

WOMEN'S healthsource

New techniques to treat cancer

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HEART SMART

Catching a dangerous
“widow maker”
just in time.
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Main Line Health®
Well ahead.®



Lankenau Medical Center expanding emergency care

Lankenau Medical Center, part of Main Line Health, is conducting a \$52.8 million expansion of its emergency department (ED). The ED was built to handle 35,000 patients per year. Currently, it treats about 54,000, and that number is expected to reach 73,000 by 2025.

When completed, the ED will be tripled in size, with 57 private treatment rooms and a centralized, private check-in area. The expansion will also feature:

- 31 acute beds to treat people in need of immediate care
- 23 “super track” rooms for people with minor injuries or illnesses
- Additional trauma bays for severely injured patients
- A highly functional space for delivering timely care to people experiencing heart problems

“Lankenau Medical Center’s ED expansion will allow us to deliver advanced emergency and trauma services in an innovative space that reflects the expertise and commitment of our team,” says Phil Robinson, president, Lankenau Medical Center.

The ED will remain open to serve the community during the entire project. Work is expected to be completed in early 2019.

Personalized fitness for every body

At the Main Line Health Fitness & Wellness Center in Concordville, we offer personalized fitness programs with professional guidance every step of the way. Features and amenities include:

- Two one-hour evaluations with a personal trainer and a custom training program; free reevaluations
- Aquatic center with lap and therapy pools
- Group fitness classes, including Les Mills™, Zumba®, yoga, Pilates barre, aqua and tai chi
- State-of-the-art exercise equipment
- Full-amenity locker rooms
- Complimentary child care
- FitKids programs
- Medical advisory board to ensure high standards in programming

Take the first step to better health! Learn more by calling 484.227.7999 or visiting mainlinehealthfitnessandwellness.com.

Bryn Mawr Hospital renovations building a better patient experience

Bryn Mawr Hospital, part of Main Line Health, has dedicated \$250 million to renovations and expansion. This investment builds on our commitment to serve the community with comfortable, modern facilities, ultimately improving our delivery of quality medicine.

The construction will feature a state-of-the-art, seven-story Patient Pavilion, which will include:

- Maternity unit with 25 private rooms for antepartum and post-partum mothers
- Spacious labor and delivery (L&D) suites with private bathrooms, including two L&D suites with large laboring tubs for women looking for a natural birthing experience, as well as two new C-section operating rooms and recovery rooms

- Level III NICU with more privacy for families, a quieter environment and more natural lighting
- State-of-the-art Critical Care Unit with 12 operating rooms doubled in size to accommodate more modern operating equipment

“This investment is evidence of Main Line Health’s and Bryn Mawr Hospital’s continuing promise to deliver personalized, advanced care in a comfortable, contemporary setting,” says Andrea Gilbert, president, Bryn Mawr Hospital. “A treasured community teaching hospital for more than a century, the next iteration of Bryn Mawr Hospital



envisions a physical space that matches the patient-centered, quality-driven care that remains core to our mission.”

Collectively, these changes will help our staff deliver better care and a better patient experience. All work is expected to be completed in 2019.

The Deaver Wellness Farm: Nourishment and education for the community

At Lankenau Medical Center, part of Main Line Health, we recognize the connection between nutrition and health and wellness. In collaboration with Greener Partners, we have taken the progressive step of planting and maintaining a year-round half-acre organic farm. With the Delema G. Deaver Wellness Farm, our goal is to harness the power of locally grown food to strengthen our community's health. The Wellness Farm features more than two dozen gardens, a greenhouse, educational areas and tasting stations.

The farm has sown the seeds for better community health in its first year:

- **Nourishing the community.** To date, the Wellness Farm has provided more than 9,700 pounds of organically grown food to over 2,500 hospital patients and neighborhood residents at no cost.



- **Mentoring patients.** The Wellness Farm has co-taught more than 30 nutrition classes with hospital dietitians and has educated patients with congestive heart failure.
- **Educating our youth.** The farm has held 31 farm-based youth education classes for more than 900 students.
- **Surprising and delighting.** The Wellness Farm regularly delivers fresh bouquets of flowers to hospital patients.

FUN AT THE FARM!

The Deaver Wellness Farm offers a variety of education programs for school-age children. Kids connect with the source of healthy food and learn the science behind agriculture. For details, call 484.476.3434 or visit mainlinehealth.org/wellnessfarm.

SWEET POTATO DIP

2 cups baked sweet potato
1/3 to 1/2 cup maple syrup
1 tsp cinnamon
1 tsp vanilla
sprinkle of salt

Preheat oven to 400°F.

