of the goals of C.A.T. is to give patients a feeling of accomplishment and control. Therapy can include improvisation, songwriting, computer graphics, jewelry making, painting, and drawing. As patients engage in the act of creating, Dr. Radl says, the process can slow the brain down and help them reconnect with a healthier sense of self. “They relax. Their blood pressure drops. Relaxation strengthens the immune system, which is important for so many illnesses.”

Once intended only for patients with cancer, the program has expanded to

all who need it. “It’s a privilege to help people enhance their quality of life,” says Dr. Radl. “Recently, I helped a hospice patient make a bracelet for his granddaughter. He could barely lift his head or speak, but he smiled as he told me which beads to choose.

“That was probably the last thing he ever created,” she adds. “He was so proud of it. It turned out beautifully.”

Help to Heal

To request C.A.T. services, please call 484.565.8710. All patients and caregivers are invited to the weekly arts therapy group at Paoli Hospital, on Wednesdays from 2 to 4 p.m. Caregiver support meets on the third Wednesday of each month from 5:30 to 7 p.m. RSVP for either group with Vicki Hughes at 484.565.1253.



'I Can Do Anything'

Post-concussion syndrome made it impossible for a young college student to lead a normal life. The innovative care she received at Bryn Mawr Rehab Hospital helped her make a full recovery.

Kaylyn Sawyer had tried to take things one step at a time, but the symptoms were scary, and it felt like her life had veered off track. She had suffered a concussion in February 2015 after a slip and fall. Later that year, she sustained two more concussions after hitting her head on a fireplace mantel and then, a few weeks later, experiencing another fall. After these incidents, Sawyer's symptoms were severe. She had headaches and dizziness. Noise and light bothered her, but the worst part was her vision. Eye muscle spasms made Sawyer see double—images that were also blurry and in constant motion. The Gettysburg College junior could not navigate her environment, but she couldn't see details in objects and faces, and she couldn't read.

Sawyer had to medically withdraw for the fall semester of 2015. She consulted with specialists, who

diagnosed post-concussion syndrome but offered no effective treatment for her vision problems. They said Sawyer would get better with time.

Looking for Answers

"It was hard," Sawyer says. "Naturally, my family was worried. And as time passed and it kept getting worse, I thought, 'What if this actually does stick around forever?'"

Sawyer's mother, Cathy Satterfield of Yorktown, Virginia, was determined to find help for her daughter. Her research ultimately led her to the Neuro Center at Bryn Mawr Rehabilitation Hospital, part of Main Line Health. There, a team of three rehabilitation experts worked together to

turn the tide for Sawyer: optometrist Lynn Greenspan, OD, with Bryn Mawr Rehab Hospital Vision Clinic; physical medicine and rehabilitation physician Brian McDonald, DO, MPT, FAAPMR; and occupational therapist Clint Beckley, OTR/L.

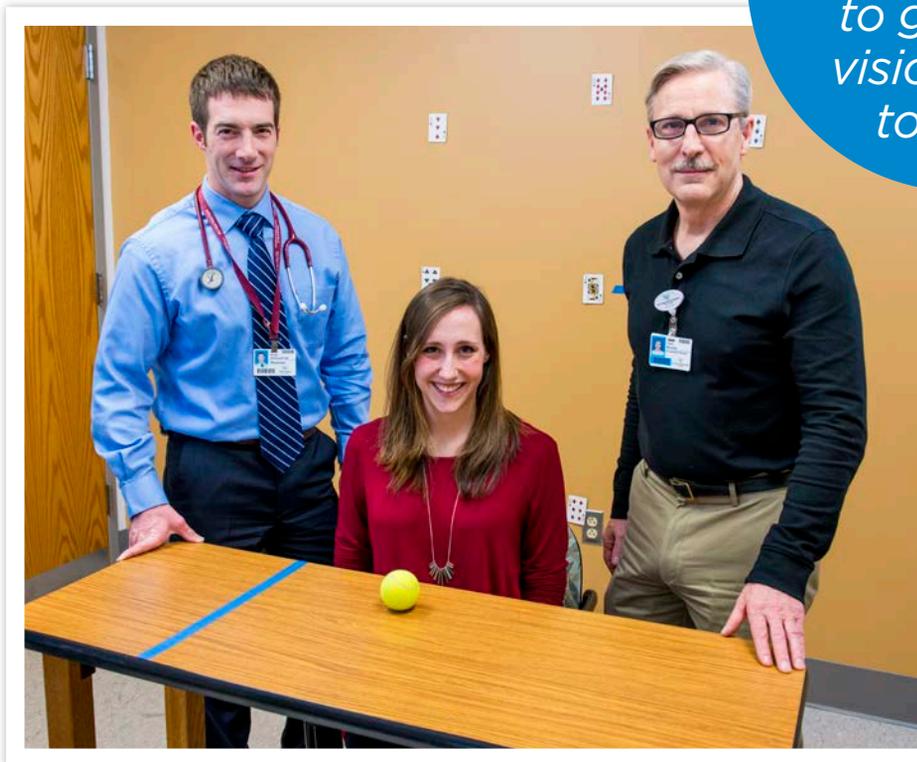
"My team at Bryn Mawr Rehab was able to give my vision back to me."

