

WOMEN'S healthsource

read inside

ARE YOU POST-MENOPAUSE?

Gynecologic care matters
no matter your age.


See Pages
4 and 5.

**Personalized
programs to
help you
get fit**

SPRING 2018 EXPERT CARE FOR OLDER
CANCER PATIENTS | CONTAINER GARDENING: NO GREEN THUMB
REQUIRED | HELP FOR REMAINING AT HOME AS YOU AGE



Main Line Health®
Well ahead.®



Bikers enjoy
springtime at Valley
Forge National
Historical Park.

GET OUT THERE!

Switch up your workout when the season changes

Weary of working up a sweat indoors? No problem—spring has sprung, so it's time to take your exercise outside.

"After being cooped up all winter, it's great to exercise in the fresh air," says Sean Heller, wellness coordinator for Main Line Health Fitness and Wellness Center. "If you want to make your outdoor fitness routine an adventure, remember that play can be exercise, so join a softball league, hiking club or walking group this year."

Heller says that exercising outside adds another dimension to your workout after a long, cold winter. "Your body acclimates to any exercise pattern, so change up your routine every month or so with a different activity, like exploring parks with trails," he advises. New challenges, such as using weights to build bone health, can prove stimulating.

And don't worry if you slipped into couch-potato mode over the winter. "A negative mindset brings negative results. Instead of beating yourself up for

being sedentary over the winter, use positive self-talk to encourage yourself on your fitness journey. And while you're at it, have fun!" Heller says.

To help you get fit all year round, Main Line Health Fitness and Wellness Center offers personalized service from experienced fitness professionals in state-of-the-art facilities. The Main Line Health Fitness and Wellness Center in Concordville provides a full array of amenities, including an aquatic center, innovative fitness classes and guided wellness programs for people with chronic medical conditions.

"We know it can be intimidating to go to a gym or start exercising. That's why we offer you a one-on-one evaluation to create a routine that fits your needs," Heller says. ●

TIME TO GET MOVING

Visit mainlinehealthfitnessandwellness.com or call 484.227.7999 to learn more about the services offered and to schedule a free tour.

BE HEART-SMART WHEN IT'S HOT

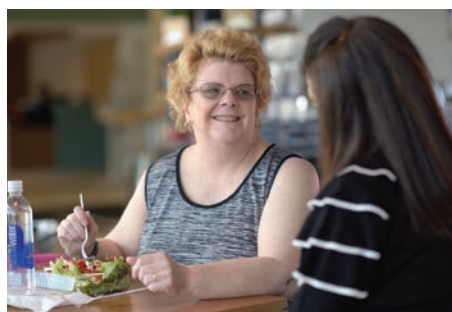
It feels great to trade in the treadmill for a sidewalk, but be good to your heart when the temperature rises.

"Summer heat can take a toll on even the healthiest of hearts," says Irving Herling, MD, cardiologist with Lankenau Heart Institute, part of Main Line Health. "Heat exhaustion or heat stroke can be dangerous and even life-threatening."

To keep your cool while you're active, take sensible steps:

- Wear lightweight, light-colored clothes made of breathable fabrics like cotton.
- Stay hydrated and avoid alcohol and caffeinated beverages.
- Avoid the peak sun hours between noon and 3:00 pm.
- Take frequent breaks.

Dr. Herling notes that those who are overweight, are older than age 50, have a heart condition or are taking blood pressure medications should be extra careful. "If you have any of these risk factors, talk with your doctor about how to approach outdoor exercise when it's warm," he says.



Fewer pounds, greater strength

After retirement, Valerie Childs was determined to lose weight and overcome joint pain. She joined the Healthy Habits Weight Management Wellness Program at the fitness center, and within six weeks, she'd lost 15 pounds. "Taking a class with others helps with accountability; it pulls you to keep to the commitment. Alisanne, my trainer, is encouraging as well as instructive," Childs says. "Now, I'm able to climb stairs and shop for groceries by myself again. I feel my strength improving, which makes me feel more secure about living on my own as I grow older."



THE BOTTOM LINE: Colorectal screening saves lives

Did you know that colorectal cancer is every bit a “woman’s cancer” as it is a man’s? Colorectal cancer is the third leading cause of cancer-related death in the U.S. for both men and women. Fortunately, it’s preventable.

“A colonoscopy is the gold standard test for detecting and preventing colorectal cancer. Nothing else is as effective,” explains John Munshower, DO, primary care physician at Main Line Health Center in Newtown Square.

A colonoscopy allows doctors to look inside the entire colon and rectum to find signs of colorectal cancer or polyps, which are small growths that can turn into cancer. Doctors remove polyps during the test, preventing cancer from growing.

