

WOMEN'S healthsource

With exercise,
SOME is better
than **NONE**

read inside

COLORECTAL CARE

State-of-the-art surgery saved a young woman's life. See Page 4.

WINTER 2019 PLANNING A PLANT-BASED DIET
FOR YOUR FAMILY | DE-STRESS WITH MINDFULNESS |
PREVENTING FALLS AND FRACTURES IN WINTER



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Planning a plant-based diet for your family

There's power in plants. And more and more people are moving toward a diet that's plant-based. There are lots of good reasons to make the shift. For example, studies have found health benefits such as a lower risk for heart disease, a possible reversal of type 2 diabetes and easier weight management.

Beyond health, some people choose a plant-based diet for environmental concerns and even cost savings. But can you do it with kids? Here are some tips for making the change when you have children at your table.

Know your nutrients

It's perfectly healthy for kids to eat a vegetarian or vegan diet. But there are a handful of nutrients that you'll want to pay special attention to.

- **B-12:** This is the only nutrient you can't get from plants. Not getting enough can lead to gastrointestinal issues and neurological disorders. Sources such as eggs and dairy work for vegetarians; vegans should look for B-12 vitamins or fortified foods like cereals and soy drinks.

- **Iron:** Vegetables, nuts, beans and fortified grain products all contain iron. It's an important nutrient for all ages, from infants to teens. Make sure your selection is age-appropriate; nuts and chunky nut butters are a choking hazard for young children.
- **Zinc:** Needed for growth and sexual maturation, zinc is another nutrient that's important for adolescents. It also supports the immune system and wound healing. Zinc is found in legumes, soy foods and oats. For older children, nuts and seeds are also good sources of zinc.

Planning pays off

As with any style of eating, you'll need to put some thought into creating a well-balanced diet. It should include fruits, vegetables, whole grains, legumes and a small amount of nuts and seeds. If you're interested in going vegetarian or vegan with your children, talk with a dietitian, nutritionist or pediatrician to plan a balanced diet. Keep these tips in mind, and you can keep your family running on plant power. ●

VEGAN RECIPE!

Herbed quinoa-stuffed acorn squash with tahini dressing

INGREDIENTS

- 2 medium acorn squash, halved and seeded
- 3 tbsp olive oil
- 2 tsp kosher salt, divided
- 1 tsp black pepper
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 tbsp minced fresh sage
- 1 tbsp minced fresh thyme
- 1 cup quinoa, rinsed
- 2 cups low-sodium vegetable broth
- ½ cup dried cranberries
- ¼ cup chopped fresh parsley
- ½ cup chopped toasted pecans
- ¼ cup tahini
- 2 tbsp lemon juice
- 1 tbsp maple syrup



DIRECTIONS

1. Preheat oven to 400°F. Brush inside of each squash with 1 tbsp oil and sprinkle with 1 tsp salt and pepper. Place cut-side-down on baking sheet and bake until tender, about 30 minutes.
2. Meanwhile, prepare quinoa and set aside. Add remaining oil to a medium saucepan over medium heat. Add onions and cook 5 minutes until they're translucent. Add garlic, sage, thyme, remaining salt and quinoa, stirring to combine, for 2 minutes. Add 2 cups broth and bring to boil. Reduce heat to low, cover and simmer for 10 to 12 minutes, until liquid is absorbed.
3. Meanwhile, prepare dressing. In a small bowl, whisk together tahini, lemon juice and maple syrup until combined.
4. In medium bowl, combine cooked quinoa, cranberries, parsley and pecans. Spoon mixture into cooked squash, drizzle with tahini dressing, garnish with parsley and serve warm. Serves 6 to 8.

Find more tasty, healthy recipes, along with how-to videos, at mainlinehealth.org/recipes.

With exercise, some is better than none

Exercising is an important way to lower your risk for cardiovascular disease. Unlike your age or genetics, it's something you control. And the good news? Even small amounts make a difference.