Customized Treatment Plan

Dr. McDonald, a concussion specialist, evaluated Sawyer in February 2016 and confirmed her diagnosis of post-concussion syndrome. He prescribed medicine to prevent headaches, improve Sawyer's cognitive functioning, and help her sleep, and he referred her to Beckley for functional vision therapy.

"With other concussion programs, there's one therapist responsible for treating all the symptoms a patient experiences, such as problems with balance, vision, thinking, and memory. Our outpatient concussion therapy program has three components with dedicated specialists in each—physical therapy, occupational therapy, and speech therapy—so we can customize each patient's program and give

Patient Kaylyn Sawyer takes a break from her vision therapy with Brian McDonald, DO, (left) and occupational therapist Clint Beckley (right).



Occupational therapist Beckley works with Sawyer during vision therapy.



Moving Ahead to Recovery

Concussion services are available at select Bryn Mawr Rehab locations. To make an appointment, call **484.596.5000**.

them the best chance for a full recovery,” Dr. McDonald explains.

Beckley’s task was to retrain Sawyer’s brain and eyes to work together.

“There was nothing mechanically wrong with her eyes,” he says. “The injury was in the brain. The concussion affected the cells in Kaylyn’s brain that are responsible for sending electric signals to the eyes to coordinate them.”

Beckley developed a series of visual scanning and tracking exercises for Sawyer. Before her weekly sessions with him, Sawyer put in eyedrops prescribed by Dr. Greenspan to calm her eye spasms so she could do her therapy.

Back to School—And Life

The combined approach worked. Gradually, Sawyer’s eye muscle spasms dwindled, and her vision improved. Getting the right care, she says, was “life-changing.”

“My team at Bryn Mawr Rehab was able to give me back my vision and my life,” says Sawyer, 22. “I’ve returned to a normal life. I can read, I can drive ... I can do anything.”

That includes graduating on time this May with her college class—something she thought was impossible last year.

“I cannot say enough good things about the care I received,” Sawyer says. “Everyone I worked with was supportive, understanding, and most of all, hopeful. Dr. McDonald, Dr. Greenspan, and Clint never made me feel like my situation would be permanent. They were constantly positive and encouraging.”

“Dr. Greenspan told me that one day this injury would be just a bad dream, and she was right. Without the three of them, as well as my family, in my corner, I would not be where I am today.” ●

GIVING KIDS A SECOND CHANCE

MIRMONT ADDS EDUCATION PROGRAMMING FOR TEENS IN TREATMENT

If you’re a teen with a mental health issue such as social anxiety or school phobia, you may resort to truancy in an effort to feel safe. But many families can’t afford truancy fines—and adolescents can’t afford to miss their education. That’s why Mirmont Outpatient Center has incorporated an hour-long education segment into its daily treatment program.

“The treatment program helps kids ages 14 to 19 learn coping strategies so they can be more successful in school and life,” says Kelsey Sward, Mirmont’s education specialist.

Adolescents in the program may have refused to attend school. They may also have threatened harm or harmed themselves or others. Some are involved with drugs and alcohol. “My job is to get to know them and give them a chance to advocate for themselves,” Sward says.