Prick sweet potatoes with a fork, place on a baking sheet and bake for 1 1/2 hours, until potatoes are soft. Remove from oven, cool and then scoop out the soft potato, leaving the skin behind. Blend ingredients in a food processor or mash well with a fork. Use fresh fall apples or crackers to dip.

Stores well in the refrigerator for 3 to 4 days.

Recipes courtesy of Greener Partners



FRESH FROM THE FARM

Savory variation:

2 cups baked sweet potato
1/2 cup plain Greek yogurt
1 to 2 tbsp lime juice
dash of cayenne or 1/2 tsp chopped jalapeno
1 tsp ground cumin
1 to 4 tbsp finely chopped cilantro (optional)

Preheat oven to 400°F.

Prick sweet potatoes with a fork, place on a baking sheet and bake for 1 1/2 hours, until potatoes are soft. Remove from oven, cool and then scoop out the soft potato, leaving the skin behind. Blend ingredients, except the cilantro, in a food processor or mash well with a fork. Stir in cilantro. Use vegetables or crackers to dip.

Stores well in the refrigerator for 3 to 4 days.

Understanding breast cancer treatment today

Women throughout the Philadelphia area choose the experienced team of oncologists at Main Line Health for breast cancer care. Three Main Line Health breast surgeons explain the current treatment options and what makes the program unique.

How has treatment for breast cancer changed over the years?

Lina Sizer, DO: I believe the biggest change has been shifting our treatment approach from a “one size fits all” strategy to truly individualized treatment plans. Targeting each cancer’s biology is the new standard of care. Personalized and comprehensive breast care is our goal, and it is achieved by working with a multidisciplinary team of physicians and nurses. With the advancements made in breast cancer survival, we have broadened our surgical approaches to include breast conservation, skin- and nipple-sparing mastectomies, as well as hidden-scar surgery. The focus is to not only completely remove the cancer but also do it in a way that women maintain their femininity and ultimately get back to who they were before cancer.

How do patients benefit from advanced treatments?

Robin Ciocca, DO: Doctors at Main Line Health use minimally invasive, breast-conserving surgical techniques whenever possible. These approaches preserve healthy tissue, minimize scarring and lead to a faster recovery. When conservation is not possible, nipple-sparing mastectomies can be performed. Our plastic surgeons are trained in the latest reconstructive techniques using the patient’s own tissue, which results in a breast that looks and feels more natural.

Our medical oncologists treat hundreds of breast cancer patients each year. Highly targeted radiation therapy treats the cancer while minimizing harm to healthy organs and tissues. Our patients also have access to clinical trials

of promising new breast cancer therapies. (See “Medical Frontiers” on Page 5.)

How do you create personalized care plans for patients?

Jennifer L. Sabol, MD: I’m proud of the multidisciplinary approach at Main Line Health. The medical team involved in each patient’s care actually sits together in a conference room on a weekly basis, from the physicians making medical decisions to social workers, genetic counselors, dietitians and physical therapists. Together, we plan every aspect of the patient’s treatment. That plan involves not only the current standard of care, but also the possibility for new clinical trials, other innovative approaches or alternative options for those who have comorbid diseases or complicated health or social issues. This approach allows us to plan for your best outcome and a happy, healthy life in the years to come. ●



FROM SCREENING THROUGH SURVIVORSHIP

The Main Line Health Breast Cancer Program offers advanced treatment for breast cancer along with coordinated, compassionate care every step of the way. Learn more at mainlinehealth.org/breast.



Celebrating life at Main Line Health’s cancer survivorship day.

What men need to know about prostate screening

As a woman, you may be diligent about cancer screenings. But what about the men in your life? Prostate cancer is the second leading cause of cancer-related death in men. The key is screening: with early detection, it's often quite treatable.

"The prostate-specific antigen (PSA) test is a simple blood test that is proven to help doctors detect cancer and save lives," explains Arjun Khosla, MD, urologist with Main Line Health. "Like other screenings, the PSA test isn't perfect, but it's the best screening option available today."

The PSA test measures the level of PSA protein produced by cells in the prostate gland. Simply having an elevated PSA level doesn't mean a man has cancer. That elevation can be caused by benign issues such as an enlarged prostate. However, a higher PSA level is a signal for doctors to investigate further.

"In the past, PSA screening was somewhat controversial because prostate cancer was over-diagnosed and over-treated. However, today we know more

about interpreting results and determining who needs treatment," says Dr. Khosla.

The U.S. Prevention Task Force recommends men ages 55 to 69 talk with their doctor about screening. Dr. Khosla suggests getting a baseline test at age 50, especially for men at higher risk such as African Americans and those with a family history of prostate cancer.