"The recommended guidelines are at least 150 minutes of moderate exercise every week, 75 minutes per week of vigorous exercise or an equivalent combination of both," says Mara Caroline, MD, an interventional cardiologist at Main Line Health who is also board-certified in integrative medicine. "But new research shows you can reap benefits even if you don't reach those levels."

That message is particularly important for women. A study published last fall in *The Lancet Global Health* showed that globally, in 2016, more than a quarter of all adults were not getting enough physical activity—and that women are less active than men.

Regular exercise lowers the risk for cardiovascular disease, hypertension, type 2 diabetes and some cancers. It can also strengthen your bones, delay

the onset of dementia and help with weight control. Moderate exercise includes activities like brisk walking, dancing, yoga and housework. Vigorous exercise includes biking, aerobics and fast swimming. You could start by replacing one hour of sedentary time with something active. For instance, instead of meeting a friend for coffee, take a walk together instead.

Dr. Caroline says a recent study published in the *Journal of the American College of Cardiology* demonstrates that "physical activity and exercise capacity—how much physical exertion a person can sustain—play a big role in preventing many diseases." Further, she says, "they found that patients with heart disease have a 20 to 30 percent decreased risk of death if they exercise regularly—no matter how intense it is, when they start or whether they're losing weight.

"Exercise has a real impact on cardiovascular health," Dr. Caroline adds. "It's never too late to start." ●



READY TO GET MOVING?

Visit mainlinehealth.org/workout to read a cardiac rehab nurse's recommendations for starting a workout routine. Be sure to talk with your doctor before starting any exercise program.

CAROTID ARTERY DISEASE: EARLY DETECTION KEY IN PREVENTING STROKE

You may already know that fatty deposits, called plaque, can clog the arteries in the heart and lead to a heart attack. But you may not be aware that plaque can accumulate in the arteries that carry blood to the brain. This condition, called carotid artery disease, increases your risk for stroke.

"Carotid artery disease is the most common cause of stroke for both men and women. But many at-risk women don't realize this and thus aren't evaluated and screened," says Robert J. Meisner, MD, a vascular and endovascular specialist at Main Line Health, along with colleagues Alexander Uribe, MD, and Vincent DiGiovanni, DO. "It is crucial to raise awareness of the importance of early detection of carotid artery disease for women."

Risk factors for carotid artery disease include:

- Older age
- Smoking
- High blood pressure (hypertension)
- High cholesterol
- Obesity
- Diabetes
- Sedentary lifestyle
- Family history of carotid artery disease

"Women with risk factors should talk with their doctor about screening," says Dr. Meisner. "We can perform noninvasive tests such as carotid ultrasound to assess blood flow and pressure; CT or MRI to look for evidence of stroke or other abnormalities; and MR or CT angiography,

which provides additional images of blood flow in the carotid arteries."

Mild or moderate carotid artery disease can be managed with lifestyle changes and medication to slow its progression. When a blocked or narrowed artery must be opened, Main Line Health offers the latest minimally invasive treatments, including carotid endarterectomy, transfemoral carotid stenting and transcarotid stenting, to restore blood flow to the brain.

"Carotid artery disease is often detected later in life in women, which makes it more difficult to treat," says Dr. Meisner. "Early screening is important to ultimately decrease the chances of having a stroke." ●

Taking care of your co

You may not think much about the health of your colon and rectum. But since March is Colorectal Cancer Awareness Month, it's a good reminder to ask your health care provider if you're up-to-date on your colorectal cancer screening. This type of cancer develops from abnormal growths called polyps. Screening can find polyps so you can beat cancer before it even develops.

If you already have colorectal cancer, screening can often find it early, when it's easier to treat. If you or a loved one has cancer, you want to know that you're getting top-quality care. Patients come to Main Line Health facilities from near and far to receive expert treatment for a wide range of colorectal health problems.