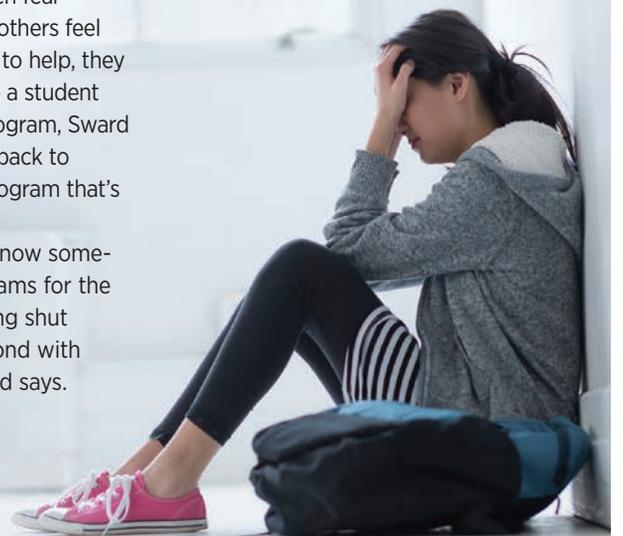
As education specialist, Sward collects students’ schoolwork from

guidance counselors. Then, because special education students may be in the same room with honors students, she spends individual time with each one to help them keep up with their studies.

Sward has to be patient but persistent. “These teens often distrust or even fear educators. When they learn that others feel the same way, and that I’m there to help, they start opening up,” she says. Once a student graduates from the treatment program, Sward also helps them safely transition back to school or locate an alternative program that’s right for them.

One student just needed to know someone cared. “He had all these dreams for the future, but he felt they were being shut down. It was great to see him bond with other people his own age,” Sward says. “Pulling that motivation out of him—letting him know he was capable—it was such a breakthrough.”

If a child you care for is having trouble coping emotionally in or out of school, call the Mirmont Outpatient Center in Broomall and Exton at 1.888.227.3898.



WELLNESS AND PREVENTION

A Matter of Balance

This eight-week program provides practical coping strategies to reduce the risk of falling and remain active and independent. Learn how to view falls as controllable, make changes to reduce fall risks at home, and exercise to increase strength and balance.

- Fridays, July 7 through August 25, 2 to 4 p.m.

Stone Conference Room, Annenberg Conference Center, Lankenau Medical Center

SmokeFREE

Main Line Health's FREE six-week behavior modification program is designed to help smokers quit. Participants may be eligible to receive free nicotine replacement therapy.

- May 24, 31, and June 7, 14, 21, 28: 6 to 7:30 p.m.

Bryn Mawr Hospital Community Health Services, Conference Room A, Lower Level, 933 Haverford Road
• June 14 through July 19, 6:30 to 8 p.m.

Knorr Conference Room at Annenberg Conference Center, Lankenau Medical Center

- July 6, 13, 20, 27, and August 3 and 10: 6 to 7:30 p.m.

Riddle Hospital, Administrative Annex, Conference Room 2

- August 24, 31, and September 7, 14, 19, 28: 2 to 3:30 p.m.

**Ardmore Library
108 Ardmore Avenue**

Healthy Women Program

This program at Bryn Mawr Hospital and Lankenau Medical Center provides free health screenings for women who are uninsured or underinsured and whose income qualifies. Screenings include mammography, pelvic exams, and Pap tests. For more information about eligibility and appointments, call **484.337.8712** (Bryn Mawr) or **484.476.8554** (Lankenau).

Slimdown for Summer with Talbots and Paoli Hospital

Shop for modern, classic summer styles and chat with a registered dietitian. Stop by the nutrition booth for light and easy summer recipes and enter a chance to win a basket filled with fabulous cooking



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.

utensils, healthy cookbooks, and more! 10% of pretax sales will be donated to Paoli Hospital.

- June 1, 5 to 7 p.m.

Talbots, Paoli Shopping Center, 182 East Lancaster Avenue, Paoli

Hip and Knee Pain Seminars

Learn about the causes of joint problems and treatment options to relieve your pain. Details at mainlinehealth.org/hipandknee.

- Main Line Health Center in Concordville: May 10, 10 to 11 a.m.
- Paoli Hospital: May 11, June 15, July 13, 10 to 11 a.m.
- Lankenau Medical Center: May 25, June 22, July 27, August 24, 12 to 1 p.m.
- Main Line Health Center in Newtown Square: June 21, 6 to 7 p.m.
- Ludington Library, Bryn Mawr: July 18, 2 to 3 p.m.

Blood Pressure Screenings

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

American Red Cross Blood Drive

Make an appointment at redcrossblood.org. Click "Donating Blood," and use sponsor code "paolihospital" or "brynmawrhospital."