For men with slow-growing prostate cancer, treatment may consist of careful monitoring. For those with more aggressive or advanced cancer, Main Line Health offers a number of advanced treatments including minimally invasive surgery.

"With robotic technology, our surgeons can treat prostate cancer using nerve-sparing techniques," explains Ilia Zeltser, MD, urologist with Main Line Health. "This provides not only excellent outcomes but less risk of urinary or sexual complications after surgery."

The bottom line? "Prostate cancer symptoms typically don't occur until the late stages of the disease," says Dr. Khosla. "That's why early screening is important." ●

FREEZING BREAST TUMORS AS AN ALTERNATIVE TO SURGERY

Could freezing breast tumors be an alternative to surgery for early-stage invasive breast cancer?

Answering that question is the focus of a clinical trial being conducted at Lankenau Medical Center and Lankenau Institute for Medical Research (LIMR), part of Main Line Health. Lankenau is one of only 14 sites, and the only one in Pennsylvania, participating in a study known as FROST—Cryoablation of Small Breast Tumors in Early Stage Breast Cancer.

"Cryoablation is a procedure that 'spot-freezes' breast tumors and kills cancer cells while preserving the natural breast shape," explains Ned Carp, MD, surgical oncologist and co-director of Lankenau Cancer Center. He leads the FROST research along with breast surgeons Robin Ciocca, DO, and Jennifer L. Sabol, MD.

The study is recruiting women ages 50 and older with node negative, hormone receptor-positive, HER2-negative breast cancer. Participants undergo at least five years of endocrine therapy following cryoablation.

To learn more, call Elene Turzo, LIMR's manager of clinical cancer research, at 484.476.2649.



NEW LUNG CANCER TREATMENTS OFFER BETTER OUTCOMES

Lung cancer is currently the number one cause of cancer death in the United States. But Main Line Health is working to improve outcomes for people with lung cancer, changing the lives of patients and their families.

Main Line Health doctors offer immunotherapy, special drugs given by IV infusion, either alone or in combination with traditional chemotherapy.

"Immunotherapy drugs work to alter the immune system, enabling it to target cancer cells," explains Tracey Evans, MD, medical oncologist with Main Line Health. "The therapy is well tolerated and shown to improve overall survival by up to 40 percent compared to traditional chemotherapy."

Some lung cancer patients are candidates for targeted therapies—innovative drugs taken orally that work at the molecular level to block the growth and spread of cancer.

"Targeted therapies prolong people's lives by helping control the cancer," explains Dr. Evans. "These and other new therapies are dramatically changing how we treat lung cancer."

Although new treatments are available, the earlier lung cancer is diagnosed, the better the outcome. Main Line Health offers lung cancer screening for those at high risk. The test, a low-dose CT scan, can detect cancer before symptoms arise. Learn more at mainlinehealth.org/lung.



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 with their dates, times and locations.

WELLNESS & PREVENTION

MINDFULNESS, MEDITATION AND MOVEMENT GROUPS SPECIFICALLY FOR WOMEN

The Women's Emotional Wellness Center offers weekly mindfulness groups that use meditation and other mindful activities to promote health and well-being. Candidates will attend a screening appointment to determine if this group is right for them. To schedule your screening or learn more, call **1.888.227.3898** or visit mainlinehealth.org/wewc.

PRESCRIBE-A-TRAIL COMMUNITY WALKS

Join our health practitioner to learn how to achieve maximum health during a brisk walk. In the event of inclement weather, walks will be cancelled.

- September 22, 9:00 am, Darby Creek Trail, Havertown
- October 2, 10:00 am, Valley Forge Park Alliance, King of Prussia
- October 19, 9:00 am, Radnor Trail, Wayne
- October 20, 9:00 am, Darby Creek Trail, Havertown
- November 13, 10:00 am, Valley Forge Park Alliance, King of Prussia

BLOOD PRESSURE SCREENINGS

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

HEALTHYWOMAN PROGRAM

Free health screenings for uninsured or underinsured women whose income qualifies. Screenings include mammography, pelvic exams and Pap tests. Call **484.476.8554** (Lankenau) or **484.337.2886** (Bryn Mawr) or visit mainlinehealth.org/healthywoman.

HIP AND KNEE PAIN SEMINARS

Keep the spring in your step! Learn about hip and knee anatomy, common causes of joint pain, the latest treatments, and how to prevent a hip or knee injury. For locations and dates, visit mainlinehealth.org/hipandknee.

AMERICAN RED CROSS BLOOD DRIVES

Be part of a lifesaving team. Donate at our upcoming blood drives. Someone in need will be thankful you did. For locations and dates, visit mainlinehealth.org/blooddrives.