Pioneering advances in surgery

Lankenau Medical Center, part of Main Line Health, is a national leader in minimally invasive colorectal surgery (both laparoscopic and robotic), providing treatment for cancer and other disorders of the small intestine, colon, rectum and anus.

Lankenau was selected as one of the first three hospitals in the United States—and the first in Pennsylvania—to get a single-port robotic surgical system. This new robotic technology offers deep and narrow access to body cavities through one small incision. Currently, the single-port robot is FDA-approved for urologic surgeries, with plans to submit for FDA approval for colorectal and ENT procedures early next year. John Marks, MD, chief of colorectal surgery at Main Line Health, was a consultant in the surgical system's design.

Expert care for ulcerative colitis

One of Dr. Marks' patients is Addie Pangaro. Growing up, Pangaro watched her mother deal with Crohn's disease, a chronic inflammatory condition of the gastrointestinal tract. So, no one was surprised when Pangaro began working for the Crohn's & Colitis Foundation in 2014. What did catch Pangaro and her

family off-guard was her own diagnosis with ulcerative colitis soon afterward.

Crohn's disease and ulcerative colitis are similar, but they're not the same condition. "In ulcerative colitis, the inflammation affects only the colon," says Adam Kaufman, MD, a gastroenterologist and expert in inflammatory bowel disease with a focus on Crohn's disease and ulcerative colitis at Lankenau Medical Center. "In Crohn's disease, the inflammation can be deeper and affect any part of the gastrointestinal tract."

Pangaro was in her mid-20s and recently married when she began having frequent bloody diarrhea and cramping.

The first doctor she saw diagnosed ulcerative colitis and prescribed an oral medication. Within a couple of years, however, her condition took a sharp turn for the worse. "I lost a ton of weight and was really weak," Pangaro recalls.

At this point, Pangaro began seeing Dr. Kaufman, who prescribed regular infusions of a stronger medication. "Injections or infusions for Crohn's disease and ulcerative colitis attack targets within the body that drive inflammation throughout the whole system," says Dr. Kaufman. "They may help patients with moderate to severe disease."

Along with medication, medical testing plays a key role in managing these conditions. "Usually, the testing is a combination of lab work, imaging and scopes," Dr. Kaufman says. "Testing helps make sure a patient isn't developing complications."



After undergoing multiple stages of surgery to treat her debilitating ulcerative colitis, Addie Pangaro is back to enjoying an active life with her husband, Joe. That includes exercising several times a week and volunteering for the Crohn's & Colitis Foundation.



Colorectal health

State-of-the-art colorectal surgery

In some people, medications alone aren't enough to manage ulcerative colitis, so surgery is required. That turned out to be true for Pangaro. In 2016, Dr. Marks performed a single-incision laparoscopic J-pouch surgery on her. Because she was so sick, the colon and rectum were first removed. Then a new rectum was built as a J-shaped pouch to hold stool and was attached to the anus. After a person completes all stages of this surgery, he or she can maintain continence and have bowel movements much as before.

Pangaro is now doing great. She has a new job, exercises several times a week and volunteers for the Crohn's & Colitis Foundation. And she still sees

Dr. Kaufman regularly, because managing ulcerative colitis is a lifelong challenge.

"Getting the surgery was a big step, but I know it was the right decision," Pangaro says. "My husband, Joe, was amazing through it all. Now we celebrate August 15. It's the day I had my colon removed—and the day that I believe saved my life." ●



EXPERT CARE CLOSE TO HOME

If you have concerns about digestive issues or would like to see a gastrointestinal specialist, visit mainlinehealth.org/gastroenterology.



KNOW YOUR GI TRACT

"Everyone's bowel works differently," says Thomas McKenna, MD, a gastroenterologist at Bryn Mawr Hospital, part of Main Line Health. "It's important to be aware of what's normal for you and let your doctor know about any significant changes."