All events are from 7 a.m. to 5 p.m.
Paoli Hospital Potter Room:

- June 16

- July 14
Bryn Mawr Hospital Conference Room:
• May 30 and 31
• August 23 and 24

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 and Bryn Mawr, Paoli, and Riddle Hospitals.

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. zFee: \$45.



Sibling Preparation

For 3- to 7-year-old siblings to learn about becoming a big sister or brother. Fee: \$30 for one child; \$10 for each additional child.



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.

- June 3, 8:30 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1



Safe Sitter Babysitting

An intensive one-day training program for boys and girls ages 11 through 14. Adolescents will learn how to safely care for younger children in a nurturing way as well as how to prevent injuries while babysitting. All programs start at 9 a.m.

- May 13
- June 27
- July 19
- July 26
- August 11
- August 22

Riddle Hospital, Administrative Annex, Conference Room 1

Keeping Baby Safe

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

The Happiest Baby

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

SUMMER COMMUNITY PROGRAMS IN EXTON

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

“Take Charge of Your Weight,” with Gretchen Skwer, RD.

• May 24, 6:30 to 7:30 p.m.

“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.

• June 6, 6:30 to 7:30 p.m.

“Digestive and Gastrointestinal Disorders,” with Julia Sharpe, RN, BSN, CGRN, Paoli Hospital Endoscopy Unit

• June 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 avoiding injury.

• June 19, 6:30 to 7:30 p.m.

“Taking Care of Your Heart,” with Donald Ferrari, MD

• June 27, 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.

• July 17, 6:30 to 7:30 p.m.

“Diabetes 101,” with Janet Wendle, Diabetes Program Manager. Learn the symptoms, causes, treatments, and tests for Type 2 diabetes.

• July 31, 6:30 to 7:30 p.m.

“Cancer Updates: Breast, Colon, Skin, and More,” with Sue Zuk, Nurse Manager.

• August 8, 6:30 to 7:30 p.m.

“Understanding Sleep Disorders,” with Mike Montanye, sleep technician.

• August 14, 6:30 to 7:30 p.m.

FOR OLDER ADULTS

Medicare 101

Presentation geared toward people new to Medicare, although current beneficiaries might find it helpful as well. Learn the basics of Medicare A, B, C, and D, as well as terminology such as deductibles, penalties, Medigap, and supplemental plans.

• August 1, 10 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

Mature Driving AARP

This safety program addresses the challenges of drivers older than 55. It is a renewal course only; you must bring proof that you have attended an eight-hour course previously (certificate of completion, insurance statement). Fee: \$12/person AARP members; \$14/person nonmembers.

• May 11: 8:30 a.m.

• June 8: 8:30 a.m.

• July 13: 8:30 a.m.

• August 10: 5 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

Senior Entertainment Tonight

Fun and informative evening for the over-60 crowd. Light snacks served. Fee: \$5/person. Reservations required; call 1.866.CALL.MLH.

• May 23, 5 to 6:30 p.m.: Ross Kershey, local historian, will speak on JFK: The Kennedy Years.

• Paoli Hospital, Potter Room

Senior Suppers at Riddle Hospital

This monthly event features dinner and a presentation about healthy living for older adults. Held every month at 4:30 p.m. in the Riddle

ANGIOSCREEN: 6 MINUTES COULD SAVE YOUR LIFE

Angioscreen is a painless, radiation-free screening that provides clear and immediate test results of your circulation and vascular health. The screening includes a personal consultation. Cost is \$50. To learn more or schedule an appointment at one of multiple locations, visit mainlinehealth.org/angioscreen or call 1.866.CALL.MLH.

Hospital Administrative Annex, in Conference Room 1, located around the back of the Thrift Shop on the ground floor. Fee: \$7/person.

• May 24: Arthritis Information, with Anne Marie Casey-Glatts, MSN, RN

• June 28: Alzheimer’s Information, with Theresa Fiorella, MSN, RN

• July 26: Hearing Loss, with Jessica Bell, AuD

• August 23: COPD/Asthma/Respiratory Issues, with George Lieb, MD

Senior Supper Club at Paoli Hospital

An evening of dinner, conversation, and a healthy living seminar for the over-60 crowd. Held from 5 to 7 p.m. in the Paoli Hospital Potter Room.

Fee: \$7/person. Reservations required; call 1.866.CALL.MLH.

