

WOMEN'S healthsource



**TENDING TO YOUR HEALTH
IS ALWAYS ESSENTIAL**

FALL 2020 HOW A FAMILY OF 6 BEAT COVID-19
EXPERT CARE FOR A CHALLENGING HEART CONDITION
OUR COMMITMENT TO THE LEAST INVASIVE CANCER CARE



Main Line Health®

Tending to your health is always essential

As the world continues to adapt to the widespread effects of the coronavirus (COVID-19) pandemic, Main Line Health remains committed to delivering the best care possible. Rest assured that our COVID-19 response includes rigorous procedures to protect you.

Your continued health is as important as ever. We remind you to take action in seeking care when needed, as delaying can lead to critical health issues. Please remember to:

- Call 911 or visit your local emergency department if you are experiencing severe or life-threatening illness or injury. **DO NOT WAIT OR HESITATE!**
- Reach out to your physician's practice or urgent care with health questions you may have. For those interested in a telemedicine visit, your health care provider can offer guidance and let you know if a telemedicine visit is right for you.
- Make sure you continue your routine well-checks and take your medications regularly.
- Access your Main Line Health MyChart account to request prescription refills, complete preappointment forms or questionnaires, send nonurgent messages to your doctor's office and more.

HOW MAIN LINE HEALTH IS KEEPING YOU SAFE

We are asking our Main Line Health employees and everyone in our community to continue to follow preventive measures, like practicing social distancing and proper hand hygiene. These measures aren't just important for stopping the spread of infection at our facilities—they help keep our neighbors and community safe, too. Other safety procedures we've put in place to protect you include the following:

- We are screening all patients, limited visitors and staff for COVID-19 symptoms every day
- Masking policy requires all staff, patients and visitors to wear masks or face coverings at all times
- Public spaces are cleaned regularly and are arranged to promote social distancing
- Staggered appointments and extended hours reduce patient overlap and allow time for thorough cleaning
- Sanitization standards meet infection-control protocol
- Telemedicine services reduce risk and will continue to be a resource for your nonurgent or time-sensitive medical needs

YOUR SAFETY IS ESSENTIAL

Learn more about how we're protecting our patients by visiting mainlinehealth.org/patientsafety, contacting your health care provider's office directly or calling the Main Line Health Contact Center at 1.866.225.5654.





Preparing for a successful virtual health visit

Keeping regular appointments with your health care provider allows you to continue with wellness visits, follow-up care and therapy sessions.

Even when meeting in person isn't an option, communication between providers and patients is still a top priority. Luckily, today's videoconferencing technology makes this possible. Virtual health visits (also known as telemedicine visits) can be just as beneficial when you know what to expect and how to make the most of the time.

HOW DO VIRTUAL HEALTH VISITS WORK?

In response to the COVID-19 pandemic, Main Line Health is offering virtual access to our providers via telemedicine services. Telemedicine visits use videoconferencing applications ("apps") to connect patients with their providers so that it's as much like an in-person visit as possible.

HOW TO PREPARE FOR YOUR VIRTUAL VISIT

During virtual health visits, providers want to focus on addressing their patients' concerns and providing the care they need. To do this, it's helpful for patients to come prepared. Here are four ways you can make the most of your virtual health visit:

1 Familiarize yourself with the technology.

If this is your first time using a videoconferencing app for a health care appointment, contact the provider's office ahead of time and ask for instructions. If necessary, download or install the platform you'll be using before the day of your appointment.

2 Make sure your connection is stable.

Whether you're using your smartphone, tablet, laptop or desktop computer, make sure it's fully charged and capable of hosting a video call. While most smartphones, tablets and laptops have a video camera, not all desktop computers do. Check to make sure your device has a camera that works with the video app. If possible, choose a location with a strong internet connection. Do a practice video call to make sure everything works well. Try to be ready 10 minutes ahead of your virtual visit.

3 Gather your health information.

Like most in-person appointments, your provider will likely ask about your current medications, allergies, medical history and concerns. Having this information on hand, which can be accessed through your MyChart patient portal, will save time, ensure the provider's advice is the most appropriate for your situation and help ensure your questions are fully addressed.

4 Prepare to talk about your concerns.

Your virtual visit is an opportunity for you to talk openly with your provider about your concerns and questions. Prepare a list of questions and be ready to describe or demonstrate any symptoms you're having. If possible, pick a comfortable location with good lighting. Close windows and doors to ensure the room is private and quiet. If needed, ask family members not to enter the room during your virtual visit.