Contact your doctor promptly about:

- Blood in your stool
- A change in bowel habits, such as constipation or diarrhea when you were previously regular
- Abdominal pain
- Lack of appetite
- Unexplained weight loss

In addition, keep an eye on whether certain foods bring on symptoms such as diarrhea, gas, bloating or cramping. "Trigger foods vary from person to person," says Dr. McKenna. "Common ones include dairy products, high-fiber foods, fatty or greasy foods and caffeine-containing beverages." Let your doctor know if specific foods make your symptoms worse.



SHOP WITH THE DOC

Join doctors from Lankenau Medical Center, such as Adam Kaufman, MD (above), at Whole Foods Market Wynnewood for an educational tour of the store. Tours will cover food labels, special diets, healthy eating on a budget and more! Stay tuned for upcoming dates at mainlinehealth.org/events.



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

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.

BLOOD PRESSURE SCREENINGS

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

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.

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.

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.

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.

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.

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

HEALTHY STEPS FOR OLDER ADULTS

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

- January 8 and 9, 9:00 am, Paoli Hospital
- February 5 and 6, 9:00 am, Paoli Hospital
- March 28 and 29, 1:30 pm, Lankenau Medical Center
- April 2 and 4, 1:00 pm, 933 Haverford Road, Bryn Mawr

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, February 21 through April 11, 1:30 pm, Paoli Hospital
- Mondays, March 11 through April 29, 1:30 pm, Paoli Hospital
- Wednesdays, March 20 through May 8, 10:00 am, 933 Haverford Road, Bryn Mawr
- Tuesdays, April 2 through May 21, 2:00 pm, Lankenau Medical Center
- Tuesdays, April 23 through June 11, 1:30 pm, Paoli Hospital
- Wednesdays and Thursdays, April 24 through May 16, 10:00 am, Riddle 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.

- April 16, 10:30 am, Paoli Hospital

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 pm at Paoli Hospital. Fee: \$5/person.

- **March 20:** John Brown and Harper's Ferry

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:

- **January 15:** Trauma update/falls prevention
- **February 11:** Cardiac and stroke
- **March 13:** Wound healing
- **April 18:** Health care options

At *Riddle Hospital*, 4:30 pm:

- **January 23:** Diabetes
- **February 27:** Senior victim services
- **March 27:** Topic TBD
- **April 24:** Topic TBD

CPR & FIRST AID

STOP THE BLEED CAMPAIGN

Do you know what to do if someone has a life-threatening injury with uncontrolled bleeding? Get trained to stop the bleed and save a life. To register for this FREE training, call 1.888.876.8764 (Lankenau) or 484.565.8328 (Paoli).

- **January 23, 6:00 pm,** Lankenau Medical Center
- **February 13, 6:00 pm,** Paoli Hospital
- **February 27, 6:00 pm,** Lankenau Medical Center
- **March 5, 6:00 pm,** Paoli 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. At Riddle Hospital. 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. At Riddle Hospital. 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. At Riddle Hospital. Fee: \$60.

COMMUNITY PROGRAMS

MEMORY AND AGING

Learn how memory changes as you age and activities/strategies to help maintain—and even strengthen—memory skills. Led by Robert Krawiecki, speech language therapist.

- **March 21, 10:00 am,** Main Line Health Center in Newtown Square

MEDICATION MANAGEMENT PRESENTATION

- **March 26, 10:00 am, 933** Haverford Road, Bryn Mawr



Photo courtesy of Terrain.

Women's Heart Initiative presents ...

PAINT THE TOWN RED

Join us for a special ladies' night out supporting women's heart health.

- **Thursday, April 25**
6:00 pm to 8:30 pm

Terrain at Devon Yard,
138 West Lancaster
Ave., Devon

Terrain is inspired by the idea of merging house and garden. A picturesque horticultural setting is paired with seasonal menus inspired by local growers.

- **Enjoy hors d'oeuvres and wine while touring the gardens.**
- **Check out spring fashions featuring Anthropologie, charming local boutiques and Kendra Scott jewelry.**
- **Enter to win exciting raffle prize baskets.**

Visit mainlinehealth.org/paintthetownred for tickets.