Stay on schedule

The American Cancer Society recommends that all adults have a colonoscopy every 10 years starting at age 50. You may need screening earlier if colorectal cancer runs in your family or if you have symptoms such as rectal bleeding, unintended weight loss, abdominal pain or a change in bowel habits that lasts more than a few days.

Despite the colonoscopy’s effectiveness, it’s all too common for people to put off or avoid getting the test. For people who refuse a colonoscopy, Dr. Munshower

recommends a fecal immunochemical test (FIT), which is performed annually using stool samples. It checks for blood in the stool and other signs of cancer.

“Keep in mind that if the FIT comes back positive, you must have a colonoscopy right away as a follow-up,” says Dr. Munshower. “Delaying the test increases the chance of cancer being detected at a more advanced stage. Remember, the earlier cancer is found, the easier it is to treat.”

Making it easy

With everything else going on in your life, it can be difficult finding time to get screened. For a routine screening, all Main Line Health hospitals now offer “direct access colonoscopy,” which means you can schedule the test directly with a gastroenterologist over the phone, saving time and copay dollars.

“Remember, colorectal cancer has no gender boundaries,” says Dr. Munshower. “Take one day of your life every 10 years and get screened. It could save your life.” ●



**HAVE
THE TALK**

Ask your primary care physician about colorectal screening options.

NEW TARGET IN THE FIGHT AGAINST PANCREATIC CANCER

A study at the Lankenau Institute for Medical Research (LIMR), part of Main Line Health, has revealed the cellular mechanism that appears to lead to pancreatitis. When that mechanism is triggered in the presence of a specific genetic mutation, it can lead to pancreatic cancer. These findings could result in a new treatment for pancreatitis—and possible prevention of pancreatic cancer, which has a one-year survival rate of only 20 percent.

The researchers studied the protein human antigen R (HuR), which helps maintain cells throughout the body. When those cells become stressed, HuR levels increase dramatically. Inflammation develops, leading to chronic pancreatitis.

“We found that when the pancreas is inflamed due to elevated HuR, and a genetic mutation in the K-ras gene is present, the incidence of pancreatic cancer increased greatly,” says Professor Janet Sawicki, PhD, deputy director of LIMR. “These are exciting findings because they offer a novel therapeutic target that could reduce the risk for cancer.”

Learn more at
mainlinehealth.org/limr.

‘Out of sight, out of mind’:

GYNECOLOGIC CARE MATTERS AFTER MENOPAUSE

Like many women, Cynthia* is an expert at juggling a full-time job with caring for her family. Unfortunately, when it comes to taking care of her own health, she hasn’t always been so vigilant. Usually, Cynthia visits her doctor only when she’s “really sick”—not for preventive care. And after menopause, visits to her gynecologist seemed even less important.

“I went through menopause in my early 40s,” says Cynthia, a Main Line Health employee. “And when I stopped having my periods, it was ‘out of sight, out of mind.’ My attitude was, ‘Oh well, I’m through menopause and I stopped getting periods; I guess I’m done worrying about that. Nothing’s going to happen to me.’”

An unexpected pain

Several years later, however, something did happen. In the summer of 2017, Cynthia sought medical help for pain in her back and abdomen. Her primary care doctor referred her to a pain management specialist, who ordered imaging tests. The results showed a bulging disc in her spine that was causing the discomfort radiating to her abdomen.

Cynthia’s pain management doctor gave her an epidural steroid injection, but it didn’t help the pain much. Before he would consider a second shot, he asked Cynthia to consult with a gastroenterologist and a gynecologist to rule out other problems.

The gastroenterologist performed a colonoscopy, which was all clear. But the Pap test performed by her gynecologist was abnormal. Cynthia tested positive for a strain of human papillomavirus (HPV) that significantly raises the risk of cervical cancer. Further testing confirmed she did have cancer.

Wakeup call

“This was a rude awakening for me,” Cynthia says. “The last time I’d had a Pap test and mammogram was in 2010. I only

literally stumbled into my gynecologist’s office because the pain management doctor sent me. I work in a hospital, and I have no excuse for not seeing my gynecologist or primary care doctor on a regular basis.”

Fortunately, cervical cancer tends to grow slowly, and Cynthia’s was caught at an early stage. One of the surgeons on the Main Line Health Gynecologic Oncology team successfully treated Cynthia by performing a robotic-assisted radical hysterectomy.

“My attitude was, ‘I’m through menopause. I guess I’m done worrying about [gynecologic care.]’”