HEART-TO-HEART CONVERSATIONS

The Women's Heart Initiative at Lankenau Heart Institute hosts this cardiac support group for women with heart disease or those at risk. The group is open to all women no matter where they received treatment. To register, call **484.476.3WHI** or email mlhwomensheart@mlhs.org.

SMOKEFREE

Main Line Health's FREE six-week behavior modification program is designed to help smokers quit. Participants may be eligible for free nicotine-replacement therapy. For locations and dates, visit mainlinehealth.org/smokefree or call **484.227.FREE** to register.

HEART DISEASE: HOW TO IDENTIFY AND MODIFY YOUR RISKS

Led by Howard Kramer, MD.
• October 24, 10:00 am, 933 Haverford Road, Bryn Mawr

PREDIABETES PRESENTATION

This diagnosis is a wakeup call that you are on a path to diabetes. But it's not too late to turn things around.
• November 27, 10:00 am, Main Line Health Center in Newtown Square
• November 27, 2:00 pm, 933 Haverford Road, Bryn Mawr

DISEASE MANAGEMENT

DIABETES AND YOU

This daytime and evening program held at Riddle Hospital will help you manage your diabetes. Cost is covered by most insurance companies. To register, call **484.227.3769**.

At 12:30 pm:

- September 12, 19 and 26
- October 10, 17 and 24
- November 7, 14 and 28
- December 5, 12 and 19

At 6:00 pm:

- September 11, 18 and 26
- October 9, 16 and 24
- November 6, 13 and 28

FREE WIG PROGRAM

This program is for female cancer patients preparing to undergo or currently undergoing chemotherapy or radiation treatment. Call **484.337.5215** to schedule an appointment.

LOOK GOOD, FEEL BETTER

Women being treated for cancer are invited to this free program. Get information on makeup, wigs, head wraps and more! Each participant receives a personal beauty kit to take home. Call the American Cancer Society at **1.800.227.2345**.

FOR OLDER ADULTS

A MATTER OF BALANCE

This eight-week, evidence-based program provides strategies to reduce the risk of falling and remain active and independent. Registration required.

- **Tuesdays and Thursdays, September 11 through October 4, 1:00 pm, Riddle Hospital**
- **Thursdays, September 27 through November 15, 10:00 am, Sacred Heart Church, Havertown**
- **Thursdays, September 27 through November 15, 1:30 pm, Paoli Hospital**
- **Fridays, September 28 through November 16, 1:30 pm, Paoli Hospital**
- **Mondays, October 1 through November 19, 1:30 pm, Main Line Health Center in Newtown Square**
- **Tuesdays, October 2 through November 20, 2:00 pm, Lankenau Medical Center**
- **Mondays, October 22 through December 10, 10:00 am, 933 Haverford Road, Bryn Mawr**

HEALTHY STEPS FOR OLDER ADULTS

Evidence-based fall-prevention program that assesses and discusses fall risks. Two-day program; you must attend both sessions.

- **September 10 and 11, 9:00 am, Paoli Hospital**
- **September 19 and 20, 1:00 pm, Lankenau Medical Center**
- **October 17 and 19, 1:00 to 4:30 pm, Ludington Library, Bryn Mawr**
- **November 28 and 30, 1:00 pm, 933 Haverford Road, Bryn Mawr**
- **November 29 and 30, 9:00 am, Paoli Hospital**
- **January 9 and 10, 9:00 am, Paoli Hospital**

SAFER STEPS

Learn how to stay independent by preventing falls. This class points out common safety hazards in the home and teaches the importance of exercise.

- **September 19, 9:30 am, Paoli Hospital**
- **September 21, 11:00 am, Lankenau Medical Center**

STRETCH YOUR LIMITS

This exercise program for adults older than 55 includes strength training with elastic tubing and dumbbells and balance training and stretching with modified yoga and chair tai chi. Fee: \$5/class; pay as you go. Class is held year-round at Bryn Mawr Hospital. For details, call 484.337.5206.

MATURE DRIVING AARP

This driver safety program addresses the challenges of drivers older than 55. We offer both full and renewal courses. For the renewal course, you must bring proof that you have attended the full course. Fee: \$15/person AARP members; \$20/person nonmembers. View upcoming dates and locations at mainlinehealth.org/aarp.

SENIOR ENTERTAINMENT

Fun and informative evenings for the over-60 crowd. Led by Ross Kershey, local historian and educator. Held 5:00–6:30 pm at Paoli Hospital. Fee: \$5/person.