Programs held at Main Line Health Center at Exton Square:

CARDIAC AND STROKE ... KNOW THE FACTS

Led by Dr. Donald Ferrari, cardiologist.

- **February 12, 6:30 pm**

PREDIABETES

This diagnosis is a wake-up call that you are on a path to diabetes. But it's not too late to turn things around. Led by Joan DiOrio and Virginia Goldschmidt, Main Line Health Diabetes Program.

- **February 26, 6:30 pm**

ARTHRITIS FROM NECK TO KNEES

Aches and pains affecting your daily routine? Learn about the types of arthritis and how they affect your body, your posture and your mechanics. Led by Donna Levan, orthopaedic program manager.

- **March 4, 6:30 pm**

SLEEP DISORDERS

What are they, and what's new in treatment? Led by Michael Montanye, lead sleep technician.

- **March 26, 6:30 pm**

GI ISSUES: GERD, REFLUX, ULCERS AND MORE

Learn about symptoms, prevention and treatment as well as the importance of a colonoscopy. Led by Julia Sharpe, RN.

- **April 2, 6:30 pm**



Nearing 40? Expect changes to your period

Chances are you've been managing, tracking—and perhaps lamenting—your period for decades. And you may know your menstrual cycle well. But don't get too comfortable; change is likely just around the corner.

"Some women believe their period changes after pregnancy. But it's our age that affects our menstrual cycle," explains Kimberly Einhorn, MD, obstetrician/gynecologist for Main Line Health. "Around age 40, expect to see some changes in your period."

Here's what's possible:

Your periods may get lighter. "About 60 percent of women older than age 40 begin to experience lighter and more manageable periods," explains Dr. Einhorn. "Having very light periods or even skipping a period is normal and no reason for concern. Just enjoy having a cycle that's a little easier to handle."

Even if your period is irregular or barely there, you can still get pregnant. You won't officially reach menopause until it's been a year since your last period, which occurs on average around age 50.

You may be surprised by a heavier flow. For some women, midlife brings a temporarily heavier flow. However, if you experience heavy periods on a regular basis or have a period that lasts more than 14 days, see your doctor.

"It's normal for menstrual flow to increase for a time. However, if your period is vastly heavier, it could signal a medical issue," says Dr. Einhorn. "Fibroids, polyps or even cancer can cause unusually heavy periods. If you experience a heavy period more than once, it's best to get checked."

You may relive your teenage years.

Thought you were done with acne? Think again. Because of changing hormones, women in their 40s may experience PMS symptoms like breakouts, mood swings and cramping.

"If you're struggling with period symptoms, ask your doctor about birth control options like the pill or IUD. These contraceptives help regulate your period and reduce uncomfortable symptoms," advises Dr. Einhorn. "For most women, they are considered safe and can bridge the gap until menopause." ●

FIND A DOCTOR

It's important for women to see an OB/GYN at every stage of life. If you're looking for an obstetrician/gynecologist, visit mainlinehealth.org/doctors.

TALKING WITH YOUR TEEN ABOUT SAFE DATING

Your teenager is exposed to thousands of TV shows, videos and ads that portray relationships. Take the time to talk about them, recommends Kris Corsi, RN, BSN, coordinator of the Sexual Assault Nursing Examiner (SANE) Program at Riddle Hospital, part of Main Line Health. "Look for opportunities to discuss examples of positive or negative behavior," Corsi says. "Parents can have a tremendous impact in teaching their children about sexuality, relationships and what's appropriate."

Riddle Hospital's SANE Program provides specialty care in the emergency department for victims of physical, psychological or sexual assault. Riddle's nine SANE nurses also raise awareness of sexual safety issues, such as acquaintance rape, through local college programs.

Parents should also talk with their teens about how to seek help if they feel unsafe in a situation. Corsi recommends the smartphone apps OnWatchOnCampus and Circle of 6, which



can quickly share your location and text preselected contacts that you need help.