STAY CONNECTED

A Main Line Health MyChart account is required for virtual visits. No account? No problem. Get yours at mainlinehealth.org/mychart.

‘Unbelievable’ care for a challenge

DOCTORS AT LANKENAU HEART INSTITUTE USE A STATE-OF-THE-ART DEVICE TO REPAIR A

Carol Friel lived for years with a racing heart and shortness of breath. After seeing her physician, she was diagnosed with atrial fibrillation (AFib), a common heart rhythm disorder. The Wynnewood resident, 79, thought she'd tried just about everything to tame her symptoms.

"I always had these nasty heart palpitations," she says. "I took medications that would work for a while, but then they would stop working, and I would get disheartened."

A TURN FOR THE WORSE

Carol had been treated numerous times with cardioversion, a procedure that delivers an electrical shock to the heart to restore a regular rhythm. She also had a pacemaker implanted to maintain a regular heartbeat. However, Carol's symptoms worsened, and her heart would not stay in normal rhythm. Maribel Hernandez, MD, a heart rhythm specialist with Lankenau Heart Institute, part of Main Line Health, used diagnostic testing to help determine her condition.

Over time, Carol had developed mitral valve regurgitation. This occurs when the leaflets of the mitral valve, one of the four valves in the heart, don't close properly, allowing blood to leak backward. Mitral valve regurgitation, like AFib, can cause symptoms such as shortness of breath, heart palpitations and fatigue.

"I was concerned the regurgitation had worsened," Dr. Hernandez says. "What we found was that Carol's regurgitation had become severe and was causing heart failure, which explained the worsening of her symptoms."

To determine next steps, Dr. Hernandez consulted with Lankenau Heart Institute colleagues: cardiologist James Burke, MD, and Scott Goldman, MD, cardiac surgeon and director of the Structural Heart Program at Lankenau Heart Institute.

A LESS INVASIVE OPTION

The team felt it was time for Carol to consider an intervention to treat her mitral regurgitation. They were able to offer her a state-of-the-art procedure known as transcatheter mitral valve repair using MitraClip therapy, a less invasive alternative to surgery. While surgery requires opening the patient's chest and temporarily stopping the heart, the MitraClip can be placed in the patient without open-heart surgery and on a beating heart, which is much less stressful than surgery.

"Because of her age, medical history and other factors, Carol was considered high risk for surgery," Dr. Goldman says. "The great thing about MitraClip is that it's a very low-impact procedure. There's almost no recovery time, and patients often feel better immediately."

In January 2019, Dr. Goldman teamed up with William Gray, MD, interventional cardiologist and system chief of Cardiovascular Disease at Lankenau Heart Institute, to perform the MitraClip procedure on Carol.

Since 2013, Lankenau Heart Institute has performed more transcatheter mitral valve repair procedures with the post-FDA-approved MitraClip device than any other institution in Pennsylvania and is the leader in the Philadelphia region.

Carol Friel (in yellow) was better able to enjoy time spent with family after her successful mitral valve procedure.



aging heart condition

WYNNEWOOD RESIDENT'S LEAKING MITRAL VALVE WITHOUT OPEN-HEART SURGERY

First, a tube called a catheter was inserted through a small puncture into the vein in her leg. Then, using ultrasound imaging, the physicians guided the catheter with the clip inside and positioned it at the leaky part of the mitral valve. The device grasped the leaflets of the mitral valve and pulled them together. This allowed the valve to close more completely, reducing or eliminating the backward flow of blood.

EXPERIENCE MAKES A DIFFERENCE

Transcatheter mitral valve repair using the MitraClip device is one of many innovative treatments offered by Lankenau Heart Institute. It gives new hope for select high-risk patients who are not candidates for surgery. And Lankenau Heart Institute

physicians are among the region's most experienced in performing the procedure.

Carol saw immediate results. She spent one night in the hospital after her procedure and was amazed at how much better she felt right away.

"I said, 'Oh my God, this is unbelievable,'" Carol recalls. "The shortness of breath was much better, and those symptomatic, horrible heartbeats I had for all those years—they're not there anymore.

"From day one at Lankenau Heart

Institute, my doctors have been unbelievable," she adds. "I could never leave them because as it turned out, they are the best in the world."