- **September 26: Lincoln**
- **October 17: Famous and infamous Supreme Court decisions**

STOP THE BLEED CAMPAIGN

Do you know what to do if you or someone you love has a life-threatening injury with uncontrolled bleeding? That knowledge can make the difference between life and death. Get trained to stop the bleed and save a life. To register for this FREE training, call 484.476.8207 (Lankenau) or 484.565.8328 (Paoli).

- **September 29, 10:00 am, Lankenau Medical Center**
- **October 9, 9:30 am, Paoli Hospital**
- **October 27, 10:00 am, Lankenau Medical Center**
- **November 6, 6:00 pm, Paoli Hospital**

SENIOR SUPPERS

An evening of dinner, conversation and a healthy living seminar for the over-60 crowd. Fee: \$7/person. At Paoli Hospital, 5:00 pm:

- **September 17: Cancer**
 - **October 24: Eye health**
 - **November 28: Memory issues**
 - **December 6: Holiday party**
- At Riddle Hospital, 4:30 pm:
- **September 26: Senior services**
 - **October 24: Foot health**
 - **November 28: Hearing and balance**

CHILDBIRTH AND CHILD CARE CLASSES

We're here to help you and your family prepare for your newest addition with a variety of classes. For locations and dates, visit mainlinehealth.org/childbirthclasses.

CPR & FIRST AID

Held at Riddle Hospital.

CPR HEARTSAVER AED

This two-session 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 an American Heart Association certification valid for two years. Fee: \$65.

BASIC FIRST AID CLASS

This Emergency Care and Safety Institute course covers basic first aid including bleeds, burns and fractures for adults, children and infants. Two-year certification given upon completion. Fee: \$40.

SAFE SITTER BABYSITTING

An intensive one-day training program for boys and girls ages 11 through 14. Participants learn to care for younger children and prevent avoidable injuries while babysitting. Fee: \$60.

COMMUNITY PROGRAMS

Held at Main Line Health Center at Exton Square.

GI ISSUES: GERD, REFLUX AND MORE

Learn about prevention, symptoms and treatment.

- **September 25, 6:30 pm**

UNDERSTANDING STROKES

80% of strokes are preventable. Take steps now to live a healthier lifestyle.

- **October 15, 6:30 pm**

SLEEP DISORDERS

What are they, and what's new in treatment?

- **December 5, 6:30 pm**

Life changes causing anxiety? Mindfulness can help

For moms, “back to school” is often a welcome relief from the noise and activity of kids at home all summer. This can hold true until the kids graduate and go off to college or move out on their own. Then the empty rooms and overall silence can be troubling.

When kids leave home, many moms experience “empty nest syndrome”—feelings of sadness and loneliness. Like other big changes in women’s lives, empty nest syndrome is an example of an event that can sometimes turn into anxiety and deep depression.

Main Line Health’s Women’s Emotional Wellness Center (WEWC) provides outpatient treatment services to help women through tough times. It’s a supportive mental health therapy program for women ages 18 and older, and mindfulness is sprinkled throughout its offerings.

“Therapeutic mindfulness is learning to tend to your needs in the present moment—what you’re thinking, feeling and needing now—instead of worrying about the past or the future,” explains Liz Bland, MSW, LCSW, director of the WEWC. “For many people, anxiety is a spiral in the



SUPPORT FOR LIFE'S CHANGES

Learn more about how the Women’s Emotional Wellness Center can help you through tough times. Call 1.888.227.3898 or visit mainlinehealth.org/wewc.

future. Our brains follow one worrisome thought to another, then another to another. Mindfulness teaches us to catch ourselves before we get carried away.”

Mindfulness helps women deal with all sorts of anxiety—from postpartum blues to empty nest syndrome, from a serious illness to the loss of a loved one. In WEWC’s group setting, women learn from their therapist and each other. These coping skills help

with what they’re facing now and also equip them for a healthier, happier future.

Those who participate in the program often say, “My anxiety is gone.” But usually they’ve instead learned to deal with anxiety in a different way, explains Bland. “As women, we go through so many transitions. Mindfulness helps us cope with anxiety when it arises so we’re able to get through the day and move on with our lives.” ●



GYNECOLOGIC CARE AFTER MENOPAUSE IS ESSENTIAL

Even though you may no longer be having periods, it’s still important to see your gynecologist or primary care doctor for annual checkups. These regular visits can help you stay ahead of health problems or find them early, when treatment may be more effective.

Just getting older raises a woman’s risk for cancer, and low levels of estrogen in postmenopausal women increase their risk for problems like heart disease, osteoporosis, vaginal dryness, pelvic organ prolapse, and urinary and fecal incontinence.