If you have been assaulted, visit your closest ER or rape crisis center. Main Line Health's emergency departments at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital and Riddle Hospital offer expert, compassionate care.

Helping patients get back to productive and healthy lives.

BACK TO GOOD HEALTH

To make an appointment and/or for a complete list of locations and services, call 484.596.5000 or visit mainlinehealth.org/rehabnetwork.

After concussion, getting life back in balance

One day last June, Ms. Goda fell and lost consciousness. She woke up on the floor. “I thought I would feel better in a couple of days,” says Goda, a 43-year-old medical writer. “But I soon felt worse.”

Later, after falling down the stairs, she no longer felt safe walking around her own home. She went to the emergency department at Paoli Hospital, part of Main Line Health. Goda was diagnosed with a concussion and referred to the Bryn Mawr Rehab program for treatment.

At Bryn Mawr Rehab, Goda has been receiving outpatient physical therapy, occupational therapy, speech therapy and balance and vestibular training. “The rehabilitation team designed a treatment plan to fit my needs,” says Goda. “They see me as a whole person. For instance, the physical therapist asked about my interests when I said a stationary bike sounded a little boring as exercise. I was thrilled to

learn that hula could work as my cardio exercise at home, since I’d danced hula in the past. It’s been really helpful for improving my balance and memory.”

“Our comprehensive team at Bryn Mawr Rehab includes a physiatrist, a neuropsychologist and/or psychologist, vestibular physical therapists, occupational therapists, speech/language pathologists and care managers,” says Cheryl T. West, PT, DPT, manager of outpatient operations, Bryn Mawr Rehab. “They provide highly personalized treatment plans to achieve the best outcomes for even the most complex concussion symptoms.”

Recently Goda enjoyed an outdoor treasure hunt with her niece. “I knew I had to take it slow, but the only reason I could do it was because of the improvements I’ve gained from the balance exercises,” says Goda. “Rehab is helping me get my whole life back in balance.” ●

PREVENTING FALLS AND FRACTURES IN WINTER

Winter’s back, and that means slippery sidewalks covered with ice and snow. These conditions can lead to falls, which happen to one in four people older than 65 each year. One out of five falls causes a serious injury like a broken bone, often due to osteoporosis.

Follow these tips to prevent falls this winter:

- **Keep your walkways clear.** Have a good snow shovel, rock salt and sand on hand.
- **Wear the right gear.** Your dressy shoes are not designed to handle ice and snow, especially if they have smooth soles and heels. When you’re outside, wear waterproof boots with nonslip rubber soles that have deep grooves in the treads.
- **Slow down.** Allow more time to get your kids to school or run an errand. Rushing on icy surfaces puts you at risk for a spill.
- **Stay strong.** “Regular activity, including cardio, resistance and balance training, is essential to keeping muscles strong and pliable and helping prevent falls,” says Eric Levicoff, MD, an orthopaedic surgeon at Bryn Mawr Hospital, part of Main Line Health.

Seek medical care right away if you think you have a bone fracture.

“The earlier fractures are stabilized, the better the outcomes for patients,” says Dr. Levicoff. “We aim to get patients with hip fractures from the emergency department into surgery within 24 hours. That’s twice as fast as the 48-hour standard across the country.”

Speak with your doctor about getting an osteoporosis screening if you are older than 65 or if you are younger than 65 and have had a bone fracture.

How to beat the winter blues

Does the gloom of winter make you wish you could hibernate until spring?

Many of us experience the “winter blues,” but for some people, it’s not just a passing mood. Winterlong bouts of depression are a medical condition known as seasonal affective disorder (SAD). Unlike other kinds of depression, SAD starts when winter sets in and disappears four to five months later. The most common symptoms are feeling tired, sad, irritable and withdrawn.