TOP CARE FOR YOUR HEART

To learn more about the advanced minimally invasive options available at Lankenau Heart Institute to treat valve disease, visit mainlinehealth.org/valve.

Offering advanced cardiovascular research and clinical trials

At Main Line Health, we believe research is essential for advancing health care, leading to medical breakthroughs that improve and save lives. Our clinical research teams, which include physicians of multiple specialties, offer a variety of trials in cardiovascular disease, cancer and other conditions.

"Research" can sound scary or foreign, but patients who participate in trials gain access to new treatment options and health care choices not otherwise available at many institutions. They get an "extra layer" of attention: In addition to their doctors, the clinical research staff keeps a close eye on them. Their participation also helps advance medical knowledge, leading to a better understanding of how to diagnose, treat and prevent certain diseases and conditions.

Lankenau Heart Institute offers patients access to the latest cardiovascular research and clinical trials. "When our physicians see a patient, we not only evaluate them for the available established therapies, but we also consider what innovative options might be available through a clinical trial," says William Gray, MD, system chief of Cardiovascular Disease at Main Line Health.

Many great advances in cardiovascular care have come from innovations in surgical approaches, medical devices and medications that are first evaluated during a clinical trial. At Main Line Health, we can offer new options to patients that may not be available at other institutions in the region—and all studies are both FDA and Institutionally reviewed and approved. Trials can offer an alternative to traditional treatments and, in most cases, the use of a minimally invasive approach.

"One example could be a patient who has a specific heart valve problem that is classically treated with surgery," explains Dr. Gray. "We might be able to offer that patient the benefit of being in a clinical trial focusing on a nonsurgical approach to repair or replace the damaged heart valve. This approach allows patients to get back to their daily activities quicker, with less recovery time than open-heart surgery would require."

For more on these and other cardiac clinical trials currently enrolling patients at Main Line Health, visit mainlinehealth.org/cardiacclinicaltrials or call **484.476.3030**.





Cancer care should be tough on tumors, not on patients

THE BENEFITS OF MINIMALLY INVASIVE CANCER TREATMENT

Compared with traditional methods of cancer surgery, minimally invasive surgery offers:

- Equal effectiveness in removing or destroying cancer, with less trauma to healthy tissue
- More accurate cancer staging to determine the need for further treatment
- Less bleeding, postoperative pain and risk for surgical infection
- Faster recovery and quicker return to normal routines
- Surgery with smaller or no incisions, for minimal or no scars

Living with a cancer diagnosis is hard enough. At Main Line Health, we believe cancer care should be as easy as possible on patients while also safe and effective. This belief drives us to continually seek better ways to diagnose, treat and prevent cancer with less impact on patients.

DECADES OF EXPERIENCE

At Main Line Health, minimally invasive techniques are fundamental skills of the surgeons and medical specialists who participate in cancer care. As tests and treatments for cancer evolve and new approaches prove better than older ones, we are quick to adopt these new methods into practice.

Prime examples are techniques our surgeons and medical specialists use to safely and effectively remove cancer from the body without making a large incision—or in some cases, any incision at all.

“Our decades of experience with minimally invasive cancer surgery make us confident in pushing the boundaries of newer, less invasive treatments to achieve better cancer control and quality of life for our patients,” says Patrick Ross, MD, PhD, thoracic (chest) surgeon and Chair of the Department of Surgery at Main Line Health.

Our cancer specialists champion minimally invasive cancer treatment whenever appropriate, having repeatedly seen the positives it offers patients. The patient benefits also are rewarding.

“It is highly gratifying to see our patients get back to the things they enjoy, such as golfing, working out and creating gourmet meals,” explains Dr. Ross. “These are just a few examples of favorite activities our patients quickly returned to after successful minimally invasive surgical treatment of lung cancer.”

Kareem Ibrahim, MD, another thoracic surgeon at Main Line Health, is enthusiastic about being able to offer more patients less

invasive surgery for lung cancer.

“Fortunately, with our lung cancer screening program and our timeliness in following up on incidental lung nodules, we are finding more lung cancers at an early stage,” says Dr. Ibrahim. “This is great news for patients, as minimally invasive surgical techniques allow us to offer them definitive treatment with equivalent or better survival and less morbidity.”

At Main Line Health, lung cancer is one of many cancers treated minimally invasively. Another is endometrial cancer, the most common gynecologic cancer.