• May 17: Senior Hearing Issues

• June 12: Sleep Disorders

• July 18: NICHE—Caring for Seniors

CPR AND FIRST AID

♥ CPR Heartsaver AED

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 American Heart Association certification. Fee: \$65. Preregistration required.

• May 8 and 9, 6:30 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

CPR certification and recertification courses for health care providers are also offered. For details, call 1.888.876.8764 or visit mainlinehealth.org/events.

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.

At 12:30 p.m.:

• May 10, 17, 24

• June 14, 21, 28

• July 12, 19, 26

• August 16, 23, 30

At 6 p.m.:

• May 9, 16, 24

• June 13, 20, 28

• July 11, 18, 26

• August 8, 15, 23

Riddle Hospital, Health Center 4, Conference Room 2

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.

• July 13, 5 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1



New Test Helps Predict Nausea After Chemotherapy

While chemotherapy can save lives, some of the side effects, such as nausea and vomiting, are difficult to cope with—and can even be debilitating. Yet not all patients experience such effects equally. Now, researchers at Lankenau Institute for Medical Research (LIMR) and Lankenau Medical Center, both part of Main Line Health, have developed a blood test that predicts which patients are most likely to experience nausea after chemotherapy.

“The test can help alert physicians to those patients who need more potent drugs, called antiemetics, to combat nausea,” says Paul B. Gilman, MD, Interim Director of Clinical Research at LIMR and one of the study’s researchers. “If patients are tested before starting chemotherapy, their care team can devise a personalized plan to prevent nausea.”

“Antiemetic drugs have their own side effects, including insomnia, constipation, and headaches,” notes U. Margaretha Wallon, PhD, assistant professor at LIMR and the lead author of the study. “Patients determined to be at lower risk for nausea may be able to skip antiemetics or take a

lower dose, sparing them those side effects and potentially reducing their health care costs.”

The results of a small preliminary study of 64 colon and lung cancer patients at Lankenau Medical Center showed that the test could correctly classify almost 90 percent of patients with nausea sensitivity.

The study was funded by the The W.W. Smith Charitable Trust. “This is, to our knowledge, the first report demonstrating an unbiased method to predict nausea in patients receiving chemotherapy,” the authors wrote. The researchers are in the process of expanding the study to all Main Line Health facilities. ●



Breakthroughs in Care

The staff at LIMR is devoted to advancing innovative new approaches to medical challenges such as cancer and cardiovascular disease. Visit limr.org to learn more about this groundbreaking work.

3-D MAMMOGRAPHY: CLEARER DETECTION, FEWER CALLBACKS

The gold standard for breast cancer detection, mammography has been scientifically proven to save lives. “That’s why it’s so important for women to get an annual mammogram beginning at age 40,” says Alicia Picard, MD, Imaging Director of the Barbara Brodsky Comprehensive Breast Center at Bryn Mawr Hospital, part of Main Line Health.

Still, conventional mammography isn’t perfect. “Normal breast tissue, which looks white on a mammogram, can mask invasive cancer, which also looks white,” says Emma Simpson, MD, System Chair of Radiology at Main Line Health.

Fortunately, Main Line Health offers 3-D mammography (also called digital tomosynthesis), a new, state-of-the-art breast cancer screening and diagnostic tool that can increase the cancer detection rate by 27 percent. “Women who have a 3-D mammogram, compared with a conventional 2-D mammogram, are also less likely to be called back for additional imaging,” Dr. Picard says.

During a 3-D mammogram, the breast is compressed and a

series of images are obtained from multiple angles, which are then reconstructed into a three-dimensional image. This allows radiologists to more easily distinguish a true mass from overlying breast tissue. “With this technology, we’re able to detect more breast cancers, especially in women with dense breasts,” Dr. Simpson says. Another plus: 3-D mammography doesn’t take any more time than traditional mammography.

At Main Line Health, patients are contacted within 48 hours of their mammography with negative results or to schedule additional imaging if needed. All Main Line Health hospitals and health centers are staffed with board-certified radiologists, with direct access to nurse navigators and multi-disciplinary breast health teams.

Mammography Made Easier

3-D mammography is offered at all Main Line Health hospitals and health centers. To schedule your test, visit mainlinehealth.org/3Dmammography or call 484.580.1800.



Urgent Care: Here When You Need Us

Ah, summer ... the grill, the shore, the sun. But this season of the outdoors is also prime time for sprains, sunburns, and other minor injuries. When you need a physician right away—but your regular doctor isn't available—we're here for you.

