

# WOMEN'S healthsource

**FISHING FOR A  
LESS-INVASIVE  
ALTERNATIVE  
TO TRADITIONAL  
HEART SURGERY**

*also inside*

Stop the cycle of  
**EMOTIONAL  
EATING**

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**FALL 2021** IMPROVE YOUR EMOTIONAL WELLNESS  
BREAKTHROUGH TREATMENTS FOR GYNECOLOGIC CANCERS  
NEW PROGRAM TREATS LONG-TERM COVID EFFECTS



Main Line Health®

# How to improve emotional wellness



**Kerry Welch, MS, CAADC**  
*Alcohol and Drug Counselor at Mirmont Treatment Center*

**Emotional wellness is essential for a happy, fulfilled life.** Yet too often, life's stressors take center stage in our minds, pushing emotional well-being to the side.

There are many factors that contribute to our emotional well-being, from our relationships and connections to our sleep and diet. Here are several ways to improve yours.

## **PRACTICE SELF-COMPASSION**

"The first step in improving emotional well-being is to practice self-compassion," says Kerry Welch, MS, CAADC, an alcohol and drug counselor at Mirmont Treatment Center, part of Main Line Health.

People tend to treat others far better than they treat themselves. "Treat yourself how you treat other people," says Welch.

If you are feeling overwhelmed, take a mental time-out. "Give yourself space to feel what you're feeling," she advises.

## **SET SMALL GOALS**

People often look at the big picture and get overwhelmed by the steps they must take to reach their goals.

"Instead of focusing on everything you need to achieve," says Welch, "set specific, very small goals that you can build upon." When you accomplish those tasks, reward yourself with something that makes you happy.

## **TRY OUT RELAXATION TECHNIQUES**

"Practicing mindfulness and meditation can help improve your emotional well-being by helping you gain perspective so that stressors don't control your thoughts and behaviors," explains Welch.

The tendency is to allow the stress to run your thoughts and behaviors. But if you can back up and look at stress from a different perspective, it can become more manageable.

## **BUILD A STRONG SUPPORT SYSTEM**

Socialization and connection are essential ways to improve your well-being and emotional wellness. "As humans, in general, we thrive from and crave connection and belonging," says Welch. "Get connected to someone or try to start talking about how you're feeling."

This can be a close friend, family member, or someone going through similar experiences. There are many different types of support groups such as 12-step programs, church groups and virtual support groups.

## **TAKE CARE OF YOUR HEALTH AND WELL-BEING**

Diet, sleep and exercise can all impact our emotional wellness.

When we exercise, our body releases endorphins—the feel-good chemicals that boost our mood and help improve emotional wellness. Plus, a balanced diet gives your brain and body the nourishment it needs to boost your mood and emotional well-being.

Getting a good night's sleep can provide you with more fuel and stamina to combat life's daily stressors and curveballs. "We have to give our body and brain time to rest," says Welch.

Mental and emotional well-being are integral to a healthy life. When people suffer with mental illness or drug and alcohol abuse, it significantly impacts all aspects of their lives and their loved ones.

Main Line Health offers behavioral health services, from group therapy and individual therapy to 12-step meetings for drug and alcohol addiction. Please call **1.888.CARE.898 (1.888.227.3898)** to schedule a confidential appointment, or visit [mainlinehealth.org/mirmont](https://mainlinehealth.org/mirmont) to learn more.





# ASK THE EXPERTS:

## ‘How can I get the most from my next appointment?’



**Chandira Mendis, MD**  
Family Medicine  
Physician in East  
Norriton

### Come prepared and ask questions.

Bring a list of questions to ask your doctor. Write down any symptoms you are having so you remember to tell them. This will help your doctor address your concerns quickly. Don't hesitate to ask them to clarify anything you don't understand. Your doctor's goal is to ensure you are satisfied with the valuable time you spend with them.



**Samantha Flanagan, DO**  
Family Medicine  
Physician in King of  
Prussia

### Be open about your weight concerns.

Talking about your weight can be hard, but making an appointment is the first step. Come ready to discuss your ideal weight goal and what you hope achieving it may accomplish. There is much more to gaining or losing weight than how much you eat and exercise. Keeping a food journal and discussing what you have tried before can help your doctor develop the best treatment plan to help you meet your goal.



**Ama Tettey-Fio, MD**  
Family Medicine  
Physician in Paoli

### Don't skip your annual checkup.

It's much easier to return to optimal health when we catch chronic diseases early. Many conditions that put your health at risk, such as elevated cholesterol, high blood pressure and diabetes, are all preventable with regular checkups. Your doctor can advise you on how to adjust your daily habits to support your health goals. You may find it helpful to schedule your annual checkup by linking it with a season or event, like your birthday.



**Lisa Schaffer, DO**  
Family Medicine  
Physician in  
Conshohocken

### Remember that mental health is as important as physical health.

Poor mental health is a risk factor for developing chronic conditions and having worse outcomes. Unfortunately, patients may ignore or minimize mental health symptoms. It is essential to be tuned in to your mental health and to feel comfortable sharing concerns with your doctor.

Main Line Health's Integrated Behavioral Health Program collaborates with mental health and medical providers to offer whole-person care for patients. Our therapists provide consultations during primary care visits and offer cognitive behavioral therapy in eight to 10 visits to assist patients in managing symptoms such as depression, anxiety, stress, poor self-esteem and communication issues.