Main Line Health gynecologic oncologist Lauren Turker, MD, notes that research strongly supports a less invasive approach to hysterectomy for early-stage endometrial cancer. As she explains, “Compared with traditional surgery, minimally invasive surgery is associated with similar long-term survival but a lower risk for serious complications and a quicker recovery.”

INNOVATING FOR THE GOOD OF PATIENTS

Our surgeons and specialists are committed to building on our skills and experience with minimally invasive techniques, seeking ways to find more cancers early and remove or destroy more cancers with less impact. As technology advances, we continually ask ourselves: how can we do even better for our patients?

MORE THAN CANCER CARE. HUMAN CARE.

To schedule an appointment with a cancer specialist at Main Line Health, call 866.CALL.MLH (866.225.5654).

You can also visit mainlinehealth.org to fill in our secure online appointment request form.





THE SUPPORT YOU NEED

Our perinatal bereavement staff can provide you with options, resources, support and anticipatory guidance to help you make important decisions during this difficult time. Visit mainlinehealth.org/perinatalbereavement.

HELP AND HOPE

The Women's Emotional Wellness Center (WEWC) in King of Prussia and Newtown Square helps women cope with:

- Grief and loss
- Depression
- Anxiety
- Post-traumatic stress disorder
- Work and family stress
- Parenting challenges
- Marital difficulties
- Unexpected medical diagnoses and outcomes

The WEWC team is highly skilled in serving women and their families. Experienced psychiatrists, nurses and psychotherapists work together to deliver the best possible care.

Join our Facebook group for daily messages of support and to stay up to date on events, support groups and more: facebook.com/groups/WEWCMLH.

Pregnancy after miscarriage: What you need to know

If you and your partner have experienced a **miscarriage**, your heartbreak is very real. But don't lose hope. It's important to know that most women who lose a pregnancy go on to successfully give birth.

"For some reason, people shy away from talking about miscarriage. This is a stigma we need to break," explains Main Line Health obstetrician and gynecologist in Roxborough Emily Sabato, DO. "Miscarriage is extremely common. In fact, up to 15 percent of all pregnancies end in a first-trimester miscarriage. Most likely, you know someone who has experienced this loss."

Here are three common concerns about pregnancy after miscarriage and what women need to know as they move forward.

AM I AT RISK FOR ANOTHER MISCARRIAGE?

Every pregnancy carries some risk of miscarriage, which most often occurs because of genetic abnormalities. And this risk increases with the mother's age. But having one miscarriage is not considered a risk factor for another.

"If you've lost a pregnancy, there is no reason to believe this will be your experience again," says Dr. Sabato.

A small percentage of women have recurrent miscarriages, meaning two or more. If this occurs, your doctor will conduct in-depth testing to determine an underlying cause.

WHAT STEPS CAN I TAKE FOR A HEALTHY PREGNANCY?

There are no specific steps a woman can take to prevent miscarriage. Remember, the vast majority are out of your control. But it is wise to focus on your overall health before pregnancy. Ways to plan for a healthy pregnancy include the following:

- Taking prenatal vitamins, ideally a few months before getting pregnant
- Seeing your doctor before trying to conceive to ensure any health issues, such as autoimmune disorders, diabetes or high blood pressure, are under control
- Exercising regularly both before and during pregnancy
- Adopting healthy habits, such as staying away from alcohol and tobacco
- Finding an OB/GYN you can talk with openly about your concerns

WHEN IS IT SAFE TO START TRYING AGAIN?

Many women are afraid that if they become pregnant too soon after a miscarriage, it will increase their risk for another. Dr. Sabato assures patients that this isn't true.

"Women should wait until they are emotionally ready to be pregnant again. Joining a support group or talking about their miscarriage with others can help," she says. "But there is no physical reason why a woman can't try again as soon as she is ready."

Helping adolescents manage stress during the COVID-19 pandemic

As the coronavirus has swept across the globe, it's disrupted life in many ways—and teens have been hit hard by these changes. Without in-person classes, school dances, plays or sports—not to mention simple hangouts with friends—many young people have struggled to make sense of how life has changed.

“As events were postponed and then canceled, it was one disappointment after another, and that's a lot for teenagers to manage,” says Bridget Lemke, a mental health therapist at Main Line Health. “They're still figuring out how to deal with regular life stressors, and this is so unusual. They can't look to their parents and ask, ‘How did you handle the pandemic when you were in high school?’”