At Main Line Health Urgent Care Centers in Broomall, Concordville, and Exton, patients of all ages can receive treatment by a board-certified physician affiliated with Main Line Health System for non-life-threatening illnesses and injuries seven days a week, including evenings and holidays. No appointment is necessary.

Urgent Care Is There

Think of urgent care as a bridge to your regular doctor's office. "We do what we can for you until your primary care physician or pediatrician can resume your care," says Christine C. Stallkamp, MD, FAAFP, Medical Director of Urgent Care and Occupational Health, for Main Line Health. At our urgent care centers, you and your family can receive treatment for conditions such as:

- Fever or sore throat
- Respiratory illnesses (coughs, colds, bronchitis, pneumonia, and allergies)
- Sports injuries such as concussion
- Sprains and strains
- Sinusitis
- Stitches
- Urinary tract infections
- Wounds

Overall, any problem that your doctor's office could manage is fair game for urgent care, including routine physicals for camp or sports. If you have a possible

fracture and need an X-ray after hours, urgent care can also handle it.

When Your Doctor or the ER Is a Better Choice

Still, some health problems aren't suited to urgent care. Issues that require ongoing follow-up, such as childhood vaccinations, are better left for your child's pediatrician. Similarly, "we don't have access to advanced imaging equipment such as ultrasound," says Dr. Stallkamp. That's why pregnancy-related issues are best addressed by your OB/GYN.

Urgent care centers don't treat life-threatening conditions. Call 911 or go to the ER at your local hospital for symptoms such as vomiting blood, severe bleeding, chest pain, or signs of stroke (arm weakness on one side, slurred speech, or difficulty swallowing). But for minor injuries and illnesses, you can often receive treatment more quickly at an urgent care center—and at a lower cost. ●



Count on Us

Main Line Health
Urgent Care Centers in

Broomall, Concordville, and Exton are staffed by board-certified doctors seven days a week. Hours are 9 a.m. to 9 p.m. weekdays, Saturdays 9 a.m. to 4 p.m., and Sundays 9 a.m. to 2 p.m. Walk-ins welcome; no appointment necessary. Learn more at mainlinehealth.org/urgentcare.

HELPING SENIORS FIND THE RESOURCES THEY NEED

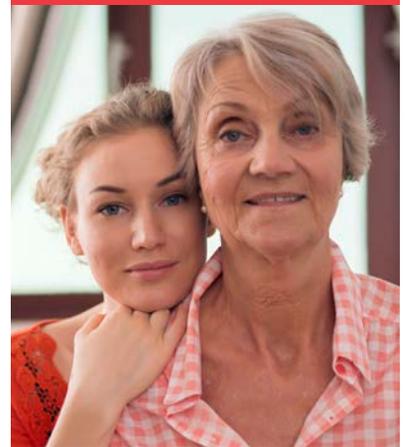
Many older adults want to live independently, but it can be tough to sort through all the options. Main Line Health is here to help.

"Main Line Health's Senior Care Line is a free service that helps older people, their families, and their caregivers. We provide information about Main Line Health services as well as other community resources," says Brian Duke, System Director of Senior Services for Main Line Health.

A licensed social worker is on hand Monday through Friday, 9 a.m. to 5 p.m., to offer support and guidance in areas including:

- Medical needs
- Health and wellness
- Social services
- Transportation
- In-home assistance

Contact the Senior Care Line by calling 484.580.1234 or emailing mlhseniors@mlhs.org.



After a Heart Attack: Small Changes Make a Big Difference

A heart attack can be a serious wake-up call to embrace a healthy lifestyle.

“Statistically, after a first heart attack, you’re at higher risk of having a second one. However, the good news is that you can dramatically reduce that risk with healthier eating and exercise habits,” says Kenneth Mendel, MD, a Lankenau Heart Institute cardiologist at Riddle Hospital, part of Main Line Health.

Even small lifestyle changes can have an impact on your heart. Start by making tweaks to your diet: Pay attention to portion size; avoid fried foods, saturated fats, and trans fats; and eat fruits, vegetables, fish, and chicken. Take it one step at a time. For instance, if you usually munch on potato chips at night, replace them with a healthier snack, like carrot sticks and hummus.

For exercise, ask your physician if you’re ready to become more active. The

American Heart Association recommends aiming for 40 minutes of moderate-intensity exercise at least three to four days per week, but your doctor can tell you what’s right for you.