Increased risk with age

Taking care of your health is important at every stage of life. Even women past their childbearing years should see their gynecologist or primary care doctor for annual wellness visits. Growing older raises the risk for gynecologic cancer, and the drop in a woman’s estrogen after menopause increases her risk for certain health conditions. These include heart disease, osteoporosis, pelvic organ prolapse, urinary and fecal incontinence and vaginal dryness.

“Annual gynecologist visits can help women stay ahead of health problems or find them early, when they may be more treatable,” says Joseph M. Gobern, MD, MBA, FACOG, Chair of Obstetrics and Gynecology at Main Line Health. “We see these visits as a great opportunity to talk with our patients about how they can lower their health risks and maintain a healthy

lifestyle. The visits should include exams, screening tests and immunizations based on the patient’s age and risk factors.”

Advanced gynecologic care

Main Line Health specialists provide a full range of general and specialized gynecologic services for women, from yearly well-women examinations and cancer screening to highly specialized minimally invasive procedures, including advanced laparoscopic, hysteroscopic and robotic surgery. Robotic-assisted surgery, which combines robotics and state-of-the-art computer technology, enables surgeons to operate with greater dexterity and control than is possible with traditional surgical approaches.

“The benefits of robotic-assisted surgery include a smaller incision, less blood loss, a lower risk for infection, a much shorter hospital stay and a faster return to normal activities,” says David Holtz, MD, service chief of Gynecologic Oncology at Main Line Health. “And specific to robotic-assisted radical hysterectomy, there’s also a lower incidence of bladder and bowel dysfunction. Patients usually are back to work in two weeks, compared with four to six weeks for an open abdominal procedure.”

Back on track—and committed to health

Cynthia had her robotic-assisted hysterectomy at Lankenau Medical Center and went home the next day. She’s feeling great and is back full speed with her busy lifestyle. One thing is different, however: Cynthia’s taking charge of her health. She’s committed to seeing her primary doctor yearly, and she’s staying on top of all her health screenings.

“I’m fortunate my cancer was caught in time,” she says. “I got lucky, and I don’t want to rely on luck. I want to be an advocate for my own health and take care of myself.” ●

** Name changed at her request.*

WHICH SCREENINGS DO YOU NEED?

In addition to an annual visit with your gynecologist, staying on track with screenings can help keep you healthy. Below are guidelines from the American College of Obstetricians and Gynecologists. Ask your doctor about other vaccinations and tests you may need.

CERVICAL CANCER SCREENING

Women ages 30 to 65 should have a Pap test and HPV test every five years. It also is acceptable to have a Pap test alone every three years. After age 65, a woman can consider discontinuing this test after discussing her risks with her physician.

OSTEOPOROSIS SCREENING

A bone mineral density (BMD) test is recommended beginning at age 65. Those younger than 65 and past menopause should have a BMD test if they have had a bone fracture because of fragile bones or have other risk factors for osteoporosis, such as rheumatoid arthritis, smoking, alcoholism, a history of hip fracture in a parent, or a body weight less than 127 pounds.

MAMMOGRAPHY

For women at average risk for breast cancer, screening mammography is recommended every year beginning at age 40.

COLORECTAL CANCER SCREENING

Women at average risk for colorectal cancer should have a colonoscopy (preferred test) or other colorectal cancer screening test every 10 years beginning at age 50 and continuing through age 75. For women ages 76 to 85, screening should be made on an individual basis, taking into account the patient's overall health and prior screening history. African Americans should begin screening at age 45.

CLINICAL BREAST EXAM

Recommended every year for women ages 40 and older.



TAKE CHARGE

Ask your primary care physician which screenings are right for you. Need a primary care physician? Find one who's the perfect match for you by visiting myprimary.org.



WELLNESS AND PREVENTION

Prescribe-a-Trail free community walks

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

At Darby Creek Trail, Havertown, 9:00 am:

- May 19: Think your drink—hydration
- June 10: If the shoe fits—proper footwear for exercising

At Valley Forge Park Alliance, King of Prussia, 10:00 am:

- June 5: Walk with a nutritionist
- At Radnor Trail, Wayne, 9:00 am:**
- June 8: Walk with a nutritionist

Sleep: The forgotten key to a healthy lifestyle

Learn about the benefits of sleep, what happens when you don't get enough sleep and what you can do to improve your sleep.

- May 30, 11:00 am–12:00 pm, 933 Haverford Road, Bryn Mawr

Power your plate with plant-strong meals

Nutrition and cooking class featuring plant-based recipes (mostly vegetarian) with a small tasting of foods prepared in class. Fee: \$10/person.

- June 7, 6:00–7:30 pm, 933 Haverford Road, Bryn Mawr

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. Call 484.227.FREE to register.