A SUPPORTIVE ENVIRONMENT

It's normal for teens to push back against their parents as they move closer to adulthood, but it's difficult to test the boundaries when there's nowhere to go. “When we don't have a break from each other, it can be really hard when there's conflict in the house,” Lemke says.



“Emotions are heightened.”

Wondering how to support a young person at this time? Here are some suggestions on how to help:

- **Keep the lines of communication open.** “Have open dialogue about what's going on, about what is and isn't working,” Lemke says. “Discuss fears around the pandemic, and keep everyone in the family on the same page about how to stay safe.”
- **Respect their concerns.** Many young

people are mourning the loss of some big milestones, feeling worried about the future and dealing with other COVID-related concerns, such as the health of their grandparents. Show them you're listening.

- **Recommend a routine.** Help your child come up with a daily structure that balances schoolwork, sleep and eating with self-care, leisure and (safe) socializing. “Be a bit flexible, and take care of the different areas of wellness,” Lemke says.

PROVIDING PERSONALIZED CARE

If your child is struggling with mental health issues, Mirmont Outpatient Center offers a variety of structured, personalized programs for adolescents, including partial hospitalization and intensive outpatient options. When the pandemic hit, the center was quick to begin offering telemedicine services so that there was no gap in the care patients received. Reach out to learn more at **1.888.CARE.898 (227.3898)** or mainlinehealth.org/gethelpnow.

25th Anniversary

art Ability Virtual Celebration

Saturday, November 7, 2020 | 6:00 pm

Bryn Mawr Rehab Hospital celebrates Art Ability's 25th anniversary! Art Ability is an international, 12-week juried exhibition and sale of art and fine crafts featuring work by artists with physical and related cognitive disabilities, and hearing and visual impairments.

To learn more or to register for the virtual celebration event on November 7, visit mainlinehealth.org/artability



Sriharsha Sukla, *Baby Deaf* ACRYLIC ON CANVAS



Main Line Health®
Bryn Mawr Rehab Hospital

How a family of 6 beat COVID-19

Leo and Suzanne Carlin and their four children have always been a close-knit family. But in 2020, they bonded in a way they'd never imagined.

Within just two weeks in March, all six family members tested positive for COVID-19.

It began when daughter Margo, 19, came home after a mandatory campus evacuation, unwittingly bringing the virus along. Leo, 24, was home for spring break. Keenan, 23, and Karleigh, 25, both students at local schools, lived at home.

When Margo began having sinus issues, Suzanne contacted their doctor, Bernard King, DO, a family medicine practitioner at Main Line Health Concordville. He recommended the family get tested for COVID-19. They were shocked to learn that three of them had the virus.

At Dr. King's advice, those who tested negative moved out of the house temporarily. Leaving ill family members, Suzanne says, was a low point: "Especially as the wife and mother, you don't want to leave the ship." Soon, however, symptoms

began to appear among those living apart, and more testing revealed that the other three family members were positive. The family reunited in quarantine at home, all receiving telemedicine care from Dr. King.

"It was quite a change," says Dr. King. "But we successfully did all the trouble-shooting by using virtual methods. They were able to get to me in real time, and I to them."

"Our care experience was exceptional," reports Suzanne. "Whether it was a text, phone call or videoconference, it was extremely comforting to have access to Dr. King whenever we needed."

As is typical with COVID-19, the symptoms and severity of infection varied across the family. All were treated at home with painkillers, lots of fluids, good nutrition and rest. "We were able to get them through it, thankfully, fully recovered," Dr. King reports.

For Suzanne, the takeaway from this pandemic is clear: "When the unexpected happens and uncertainty hits, try not to take anything for granted and, instead, spread your love."



Research continues in the fight against COVID-19

The path out of the COVID-19 pandemic runs through the biomedical laboratory. Lankenau Institute for Medical Research (LIMR) investigators are working to solve challenges posed by the coronavirus in several ways.

Antibody testing: A LIMR team is studying patients who recovered from COVID-19. The researchers are isolating patients' immune cells and the antibodies they produce to clone the best antiviral antibodies for mass production. They also hope to develop a blood test to identify those who may be protected against the virus.

Vaccines: A LIMR professor is revisiting her previous vaccine strategy to assess its possible use against COVID-19. The approach focuses on a therapeutic compound that could boost the immune system to fight any virus, not just the coronavirus.

Therapies: A LIMR professor is pursuing his discovery that vitamin A selectively improves lung barrier function at the cellular level, which may help defend against COVID-19.