“You don’t necessarily have to join a gym. Just start walking outside or on a treadmill and then add steps each week,” says Dr. Mendel.

For expert guidance after a heart attack, Lankenau Heart Institute offers a cardiac rehabilitation program at all four Main Line Health hospitals that’s focused on nutrition, exercise, and stress management. The program is customized for each patient and designed to promote overall cardiac wellness. “At first, it may be challenging to modify your habits, but listen to your heart and make some positive changes for your future,” says Dr. Mendel. ●

Women’s Heart Attack Symptoms



Be Heart-Smart

Make sure your heart is prepared for an exercise regimen. To find a cardiologist near you for an evaluation, visit mainlinehealth.org/heart.

EXPERTISE RUNS DEEP THROUGH THE VASCULAR AND VEIN CLINIC

To diagnose and treat vein disorders—everything from spider veins to blood clots that can cause heart failure—Lankenau Heart Institute recently opened a Vascular and Vein Clinic at Lankenau Medical Center, part of Main Line Health. The clinic provides some of the most advanced medical services for vein problems in the region.

“Our board-certified vascular specialists use state-of-the-art technologies to provide timely and effective treatments for a wide range of vein irregularities,” says Robert Meisner, MD, a vascular and endovascular specialist at Lankenau Medical Center and Riddle Hospital.

Factors that put people at risk for vein problems include heredity, pregnancy, advanced age, obesity, and prolonged standing or sitting.

“The most common problems we see are varicose veins. If untreated, they can lead to leg pain, swelling,

ulcerations, and even blood clots,” says Vincent DiGiovanni, DO, a vascular and endovascular specialist at Lankenau Medical Center and Riddle Hospital.

Located in the Heart Pavilion at Lankenau Medical Center, the Vascular and Vein Clinic delivers a seamless continuum of care for the entire spectrum of vein disorders. “Our doctors are attuned to treating deep vein problems, including deep vein thrombosis (DVT) blood clot, pulmonary embolism, inferior vena cava vein filter removal, and intravascular ultrasound with deep vein therapy,” says Dr. Meisner. “We emphasize catheter-based minimally invasive techniques to treat these conditions.”

The Vascular and Vein Clinic team of experts offers treatments including:

- **Ablation/glue**—office-based treatment for large varicose veins
- **Sclerotherapy**—injecting a solution that removes the appearance of

spider veins

- **Microphlebectomy**—making a small incision to remove painful veins
- **Laser therapy**—using bursts of light to remove a clot from inside veins
- **Catheter-based therapies** for removal of DVT, treatment of pulmonary embolism, and advanced removal of IVC filters

“Vein treatment constantly evolves, and we stay abreast of the latest discoveries,” says Dr. Meisner.

“We have the team, technology, and expertise to provide life-changing and, in some cases, lifesaving care,” adds Dr. DiGiovanni.

Take the First Step

If you’re dealing with a vein condition, don’t wait. Schedule an evaluation at the Vascular and Vein Clinic by calling 610.565.8564.



Oxygen Therapy Treats Hard-to-Heal Wounds

Given enough time, most wounds heal on their own. But certain wounds need extra help, which hyperbaric oxygen therapy (HBOT) may be able to provide.

“HBOT is an effective therapy when it’s used in the right patients for the right types of wounds,” says Randall Russell, MD, Campus Chief at the Lankenau Medical Center’s Wound Healing Center.

Which Wounds Benefit?

According to Dr. Russell, three major types of wounds that qualify for HBOT treatment are diabetic foot ulcers, bone infections, and tissue that has been damaged by radiation therapy. However, he notes that any kind of wound can be assessed for care. The treatment works by delivering oxygen to wounds, which are normally oxygen-deprived. This stimulates new tissue growth and new blood vessel formation and helps fight infection.

“A patient receiving HBOT breathes in 100 percent oxygen,” explains Dr. Russell. “The increased pressure within the HBOT chamber forces oxygen directly into the plasma in the blood, which then delivers the oxygen throughout the body, including those areas that are starving for oxygen, such as wounds.”

What to Expect from Treatment

To receive HBOT treatment, you recline in a chamber filled with pressurized oxygen. You can see out of the chamber and communicate with staff via phone or hand signals. During treatment, you can watch TV or listen to music.

Each treatment lasts about two hours, and patients are generally seen five days a week for about six to eight weeks.