“With all of today’s medical advancements, we have a lot of options to treat conditions we commonly see in

postmenopausal women—and not all of these treatments are invasive,” says Kathrine Lupo, MD, an OB-GYN at Riddle Hospital, part of Main Line Health. “Certain medications can really help, and there are also non-invasive procedures that can treat incontinence and vaginal dryness.”

When surgery is needed, Main Line Health physicians offer the latest minimally invasive procedures, including robotic surgery. “I always tell my patients, you don’t have to suffer—there’s help out there,” Dr. Lupo says.

Are you looking for a gynecologist?
Visit mainlinehealth.org/doctors.

Advanced technology finds “widow maker” in time

Marie Sindaco thought she was safe from heart disease, even though her father, his brother and their father all died of heart attacks in their 50s. “I thought I inherited everything from my mother. We had so many other things in common,” says Sindaco.

Wake-up call

But in 2015, when Sindaco was 59, a blood test ordered by her endocrinologist showed that she had high cholesterol. She was referred to Thomas Phiambolis, MD, director of Cardiac CT Angiography at the Lankenau Heart Institute, for a coronary calcium score test. This non-invasive test takes an image of the arteries of the heart. The test found plaque was building up. The health history from her father’s side was a risk factor after all.

Dr. Phiambolis prescribed a statin, a medication that lowers cholesterol, to reduce Sindaco’s risk of heart disease. But she experienced such bad muscle aches that she stopped taking it after three months. “The following year, I had a burning chest pain whenever I was active. It was like the pain you feel when you run outside and breathe in cold air,” says Sindaco.

New technology proves lifesaving

Because she had painful symptoms and an increased risk for heart disease, Dr. Phiambolis sent Sindaco for a test called a CT angiogram, which lets doctors see the arteries that supply blood to the heart. “If we see a severe blockage, we send those patients to the cath lab as soon as possible to have a stent put in. But sometimes, like with Marie, we see a blockage and can’t tell if it’s preventing normal blood flow,” says Dr. Phiambolis.

Fortunately, Dr. Phiambolis had access to the HeartFlow FFR_{CT} Analysis. This advanced diagnostic tool provides a more detailed assessment of a patient’s arteries. HeartFlow technology created a 3D computer model showing how Sindaco’s blood flowed through her arteries. The report

revealed that her left descending artery was severely blocked. A blockage in that artery is known as a “widow maker” because the artery supplies blood to a large part of the heart. Sindaco had a cardiac catheterization, which allowed a stent to be placed in her artery and restore blood flow to her heart.

“HeartFlow does an excellent job determining if plaque buildup is blocking blood flow,” says Dr. Phiambolis. “Before this advanced technology, we would send all patients with symptoms and questionable blockages to have a cardiac catheterization to see whether they needed a stent. Now, HeartFlow Analysis helps us identify and send only those requiring surgery.” Lankenau Medical Center is the first hospital in the Philadelphia area to offer HeartFlow.

Committed to prevention

After Sindaco’s stent procedure, Dr. Phiambolis administered a new type of cholesterol-lowering medication called a PCSK9 inhibitor, which acts against a protein that prevents the body from removing LDL (“bad”) cholesterol from the body. As a result, Sindaco’s cholesterol numbers have dropped down to healthier levels—without any muscle aches.

Determined to protect her health for the future, Sindaco shed pounds and is maintaining a healthy weight. She also eats a healthy diet with lots of fish and veggies. “I’m glad I had a stent placed in my artery to open the blockage in time, thanks to the advanced imaging capabilities of HeartFlow.” ●



HEART SMART

Visit mainlinehealth.org/heartprevention to learn about our expert cardiac care and find a doctor.

Thanks to care from Dr. Phiambolis and the advanced technology of HeartFlow Analysis, Marie Sindaco is back to living a full, active life.



A healthy pregnancy after 35

Age may be just a number, but the number 35 looms large if you're planning to have a baby. "Pregnancy after age 35 is very common today," says Lisa Leone, MD, an OB-GYN at Main Line Health. "But there are things you need to think about at this age."

Reducing your risks

Dr. Leone says that women older than 35 have an increased risk for:

- Infertility
- Miscarriage
- Pregnancy issues, such as gestational diabetes and high blood pressure
- Chromosome abnormalities in the baby

To minimize your risks and prepare your body for a healthy pregnancy, Dr. Leone recommends a prepregnancy visit with your obstetrician. "It's an opportunity to review your health, medications and immunizations, as well as discuss genetic testing," Dr. Leone says.

Dealing with infertility

You may also want to see an infertility specialist sooner rather than later. "If you're over 35 and trying to get pregnant, wait no longer than six months before seeking help," advises Deanna Brasile, DO, a reproductive endocrinologist and infertility expert at Main Line Health.