“It’s a mistake to think that seasonal depression is all in your head,” says Elyse Rubenstein, MD, medical director at Mirmont Treatment Center. “Being outdoors less and having less exposure to natural light is a big factor. Because women are four times more likely than men to have SAD, hormones seem to be involved as well.”

Tips to let in the light

For a mild case of the winter blues, self-help may be all that’s needed to lift your spirits:

- **Seek the sun.** Wake up with the light, go outdoors or simply sit by a window.
- **Get more D.** When you’re not getting enough sunlight, taking a vitamin D supplement or eating D-rich foods, such as salmon or tuna, may help.



- **Get moving.** Exercise is a natural fixer-upper. Even on a cloudy day, try taking a walk outside. If it’s too cold or icy, exercising indoors is the next best thing.

Treating SAD

What if it’s not just the blues? “If SAD is affecting your ability to function in your job, your relationships or other parts of your life, it’s important to get diagnosed and treated,” Dr. Rubenstein advises.

Under professional care, the most common treatment is artificial light therapy. Patients sit in front of a special

light box for at least 30 minutes a day until spring. In addition, therapy with a psychiatrist or psychologist may help people cope. Antidepressants may be recommended as well.

“SAD can be treated,” Dr. Rubenstein emphasizes. “There’s no need to suffer through it.” ●

REACH OUT

If you or someone you know is suffering, we’re here to help. Please call Mirmont Treatment Center, part of Main Line Health, at **484.227.3898** or visit **mainlinehealth.org/mirmont** for more information.

DE-STRESS WITH MINDFULNESS

Stress often soars this time of year. The holiday season is crammed with to-dos—until it’s over—and then the letdown can be stressful, too. Plus, the dark and cold of winter isn’t much of a mood lifter.

Mindfulness can help. At its core, it’s observing what’s happening in the present without judging it as good or bad. With practice, mindfulness can help us stay calmer. We worry less about a past we can’t change and a future we can’t control.

“Mindfulness is a way of taking care of ourselves. It’s a stage for quieting the mind, and self-kindness is the backdrop,” explains Liz Bland, MSW, LCSW, director of the Main Line Health Women’s Emotional Wellness Center (WEWC). She describes one part of the technique as “meditative breathing for the

purpose of calming.” Here are a few ways to try it:

- **Belly breathe.** Take deep breaths. Notice your thoughts coming and going as you take air in and let it out. Try putting your hand on your stomach to feel it expand and flatten.
- **Notice your senses.** Ask yourself what you hear, see, feel, smell and taste. Breathe deeply throughout.
- **Stretch.** Focus on your breathing as you roll your shoulders, reach for the sky or slowly turn your head from side to side. Notice each sensation of movement.

The WEWC offers support for coping with stress. Call 1.888.227.3898 or visit mainlinehealth.org/wewc to learn more.

How much hair loss is normal?

Do you find that you're losing hair when you wash or brush it? How much hair loss is normal?

The average person loses about 100 individual hairs each day. That's less than 1 percent of the overall hairs on your head, which can total 100,000.

While hair loss can be caused by a medical condition, such as autoimmune disease or cancer, it's most often a result of factors that can be easily managed through lifestyle changes. Thinning hair or hair loss can be a result of:

- Hormonal changes like pregnancy, menopause and taking an oral contraceptive
- Nutritional deficiencies or a poor diet
- Significant weight gain
- Stress after a traumatic event, like job loss or the death of a loved one

Genetics can also have an impact. You might have greater risk of hair loss or thinning hair if your family has a history of early or significant hair loss.

Managing these factors should help lessen hair loss, but pay attention to your grooming routine, too. You might be contributing to hair loss through bleaching

or dyeing your hair, using heated styling tools or braiding or tying your hair too tightly. While you don't have to give up your beauty routine entirely, there are a few ways to reduce the risk of hair loss:

- Don't brush your hair when it's wet.
- Use a wide-toothed comb.
- Wear your natural hair color.
- Massage your scalp during a shampoo.
- Limit heat exposure in your styling techniques.
- If tying back your hair, avoid tight knots and tugging.