“There is a time commitment involved,” says Dr. Russell. “But most patients really appreciate the good results we see.” ●



Tailored Treatment

The Wound Healing and Hyperbaric Centers of Main Line Health provide advanced therapies and personalized patient support. With locations at Lankenau Medical Center and Bryn Mawr, Paoli, and Riddle Hospitals, we deliver expert wound care throughout the region. For an appointment, call 484.227.HEAL (484.227.4325).

NEWLY DIAGNOSED? GET HELP FOR MANAGING DIABETES

What can I eat? Is it safe to exercise? If you’ve recently learned you have diabetes, you may have lots of questions like these. The Diabetes Management Program at Main Line Health can help.

“Many people feel overwhelmed when they’re diagnosed with diabetes,” says Janet Wendle, Director of the Diabetes Management Program. “We help people take control of the condition so they can stay as healthy as possible.”

The program offers 10 hours of diabetes instruction, including one-on-one meetings with a nurse and dietitian as well as three group sessions.

“We offer practical tools to help manage diabetes, including tips on taking medication and preventing complications like foot and eye problems,” says Wendle. “We also give out glucose monitors and explain how to use them.”

As part of the sessions, the nurse and dietitian review participants’ health information and help them set personal goals for nutrition and exercise.

“We spend a lot of time discussing nutrition because people with diabetes are often concerned about what they can eat,” says Wendle. “So our dietitians provide lots of tips on counting carbs, reading food labels, and eating out.”

“Diabetes is one condition you can actually control,” Wendle adds. “And the more you learn about diabetes, the easier it is to manage.”

Learn more about Main Line Health’s Diabetes Management Program at mainlinehealth.org/diabetes.

To schedule a consultation with a diabetes nurse specialist or dietitian specialist near you, call 1.866.CALL.MLH.

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Your Rx for Younger-Looking Skin

From fine lines to adult acne, aging can affect your skin in many ways. Behind the changes: your genes, as well as natural shifts that may leave skin thinner, drier, and less firm over time.

"Hormone changes around menopause play a role, too," says Erum Ilyas, MD, a dermatologist with Main Line Health. "Our pores produce less oil. Sun damage from our youth also catches up with us, causing discoloration and loss of elastic fibers that keep skin taut."

These solutions, recommended by Dr. Ilyas, can help restore your skin's glow:

For dryness: Hydrate from the inside out by drinking plenty of water. Take short, warm—not hot—showers to avoid further drying. Moisturize from head to toe when skin's still damp. "I use petroleum jelly," Dr. Ilyas says. "It's mild, doesn't clog pores, works well, and is inexpensive."

For acne: Midlife blemishes are often related to rosacea, a skin disease that causes redness and pimples on your nose, cheeks, chin, and forehead. These blemishes can be deep and painful, and they don't respond to harsh acne products. To curb these breakouts, reduce rosacea's skin-flushing and inflammation by avoiding red wine, spicy food, and irritating skin scrubs. Your dermatologist can prescribe metronidazole gel and, if needed, a short course of antibiotics.

For fine lines, wrinkles, and crow's feet: Wear sunscreen daily to prevent further damage. Over-the-counter products containing retinol and prescription creams containing

tretinoin (such as Retin-A) can iron out fine wrinkles. In-office options include chemical peels, soft-tissue fillers (such as Juvéderm) to plump up lines and wrinkles in the lower face, wrinkle-easing injections of the neuromodulator botulinum toxin type A (such as Botox) for crow's feet and forehead furrows, and laser resurfacing treatments that remove the skin's top layer and stimulate collagen growth so skin appears firmer.

For facial hair: Lasers can remove dark hair like the coarse strands that may appear on your chin around midlife or later. But often, electrolysis is a better option for fine, light-colored hairs that appear on your upper lip, Dr. Ilyas says. "Electrolysis destroys the hair follicles and keeps the hair from growing back."

For age spots and patchy discolorations: "Get a skin exam to rule out skin cancer first," Dr. Ilyas recommends. Retinoid products can even out skin tone. Effective in-office treatments include cryotherapy, to freeze off individual age spots and freckles, and intense pulsed-light photorejuvenation treatments, which can reduce discoloration over larger areas. ●



Smart Care for Your Skin

As the summer approaches, it's an especially good time to pay attention to your skin. To find a Main Line Health dermatologist near you, visit mainlinehealth.org/dermatology or call **1.866.CALL.MLH.**