- Tuesdays, May 8 through June 12, 6:00–7:30 pm, Paoli Hospital
- Wednesdays, May 9 through June 13, 6:00–7:30 pm, Bryn Mawr Hospital
- Thursdays, July 5 through August 9, 6:00–7:30 pm, Riddle Hospital
- Tuesdays, July 24 through August 28, 6:00–7:30 pm, Bryn Mawr Hospital
- Wednesdays, August 22 through September 26, 6:00–7:30 pm, Lankenau Medical Center
- Thursdays, August 23 through September 27, 2:00–3:30 pm, Bryn Mawr Presbyterian Church



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.

HealthyWoman Program

Free health screenings for uninsured or underinsured women whose income qualifies. Screenings include mammography, pelvic exams and Pap tests. For details about eligibility and appointments, 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 with this seminar! Learn about hip and knee anatomy, common causes of joint pain, the latest treatments and how to prevent a hip or knee injury. To view future seminar dates, visit mainlinehealth.org/hipandknee.

At Paoli Hospital, 10:00–11:00 am:

- May 10 and June 14

At Ludington Library, Bryn Mawr, 2:00–3:00 pm:

- May 15 and July 17

At Main Line Health Center in Concordville, 10:00–11:00 am:

- May 22

At Lankenau Medical Center, 12:00–1:00 pm:

- May 24 and July 19

At Main Line Health Center in Newtown Square, 6:00–7:00 pm:

- June 19

At Main Line Health Center in Broomall, 6:00–7:00 pm:

- June 21 and August 23

At Main Line Health Center in Exton, 6:30–7:30 pm:

- July 16

Blood pressure screenings

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

Heart-to-heart: Cardiac support group for women

The Women's Heart Initiative introduces this free cardiac support group for women with heart disease and those concerned about their risk. Led by clinical staff who have treated and educated women with heart disease, the group is open to all women, no matter where they received treatment.

To register, call 484.476.3WHI or email mlhwomensheart@mlhs.org.

- Third Thursday of every month, 4:30–5:30 pm, Lankenau Medical Center's Heart Pavilion
- Fourth Wednesday of every month, 12:00–1:00 pm, Bryn Mawr Hospital

CPR AND FIRST AID

Held at Riddle Hospital. CPR classes for health care providers also offered; call for details.

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. Participants receive a two-year certification upon completion. Fee: \$40.

- September 13, 7:00 pm

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 relief of choking in infants. Participants receive an American Heart Association certification valid for two years. Fee: \$65.

- June 11 and 12, 6:30 pm
- August 27 and 28, 6:30 pm

Safe Sitter babysitting

An intensive one-day training program for boys and girls ages 11 through 14. The purpose is to increase the ability of adolescents to care for younger children and prevent avoidable injuries while babysitting. Fee: \$60. All courses begin at 9:00 am.

- June 26, July 16, July 27, August 7 and August 15

DISEASE MANAGEMENT

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.

Diabetes and you

This daytime and evening program held at Riddle Hospital is designed to help you gain better management of diabetes. Cost is covered by most insurance companies. To register, call **484.227.3769**.

At 12:30 pm:

- May 2, 9 and 16
- June 6, 13 and 20
- July 11, 18 and 25
- August 8, 15 and 22

At 6:00 pm:

- May 1, 8 and 23
- June 5, 12 and 27
- July 10, 17 and 25
- August 7, 14 and 22

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 will receive a personal beauty kit to take home. Registration required; call **1.800.227.2345**.

- July 24, 5:00 pm, Riddle Hospital

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.

- Thursdays, May 3 through June 21, 1:30–3:30 pm, Paoli Hospital
- Fridays, July 6 through August 24, 2:00–4:00 pm, Lankenau Medical Center
- Mondays, October 1 through November 19, 1:30–3:30 pm, Main Line Health Center in Newtown Square
- Tuesdays, October 2 through November 20, 2:00–4:00 pm, Lankenau Medical Center

Healthy Steps for Older Adults

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

- May 21 and 22, 9:00 am–12:30 pm, Paoli Hospital
- May 21 and 23, 1:00–4:30 pm, Bryn Mawr Presbyterian Church
- June 21 and 22, 1:00–4:00 pm, Lankenau Medical Center
- September 10 and 11, 9:00 am–12:30 pm, Paoli Hospital
- September 19 and 20, 1:00–4:00 pm, Lankenau Medical Center

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. Held at Lankenau Medical Center.

- May 18, 11:00 am–12:00 pm
- July 20, 11:00 am–12:00 pm
- September 21, 11:00 am–12:00 pm

Mature driving AARP

This driver safety program addresses the challenges of drivers older than 55. We offer both the 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.