Dr. Brasile and her colleagues provide a wide range of infertility tests and treatments, including:

- Reproductive physicals
- Oral and injectable medications
- In vitro fertilization
- Preimplantation genetic testing
- Egg donor program

What if you're not quite ready for a baby yet? "We can discuss freezing some of your eggs to preserve your options for the future," Dr. Brasile says.

Preparing for special situations

Once you get pregnant, if nonroutine health concerns arise, you may be referred to a maternal-fetal medicine specialist at Main Line Health. "Let's say you develop gestational diabetes," says Dr. Leone. "This specialist works closely with your obstetrician to provide the highest level of care."

If your baby comes early or experiences health problems at birth, Main Line Health has Neonatal Intensive Care Units (NICUs) at all four of its acute care hospitals. Most babies of moms older than 35 don't need NICU care. But knowing it's available just in case offers peace of mind. ●

WITH YOU EVERY STEP OF THE WAY

From your first prenatal visit through childbirth and recovery, our renowned physicians and skilled nurses deliver high-quality care in a nurturing environment. Visit mainlinehealth.org/obgyn to learn about our doctors, classes, maternity unit tours and other offerings for parents-to-be.



PREPARING FOR BABY?

Whether it's your first child or your third, at Main Line Health, we're committed to making your pregnancy and delivery the most positive experience possible. That's why we've created

this guide to help you prepare. Childbirth classes, hospital information, financial preparation, wellness resources and more—it's all here and easy to access at mainlinehealth.org/maternity.

New hope for stroke patients

Without fast treatment, a stroke can lead to disability or death. Stroke is a specific concern for women. Many people don't realize that stroke is the third leading cause of death in women in the United States, and it's currently on the rise in younger women.

While these facts may sound frightening, there's reason for hope. Not only can many strokes be prevented with a healthy lifestyle, new research shows there may be a longer window for treatment of ischemic stroke, the most common type.

Doctors previously thought they had only six hours after a stroke to perform thrombectomy, a minimally invasive procedure to remove a clot from blocked vessels in the brain. The procedure restores blood flow and saves brain tissue before stroke symptoms are permanent. But the latest research shows that thrombectomy can be performed up to 24 hours after a stroke occurs. That means more stroke patients are eligible for this lifesaving treatment.

However, it's still extremely important to seek immediate care when a stroke strikes. "The new standard of care for patients with large blockages is to give an intravenous drug called tPA within four and a half hours to dissolve the clot, combined with thrombectomy," says Michelle J. Smith, MD, chief of neurosurgery at Main Line Health. "The faster treatments are given, the better the chance of a full recovery."

The key to receiving timely treatment is to know the common symptoms of stroke. The acronym F.A.S.T. can help. "F.A.S.T. stands for Face drooping, Arm weakness, Speech difficulty and Time to call 911," explains Dr. Smith. "It's a simple way to remember the symptoms and the importance of acting quickly."

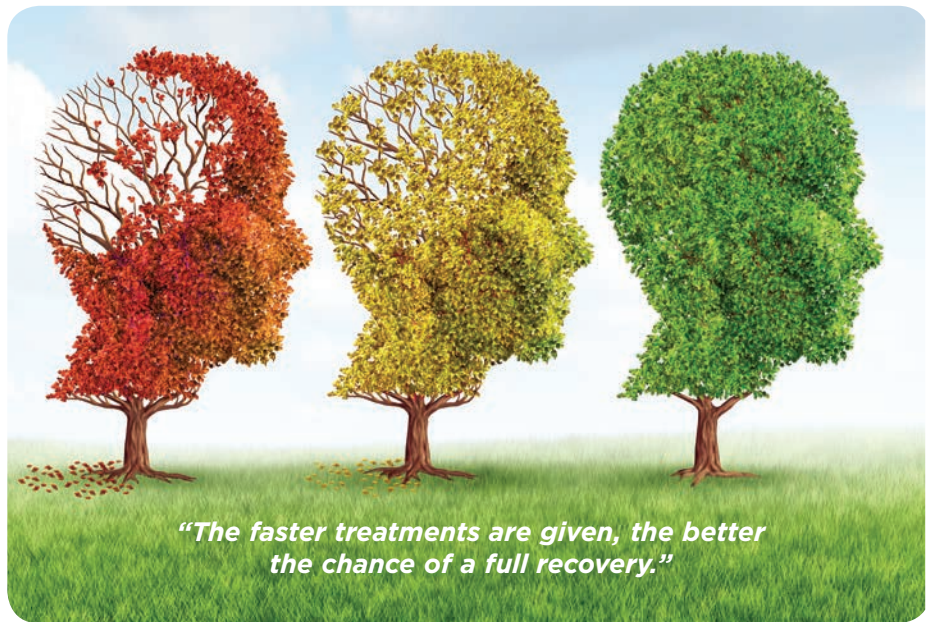
If you or a loved one has one or more of these symptoms, call 911 for immediate care. All four Main Line Health acute hospitals are certified primary stroke centers, and Bryn Mawr Hospital provides thrombectomy to patients 24 hours a day, seven days a week. ●