"I am extremely proud of the rapid pivot made by our teams in this pandemic," says George Prendergast, PhD, president and CEO of LIMR. "It highlights the enormous value of research to solving human health challenges—not only for chronic deadly conditions but also for serious emergent illnesses, such as coronavirus. We remain passionately engaged in addressing the most challenging problems in medicine."

Main Line Health's COVID-19 Research Fund supports LIMR biomedical scientists who are studying how to better diagnose, treat and prevent COVID-19. Visit mainlinehealth.org/covid19help.

YOUR HEALTH AND SAFETY COME FIRST

Our emergency rooms, urgent care centers, practices and hospitals are ready to see you to keep you well. Learn about the safety measures we have in place at mainlinehealth.org/patientsafety.



Pay attention to shoulder pain

You can shrug your shoulders at a lot of things in life, but don't ignore shoulder aches for long.

Shoulder problems don't just happen to baseball and tennis players. They occur among people of all ages and activity levels, and they can be serious, reports Gerald Williams, MD, an orthopaedic surgeon specializing in shoulder surgery at Bryn Mawr Hospital, part of Main Line Health.

The shoulder is the most moveable joint in our bodies. That places it at risk for injury as well as everyday wear and tear. There are many types and causes of shoulder problems. Some, such as a dislocated shoulder, result from trauma such as a hard fall. Others, such as rotator cuff tears or bursitis, develop from physical conditions that tend to be more common as we age.

You might successfully treat a mildly sore shoulder at home with over-the-counter pain medicine, ice packs and rest. But if your pain is severe or doesn't go away in a week or two, contact your doctor.

Main Line Health offers a range of diagnostic tests for shoulder pain, including state-of-the-art MRIs and arthroscopy. Fortunately, surgery isn't often required, reports Dr. Williams. "Most people don't put a lot of stress on their shoulders. Many shoulder issues, particularly those that are

degenerative in nature, respond well to rehabilitation," he explains. The physical therapy team at Bryn Mawr Rehab Outpatient Network offers rehabilitation care for shoulder pain and injuries.

When surgery is necessary, you'll receive a recommendation tailored to your condition, including the most advanced shoulder replacements for patients who need them.

As with so many aspects of health, prevention pays. Exercising your shoulders regularly helps keep them flexible. Just be careful not to overload on weights, and avoid putting your arms in awkward positions.

Especially among women, bones tend to become weaker with age. Your doctor can advise you on how best to maintain bone health and avoid fractures.

RELIEF FOR SHOULDER PAIN

To schedule an appointment with a shoulder surgeon at Main Line Health, visit mainlinehealth.org/orthodocs. If you're dealing with shoulder pain, rehab may help. Learn more about Bryn Mawr Rehab by visiting mainlinehealth.org/rehab or calling 484-596-5000.



PREPARE TO PLAY AT ANY AGE

As our bodies change and age, preparing for and weathering sports activities may increase sports-related injuries. "Our bodies need time to warm up, stretch and adjust to play the sports we enjoy," says Christopher Kester, DO, an orthopaedic surgeon who specializes in sports medicine at Lankenau Medical Center, part of Main Line Health. "Once we're older than 35, often our bodies don't respond as quickly as in the past—resulting in injury."

Dr. Kester continues, "For many people, fitness is difficult to make time for on weekdays, so we push off exercise to the weekends. This may lead to reduced strength and agility when it comes to those weekend activities, making a proper warmup even more important."

Dr. Kester and the team at Main Line Health Orthopaedic and Spine at Lankenau Medical Center are experts in the care of musculoskeletal injuries and conditions. You can schedule an appointment at **610.642.3005**.

» TAKE STEPS TO PREVENT FALLS



1 IN 5 FALLS causes serious harm, such as a broken bone or head injury.

#1

Falls are the **#1 CAUSE** of injury-related deaths in older adults.

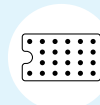


You're at **HIGHER RISK** of having a fall injury if you have:

- Lower-body weakness
- Poor vision
- Hearing loss
- Osteoporosis

The good news is that **MANY FALLS ARE PREVENTABLE**. To avoid a nasty spill, give your house a safety makeover:

1. First off, improve the lighting throughout your home.
2. Install grab bars in the bathroom.
3. Place a nonskid mat in your tub or shower.
4. Keep stairways lit well and free of clutter.
5. Remove throw rugs or tape them to the floor.