Full two-day course:

- May 16 and 17, 10:00 am, Bryn Mawr Hospital
- June 14 and 15, 9:00 am, Riddle Hospital

Renewal course:

- May 22, 9:00 am, Riddle Hospital
- July 9, 9:00 am, Riddle Hospital
- August 7, 5:30 pm, Riddle Hospital

Senior entertainment

Fun and informative evening for the over-60 crowd. Held 5:00–6:30 pm at Paoli Hospital. Fee: \$5/person.

- May 24: Ross Kershey, a local historian, will speak on FDR



SAVE MONEY ON SAFE BIKING

Bryn Mawr Hospital Community Health Services offers high-quality ProRider bike helmets and BMX/skate helmets for only \$9 each. Biking is a fun way for kids and adults to get some exercise, explore the outdoors and travel around. It's important for adults to model bike safety for children, including the proper use of a helmet. To learn more, call Community Health Services at **484.337.5224**. To order your helmet, visit mainlinehealth.org/helmets.

PREPARING FOR BABY?

Whether you're having your first child or your third, it's definitely helpful to know what to expect along the way. 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 full of information to help you prepare. Childbirth classes, hospital information, helpful tips, wellness resources and more—it's all here and easy to access at mainlinehealth.org/babyguide. So enjoy this exciting time, and thank you for making us part of this wonderful new beginning for your family.



Senior Suppers

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

At Paoli Hospital, 5:00–7:00 pm:

- June 20: Hearing disorders
- July 17: Diabetes

At Riddle Hospital, 4:30 pm:

- May 23: Senior health and fitness
- June 27: Wound care
- July 25: CPR overview
- August 22: Caring for the caregiver

COMMUNITY PROGRAMS

Held at Main Line Health Center at Exton Square.

Arthritis and you: Whole body health

Come celebrate National Arthritis Month and learn about types of arthritis, treatment approaches and joint conversation to keep that spring in your step.

- May 22, 6:30–7:30 pm

Caring for parents, relatives or friends

Learn about the concerns caregivers have, actions caregivers can take and available resources. Led by Brian Duke, system director, Main Line Health Senior Services, and Gloria Recchi, Main Line Health HomeCare & Hospice.

- June 4, 6:30–7:30 pm

Cardiac, stroke, arrhythmia and more ... know the facts

Led by Donald Ferrari, MD, cardiologist, Lankenau Heart Institute at Paoli Hospital.

- June 12, 6:30–7:30 pm

Slimdown for summer

Get evidence-based advice on how to lose weight without dieting. Led by Gretchen Skwer, registered dietitian, Main Line Health.

- June 13, 6:30–7:30 pm

Sleep disorders

What are sleep disorders and how are they treated? Led by Michael Montanye, lead sleep technician, Paoli Hospital.

- June 18, 6:30–7:30 pm

Prediabetes

This diagnosis is a wake-up call that you are on the path to diabetes. But it's not too late to turn things around. Led by certified diabetes educators Joan DiOrio, RD, and Virginia Goldschmidt, RN.

- July 24, 6:30–7:30 pm



No backyard? No green thumb? No problem

If you're feeling inspired to grow

some of your own food, you're not alone. "People are increasingly interested in knowing what they're putting into their bodies," says Jen Malkoun, farm manager and educator at the Deaver Wellness Farm at Lankenau Medical Center, part of Main Line Health. But what if you have limited space—or you lack gardening experience?

Container gardening could be what you're looking for. "You can grow vegetables and cooking herbs in flowerpots, food-safe buckets and other containers," says Malkoun. "Just make sure the container has drainage holes in the bottom."

You can put your container on a stoop, porch or windowsill. Choose a spot that gets at least six to eight hours of sunlight daily during the growing season. Wondering what to grow? Malkoun says these plants do well in containers:

- **Tomatoes.** Some varieties require staking, so research before you buy.
- **Loose-leaf lettuce mixes.** Lettuce is a good crop for shady spots. It actually prefers cooler temperatures.
- **Cooking herbs.** Try parsley, dill, cilantro or basil.

"Use good-quality potting soil recommended for potted plants," says Malkoun. "Keep the soil moist—not dried out and not soaking wet." For more tips, Malkoun recommends checking out online seed catalogs. ●

JOIN US 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.



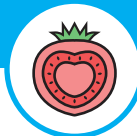
THERAPY OFFERS FRUITFUL BENEFITS

Tending a garden can be a relaxing pastime—and a healing one. The Horticultural Therapy Program at Bryn Mawr Rehabilitation Hospital, part of Main Line Health, enables patients to achieve their physical rehab goals through gardening.