WHEN EVERY MINUTE COUNTS

Main Line Health Stroke

Centers have met stringent quality standards for treatment set by The Joint Commission and the American Heart Association, making our hospitals among the top stroke hospitals in the Philadelphia region. Learn more at mainlinehealth.org/stroke.



"The faster treatments are given, the better the chance of a full recovery."

NEW THERAPY FOR FASTER, SAFER STROKE RECOVERY

A new tool in stroke rehabilitation therapy, the Bioness Vector System, helps people recovering from the effects of stroke regain movement and motor skills more safely. This antigravity device enables patients to balance themselves in a harness rather than relying on a therapist to provide support.

"Since the Vector System helps support the patient's weight dynamically, it allows him or her to begin

walking sooner, gradually work against gravity, and progressively bear more weight and regain functionality," says David Horwich, MD, vice president of Medical Affairs at Bryn Mawr Rehab Hospital, part of Main Line Health. "It also reduces anxiety for the patient."

Dr. Horwich says that stroke patients at all levels may benefit from the Vector System. That includes people who have visual limitations, balance issues, or difficulty supporting themselves or

advancing their legs.

Both patients and therapists have positive feedback about their experiences. "With the Vector System, our therapists have the confidence to challenge our patients safely and securely, without the risk of injury. As a result, we're seeing patients recover functionality more quickly," says Dr. Horwich. **Learn more about our stroke recovery program at mainlinehealth.org/stroकरecovery.**

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YOU ARE WELCOME HERE:

Care for LGBTQ patients of all ages

At Main Line Health, we understand the health care issues faced by many in the lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) community. You shouldn't have to experience discrimination or feel the need to educate your own health care provider when it comes to getting the services you need.

Main Line Health provides a safe environment where LGBTQ patients, families and visitors can expect inclusive care from a welcoming health system. We are particularly sensitive to the needs of LGBTQ adolescents, teens and young adults, as well as older adults and their caregivers.

We create this culture of caring by:

- **Requiring physicians and staff to complete LGBTQ training and education:** Our team of LGBTQ Inclusive Care providers is familiar with LGBTQ terminology and health issues as well as issues of confidentiality with minors and the importance of privacy for all.
- **Placing LGBTQ-friendly info in waiting areas:** By having access to health information that speaks to your reality, you can feel more comfortable in our offices.
- **Providing gender-neutral and gender-specific restrooms:** While we continue to expand our availability of gender-neutral bathrooms, we encourage you to use the restroom that aligns with your expression.
- **Having in place nondiscriminatory policies:** Our policies address sexual orientation and gender identity and expression. Main Line Health is committed to ongoing education so these policies are firmly upheld by all in our organization.

We provide primary and preventive care services at our LGBTQ Inclusive Care locations in Bryn Mawr and Paoli. These services include:

- Regular checkups, immunizations and screenings
- Diagnosis and treatment of common medical problems as well as serious illness
- Coordination of care if you need a specialist
- Hepatitis A and B vaccination assessment for those who may have increased risk
- Human papillomavirus (HPV) vaccination assessment for those who may be at increased risk

- Reproductive care (such as artificial insemination)
- Trans-specific care
- Transition-related primary care for transgender and gender non-conforming individuals



Above all, we want you to know that you are welcome here. Our staff members will provide you with the care you need and the respect you deserve. ●

Additional services include:

- Testing, care and preventive measures for HIV/STIs
- Treatment for sexual dysfunction
- Support services for intimate partner violence



GET IN TOUCH

If you have questions, call **484.337.**

LGBT (5428) to leave a message on a secure and confidential phone line. For an appointment with an LGBTQ specialist, call **1.866.CALL.MLH** or visit mainlinehealth.org/lgbtq.

(From left) Rev. Liam Robins, chaplain, ACPE Certified Educator; Andi Gilbert, president, Bryn Mawr Hospital; Joseph Greco, MD, Bryn Mawr Family Practice; Joanne Glusman, MSW, LSW, Bryn Mawr Family Practice; Jack Lynch, FACHE, president and CEO, Main Line Health; Eric Mankin, MD, president, Main Line HealthCare; Becky Souder, DO, Main Line HealthCare Family Medicine in Paoli.