Cleaning out your shower drain might be frustrating, but it shouldn't be cause for concern. If you notice frequent itching or pain on your scalp, or you're beginning to lose significantly more hair than you have in the past, discuss this change with your doctor. If necessary, he or she can refer you to a dermatologist to help determine the cause and an appropriate treatment. ●

WONDERING ABOUT AN 'ODD' HEALTH ISSUE?

Canker sores, bruises, gas pain, hiccups—we cover it all in the "BOD-ities" section of our Well Ahead blog: mainlinehealth.org/bodities.



A FREE WIG PROGRAM HELPS CANCER PATIENTS FEEL THEIR BEST

For women facing cancer, treatment can take a significant physical and emotional toll. That's especially true for those experiencing hair loss as a result of therapy. To empower women during this difficult time, Main Line Health offers the Bryn Mawr Hospital Free Wig Program through the hospital's Community Health Services.

"The program provides high-quality wigs to women undergoing cancer treatment. This can improve a woman's outlook and self-esteem, which can, in turn, boost physical health," explains Maureen A. Hennessey, EdD, director of Community Health Services.

Women can make an appointment to be fitted by a cosmetologist with a synthetic-fiber wig at any point in their treatment. They can also receive a free turban and discuss styling tips.

"We want women to know we're here as a resource," says Hennessey. "This program truly makes a difference."

For more information or to schedule a free wig fitting, please call Bryn Mawr Hospital at 484.337.5215, Paoli Hospital at 484.565.1600 or Riddle Hospital at 484.227.4480.



Lankenau Medical Center
 Bryn Mawr Hospital
 Paoli Hospital
 Riddle Hospital
 Bryn Mawr Rehab Hospital
 Mirmont Treatment Center
 HomeCare & Hospice
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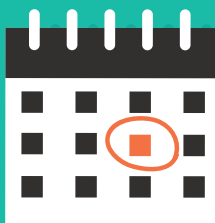
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OLDER ADULTS NEED VACCINES, TOO

Vaccines don't end after childhood. Because older adults are more prone to health complications as they age, getting the right immunizations can become even more important.

Vaccines cause your body to develop resistance to viruses. The vaccine creates antibodies to help prevent conditions that could harm your overall health, such as the flu and pneumonia. Take a look at this chart and ask your doctor which vaccines are right for you.

Vaccine	Flu (influenza)	Tdap or Td (tetanus, diphtheria, pertussis)	Shingles RSV/ZVL (zoster)	Pneumonia PCV13/PPSV23 (pneumococcal)
Frequency	Every year	Once if you didn't get it as a child; you'll need a booster every 10 years	2 doses of RSV age 50 or older, or 1 dose of ZVL age 60 or older, even if you have had shingles	1 dose of PCV13 and at least 1 dose of PPSV23, depending on your age and health condition
Why it's important	People ages 65 and older are at greater risk of serious complications from the flu, like pneumonia and worsening of chronic conditions such as asthma and heart disease.	Tetanus can lead to muscle tightening in the head and neck so you can't swallow or sometimes even breathe. Diphtheria can lead to breathing problems, heart failure and paralysis. Pertussis, or whooping cough, causes severe coughing.	Shingles is a painful, burning rash that usually develops on one side of the body. For some people, the pain can last for years after the rash goes away, a condition called postherpetic neuralgia. Your risk of shingles increases with age.	Pneumococcal disease kills thousands of adults in the U.S. each year. Thousands more are hospitalized. The disease can cause severe infections of the lungs, bloodstream and lining of the brain and spinal cord.
Billed under	Medicare Part B	Medicare Part D	Medicare Part D	Medicare Part B



The Main Line Health Senior Care Line is committed to serving seniors, their families and caregivers by answering questions and connecting callers with health care services and community organizations. Call **484.580.1234**.