"Horticultural therapy offers a natural, calming environment," explains Pam Young, HTR, coordinator of the program at the Sydney Thayer III Horticultural Center at Bryn Mawr Rehab Hospital. "Patients meet their physical and cognitive therapy goals by sowing seeds, planting seedlings, and harvesting and organizing the produce. Gardening helps patients improve their mobility, balance, endurance, memory and social skills.

"Not only do patients benefit, the program also helps community members in need of fresh produce," Young adds. The program donates produce to the Chester County Food Bank, as well as seedlings and seeds for planting to organizations such as the Urban Tree Connection and Home of the Sparrow. Learn more at mainlinehealth.org/rehab.

GAZPACHO



FRESH FROM THE FARM

INGREDIENTS

2	Tomatoes, peeled
1/2	Cucumber*, peeled & seeded
1/4	Red bell pepper
1	Clove of garlic
1 tsp.	Red wine vinegar
2 tsp.	Extra virgin olive oil
	Salt and pepper to taste
2 tbsp.	Chopped red onion

DIRECTIONS

Place tomatoes, cucumber, bell pepper, garlic, salt, pepper and vinegar in blender until smooth. Chill in refrigerator for 30 mins. Pour into bowls and top with 1 teaspoon olive oil, chopped red onion, salt and pepper plus toppings (shaved parmesan or avocado if using). Serve with good crusty bread.

Source: Delema G. Deaver Wellness Farm, Lankenau Medical Center

'THEY SAVED MY LIFE'

Help and healing for addiction

Like many alcoholics, Max E. kept secrets. Hiding bottles so she could sneak a sip. Lying to her loved ones and her doctor. Never letting anyone know that she couldn't get through the day without drinking. Downplaying in her own mind that she could end up like her father, who died of alcoholism at 59.

Max's denial went on for decades, and her alcoholism kept getting worse, until one morning in 2015 when she woke up and realized she had to stop. She'd heard about Mirmont Treatment Center through a friend and picked up the phone. Now sober for more than two years, Max says contacting Mirmont was "the best decision I ever made. I honestly don't know if I'd be alive today without their help. They saved my life."

Mirmont Treatment Center, part of Main Line Health, provides inpatient and outpatient treatment for people with drug and alcohol dependence. Since opening in 1985, it has become nationally known for its treatment successes.

Whether the substance is alcohol, prescription painkillers or street drugs, Mirmont focuses on the whole person: body, mind, spirit... and heart. "We understand that many people who struggle with substance use have been deeply wounded," explains Val Cannon, MSW, LSW, ACRPS, clinical supervisor at Mirmont Treatment Center. "Mirmont is a

place for healing wounds and beginning the journey to wellness and renewal."

Max's treatment began with 35 days of inpatient care, including five days of detox. During this time, medication and pain management techniques eased her withdrawal symptoms. Expert staff stayed with her throughout this critical time. "I knew my counselor really cared about my issues," Max says. "She was always there for me."

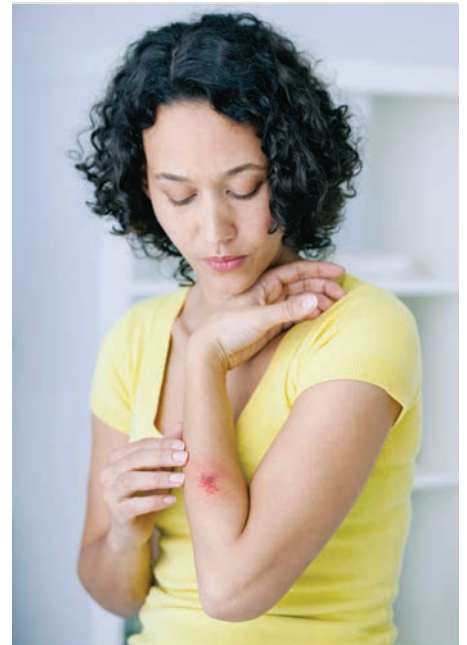
After detox, Max participated in group meetings and activities, such as yoga, exercise and nutrition classes. Key to her recovery was a personal counselor who helped Max understand the causes of her addiction and learn healthier ways of coping.

"When I first entered Mirmont, I didn't know what to expect," Max recalls. "I felt bad about myself and guilty. When I realized I was in the same boat as everyone else there, it was such a relief to know that I wasn't alone in this and I really could change." ●



BEGIN THE JOURNEY TODAY

If you or a loved one is struggling with addiction, call Mirmont at **1.800.846.4656** to ask questions or schedule a confidential appointment. Learn more at mainlinehealth.org/mirmonttreatment.



URGENT CARE: KNOW WHEN TO GO

Urgent care centers treat medical problems that require prompt attention but aren't life-threatening, such as broken bones, sprains, cuts, burns, fevers and infections. Many centers also provide routine care, such as flu shots and school physicals.