MAIN LINE HEALTH SENIOR CARE LINE IS A FREE RESOURCE CONNECTING CALLERS WITH HEALTH CARE SERVICES AND COMMUNITY ORGANIZATIONS. CALL 484.580.1234.



A LEADER IN TREATMENT

Visit mainlinehealth.org/concussion to learn more about concussion recovery, view patient stories and make an appointment.



Concussion 101: What parents need to know

If your child is an athlete, you know that with competition comes some risk for injury. Each year thousands of students experience a concussion during play. Make sure you know what to do if your child is injured.

IDENTIFYING A CONCUSSION

To help prevent concussion, make sure your child wears the appropriate protective equipment, follows the rules of the game and avoids rough play. But a concussion, also called a mild traumatic brain injury, can occur at any time in sports.

“Most people know that a concussion can occur due to a blow to the head. But it can also happen when the upper body or head is violently shaken, such as when one player collides with another,” explains Brian McDonald, DO, a physiatrist with Bryn Mawr Rehab’s Concussion Center, part of Main Line Health. “This can cause neurochemical and cellular changes to the brain.”

Common symptoms of concussion include the following:

- Dizziness
- Headache
- Cognitive difficulties
- Nausea
- Fatigue
- Foggiess
- Sensitivity to light and noise

“If you suspect a concussion, your child should stop playing right away and see a doctor,” says Dr. McDonald. “Signs of a concussion can occur within minutes of the injury, but it can also take days before they appear.”

ENSURING A FULL RECOVERY

Although some children recover after a brief period of mental and physical rest, others may have persistent symptoms that require specialized therapy as part of recovery.

Bryn Mawr Rehab’s Concussion Center provides comprehensive concussion testing and a multidisciplinary approach to care. The Concussion Center’s specialized physical, occupational and speech therapists; neuropsychologists; physicians; as well as neuro-ophthalmologists offer years of expertise and focused guidance in concussion recovery.

“It’s important that the brain is fully healed before an athlete returns to play in order to avoid further injury,” explains Beth Kolar, PT, DPT, physical therapist with the Concussion Center. “The therapists facilitate a successful return to school and sport by providing a gradual progression of mental and physical activities in a controlled manner.”

Calendar of events

As our region and our local communities continue to proactively institute social distancing measures to prevent the spread of COVID-19, Main Line Health is excited to continue to support our community. We have transitioned many events over to virtual solutions and platforms to continue our mission of engaging and connecting with our patients and community.

Main Line Health offers virtual community health learning opportunities, including:

- Monthly Senior Suppers
- Support Groups
- Prediabetes and Diabetes 101
- Hip & Knee Pain webinars
- Childbirth and childcare classes
- Various Fall Prevention Programs
- Babysitting Classes

Check out our videos about healthy snacks, bike helmet safety, hand-washing and more at mainlinehealth.org/CHEvideos.

Visit mainlinehealth.org/events for the most up-to-date information and to register.

SMOKEFREE

Main Line Health now has a virtual SmokeFREE six-session program to help tobacco and e-cigarette users quit. Participants can enroll in either group or individual counseling and may be eligible to receive free nicotine replacement therapy (NRT). Take the first step to a healthier you and call **484.227.FREE** to talk with a Certified Tobacco Treatment Specialist.

FREE WIG PROGRAM

Designed for female cancer patients preparing to undergo or undergoing chemotherapy or radiation treatment. For information or to schedule a free wig fitting, call Bryn Mawr Hospital Community Health and Equity at **484.337.5215**.

Lankenau Medical Center
Bryn Mawr Hospital
Paoli Hospital
Riddle Hospital
Bryn Mawr Rehab Hospital
Mirmont Treatment Center
HomeCare & Hospice
Lankenau Institute for Medical Research



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Tending to your health is always essential.

There's no denying the new realities brought on by COVID-19. And while much has changed, one thing has not: our commitment to human care. Which is why our hospitals, health centers and practices have put measures in place to safeguard your health.

Learn more at mainlinehealth.org/patientsafety

Stay safe. Be seen.



Main Line Health®

Lankenau Medical Center | Bryn Mawr Hospital | Paoli Hospital
Riddle Hospital | Bryn Mawr Rehab Hospital | Mirmont Treatment Center
HomeCare & Hospice | Lankenau Institute for Medical Research