Main Line Health Urgent Care Centers are open evenings and weekends, when your primary doctor's office might be closed. Our board-certified physicians see patients of all ages on a walk-in basis. Waiting times can be shorter than in an emergency room, but you should call 911 or go directly to an ER for problems such as severe shortness of breath, uncontrolled bleeding, or symptoms of heart attack or stroke.

Main Line Health Urgent Care Centers are open seven days a week, with locations in Broomall, Concordville, Exton and now Wynnewood. Our new Wynnewood location at 306 East Lancaster Avenue is open 365 days a year, 9:00 am to 9:00 pm. Visit mainlinehealth.org/urgentcare.



THERE'S NO PLACE LIKE HOME



As you grow older, remaining in your home—and out of the hospital—is important for your comfort and independence. But it can become more of a challenge, too.

Fortunately, there are ways to make your home or that of a loved one a safer place to live. “Taking precautions can reduce problems, such as falling or forgetting medications,” says Manjit Singh, MD, a geriatrician at Main Line HealthCare Adult Medicine at Shannondell.

“One in four Americans ages 65 and older falls each year,” says Susan Wadsworth, division manager for Community Services and Patient Experience at Main Line Health HomeCare & Hospice. And the incidence of hip fractures in older women is rising, according to a recent study in *Osteoporosis International*. Many falls can be avoided with these preventive steps:

- Keep rooms and hallways well lit.
- Install grab bars in the shower and near the toilet.
- Remove tripping hazards, such as throw rugs and clutter.
- Work with your doctor. “Your annual wellness visit covered under Medicare is a good time to discuss ways to reduce your falling risk,” says Dr. Singh.

Fire safety is another consideration. “Keep a fire extinguisher in the kitchen,” says Wadsworth. “Install smoke detectors and

check the batteries when you change your clocks for daylight saving time.”

If forgetting medications is an issue, Wadsworth suggests putting a calendar or chart next to the medicine. Then jot down each dose and when you took it.

There may be times when you need skilled health care at home—for example, if you’ve just gotten out of the hospital. The Main Line Health home care team can work with you and your doctor to develop a plan of care.

“Our registered nurses, social workers, dietitians, and physical, occupational and speech therapists offer a wide range of services,” Wadsworth says. Depending on your needs, they may:

- Teach you about your medications, treatments and diet

- Assess your condition to make sure you are healing well
- Create a home exercise program
- Evaluate home safety
- Help you avoid going back to the hospital

In other cases, you may simply need a hand with meals, bathing or shopping. Main Line Health Private Duty has a network of home care aides to assist, too. ●



HERE TO HELP

To learn more about HomeCare and Private Duty services, go to mainlinehealth.org/homecare.



Painful joints? Take the first step toward better health

If joint pain is making everyday activities a challenge, register for a free hip and knee pain seminar as part of Main Line Health’s all-inclusive Hip & Knee 360° Program. You’ll learn about common causes of joint pain and how to manage it. In addition to educational seminars, the Hip & Knee 360° Program features expert surgeons, in-hospital rehabilitation and program navigators to guide patients through the process of joint replacement. Call **484.580.1070** or visit hipandknee360.com to learn more and view our schedule of hip and knee pain seminars. Upcoming seminars are also listed on page 6 of this issue.

Specialized care for older cancer patients

When Carrie Bova was diagnosed

with breast cancer last July, her doctor referred her to Michael Dabrow, DO, MS, hematologist oncologist at the Paoli Hospital Cancer Center's Senior Oncology Program, part of Main Line Health. The 73-year-old didn't know what to expect from treatment—a bilateral mastectomy and then chemotherapy. She had many questions.

"At my first meeting with Dr. Dabrow, he put me right at ease," says Bova. "He took time to explain everything about the chemotherapy program and the side effects I could expect. He was wonderful."

Addressing specific needs

The Senior Oncology Program is designed especially for the unique needs of those ages 70 and older. Each patient is assessed to identify any issues related to aging that might affect cancer treatment, such as nutrition, medications, fall risk, memory loss, depression, incontinence and social support.

"With this assessment, we're able to better determine which patients will do well with chemotherapy and which may need some extra support to help lessen any problems during treatment," says Dr. Dabrow.

One concern is that older adults may have more severe side effects from cancer treatment. "Our team develops a plan for each patient to maximize the effectiveness of treatment while minimizing potential side effects," says Dr. Dabrow. "We're one of the few community cancer programs that offer this kind of cancer treatment service for seniors."

A specialized cancer team

The program is staffed by experts specially trained in treating older adults. The team includes a medical oncologist, registered dietitian, radiation oncologist, physical therapist, oncology nurses, pharmacist and oncology social worker.

During her chemotherapy treatment, Bova found it especially helpful to talk with the dietitian about dealing with side effects.

"I was having nausea after every treatment, and she told me to eat high-protein foods, such as eggs and peanut butter, which I wouldn't have thought of," says Bova. "She also gave me lots of little tips, like sucking on peppermints and lemon to get rid of the metallic taste in my mouth."

Bova says she felt supported by the whole Paoli team throughout her treatment. "They were all extremely helpful," she says. "Every time I would go in for a treatment, the nurses would tell me what side effects to expect and how to prepare for them."

Bova finished chemotherapy in January and is doing well. She'll continue to have checkups with Dr. Dabrow and is planning to join the Survivorship Program at Paoli Hospital, which helps patients transition to life following treatment by alleviating some of their common concerns.

"I'm looking forward to getting on with my life and seeing what's next," says Bova. "I would definitely recommend this program to any older adult dealing with cancer. The whole staff at Paoli were and continue to be outstanding." ●



LEARN MORE

For more information about the Senior Oncology

Program at Paoli Hospital, call **484.565.1600** or visit mainlinehealth.org/senioroncology.

TAMING SPRING ALLERGIES

If you start sneezing or coughing at the first signs of spring, you may have seasonal allergies. Here's what you can do to stave off the sniffles and enjoy the season.

SPOT THE SIGNS.

Symptoms of spring allergies can vary from person to person. They can include coughing, sneezing, a runny nose, itchy or watery eyes, or a sore throat.



KNOW THE CULPRITS.

Most spring allergies are caused by tree pollen. If your allergies continue through late spring into the summer, you may also be allergic to grass or weed pollen. It's common for people to be allergic to more than one substance.

CONSIDER ALLERGY SHOTS.

One treatment option is allergy shots, or immunotherapy. These shots expose you to small amounts of the allergen over time, slowly reducing your symptoms.



START TREATMENT EARLY.

If you know you have spring allergies, start taking medicine two weeks before your symptoms typically begin.

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April 2018 *Women's Health Source* is published by Main Line Health.


The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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This publication is part of the Women's Health Source health and wellness program. You may unsubscribe at any time by emailing whs@mlhs.org.



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Learn the ABCDEs of healthy skin

When it comes to our love affair with the sun, there's a disconnect between what we say and what we do. Seventy-five percent of Americans say they'll do anything possible to prevent skin cancer. That's based on a large survey conducted for the American Academy of Dermatology. Yet 59 percent of those surveyed had never been screened for skin cancer by a health care professional.

Most people also believe that sun exposure is good for your health and that people with tans look healthier. However, "while small amounts of sun exposure can help maintain vitamin D levels, excess exposure to ultraviolet light may cause skin changes, such as wrinkles and irregular color and texture—in addition to skin cancer," says Christine Stanko, MD, dermatologist with Bryn Mawr Hospital, part of Main Line Health.

Paying attention pays off

Of course, skin cancer is the greatest threat posed by sun exposure. The most common type of cancer in the United States, it includes basal cell carcinoma, squamous cell carcinoma and melanoma. While most cases are treatable, the key is to catch them early. Monthly self-examinations and annual screenings by a dermatologist are the best ways to do this.

"Any time you have a mole or 'spot' that changes size, shape or color or itches or bleeds, see a dermatologist," says Dr. Stanko. Think of the ABCDEs:

- **A** for asymmetrical (one side looks different from the other)
- **B** for border (irregular shape vs. smooth and even)

- **C** for color (more than one color, variegated brown or shades of brown)
- **D** for diameter (generally more than 6 millimeters)
- **E** for evolution (a mole goes through changes)

Seeing the light

Follow these tips to be sun-smart:

- Cover all exposed skin with a liberal amount of a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. Reapply about every two hours, even if it's cloudy, and after swimming or sweating.
- Wear protective clothing, such as long sleeves and a wide-brimmed hat.
- Seek shade, especially between 10:00 am and 4:00 pm.
- Use extra caution near water and sand. They reflect and worsen the damaging rays of the sun.

- You only need 10 minutes per day of midday sun exposure in the summer to maintain healthy vitamin D levels. Try to get this vitamin through diet: fish (salmon, mackerel or tuna); eggs; and fortified milk, cereal or orange juice. Cod liver oil, available in capsules over the counter, is the best concentrated source of vitamin D. ●



PROTECT THE SKIN YOU'RE IN

For practical tips on checking your skin at home, visit mainlinehealth.org/skincancerscreening. Looking for a dermatologist? Search at mainlinehealth.org/doctors.

KEEP AN EYE OUT FOR MOLE CHANGES