**Amanda Stahl Piraino, DO**  
Family Medicine  
Physician at Riddle  
Hospital

### Be ready to discuss your health habits.

Sleeping well, staying active and limiting alcoholic drinks are essential for good health. By coming to your appointment ready to discuss these things, you can help your doctor help you make positive changes. Your lifestyle behaviors may also provide clues to underlying health issues that can be treated. Most adults need six to nine hours of sleep each night and at least 150 minutes of exercise weekly. If you drink alcohol, you should have no more than two servings daily for men or one for women.

### FIND YOUR IDEAL MATCH

Visit [myprimary.org](https://myprimary.org) to narrow your search for the right primary care provider based on the criteria important to you.



## THIS SEPTEMBER: EXPERIENCE THE NEW MAIN LINE HEALTH BROOMALL

Designed with beauty, comfort and an improved care experience in mind, Phase 1 of Main Line Health Broomall's modernization project is opening soon with expanded services and additional parking.

Located in the heart of Delaware County, our health center's comprehensive services include primary, urgent and specialty care as well as lab and radiology services such as 3D mammography, X-ray, CT scan, ultrasound, DEXA scan and now, MRI.

Learn more at [mainlinehealth.org/broomall](https://mainlinehealth.org/broomall).

# Main Line Health offers breakthrough treatments for gynecologic cancers



**Lauren Turker, MD**  
*Gynecologic  
Oncologist*

**Being diagnosed with gynecologic cancer—cervical, endometrial, fallopian tube, ovarian or vaginal—can be overwhelming.**

Fortunately, treatment has progressed significantly. In fact, Main Line Health offers the most revolutionary

options available today.

“There are numerous breakthroughs in the field of gynecologic cancer treatment. So many of these advances weren’t available just five years ago,” explains Lauren Turker, MD, gynecologic oncologist for Main Line Health. “We personalize treatment to each woman based on her specific disease, situation and needs. Our treatment is never a one-size-fits-all approach.”

Main Line Health is known for its excellence in complex gynecologic surgeries, including minimally invasive vaginal, laparoscopic and robotic-assisted surgeries. These surgical approaches, which are tailored to each patient, are an option for both risk reduction and cancer treatment. There are other advanced treatment options as well.

## TARGETED THERAPY AND IMMUNOTHERAPY

For women with ovarian, advanced uterine or cervical cancer, Main Line Health provides targeted therapy whenever possible. Each tumor is tested to determine its unique characteristics and mutations. Women are then treated with medications developed to stop the pathway of that specific mutation, if available.

“Many targeted therapies are currently in development. When we can stop cancer at its source, treatment is more effective,” says Dr. Turker. “We have made amazing strides in cancer treatment because of targeted therapies. It’s helping women live years longer.”

Another method of treating cancer harnesses the body’s own ability to fight off disease. Immunotherapy stimulates the patient’s immune system to recognize the cancer as a foreign invader and attack it. Main Line Health combines immunotherapy with targeted therapies whenever possible.

## HIPEC THERAPY

Hyperthermic intraperitoneal chemotherapy (HIPEC) is a method of providing chemotherapy drugs in a way that is more effective and less toxic than traditional chemotherapy.

Patients who are candidates for HIPEC first have any visible cancer surgically removed. Then, warmed chemotherapy medication is pumped directly into the abdomen to kill any lingering microscopic cancer cells. This provides a more targeted dose of chemotherapy to the area of the cancer and eliminates the need for IV chemotherapy, which circulates the drugs through the entire bloodstream.

“HIPEC requires a high level of coordination among many disciplines,”

says Dr. Turker. “It has been shown to improve survival rates.”

## ACCESS TO CLINICAL TRIALS

Main Line Health is also actively involved in several clinical trials, providing patients access to promising treatments that are not yet available to the general public. These include new targeted medications and other therapies.

“We look for clinical trials that we believe will most benefit our patients,” explains Dr. Turker. “Offering advanced treatments that are safe and effective gives our patients the best chance of beating gynecologic cancers.”

## LOOKING FOR BREAKTHROUGH CARE?

To schedule a consultation with our specialists in gynecologic cancer care, call **1.866.CALL.MLH (1.866.225.5654)**.





## With you through your cancer journey

Monthly virtual groups offering information, support and connections

### BREAST CANCER SUPPORT GROUP

First Tuesday of the month: 5:30–7:00 pm  
For information or to register, contact Deb Mantegna: **484.227.3141** or [mantegnad@mlhs.org](mailto:mantegnad@mlhs.org).

### CAREGIVER SUPPORT GROUP

Second Wednesday of the month: 5:30–6:30 pm  
For information or to register, contact Vicki Powers: **484.565.1253** or [powersv@mlhs.org](mailto:powersv@mlhs.org).

### COPING WITH CANCER A TO Z

Second Monday of the month: 4:30–5:30 pm  
For information or to register, contact Toby Stolberg: **484.227.3794** or [stolbergt@mlhs.org](mailto:stolbergt@mlhs.org).

### COLORECTAL CANCER SUPPORT GROUP

Second Thursday of the month: 1:00–2:00 pm  
For information or to register, contact Gabrielle Bidas: **484.476.8503** or [bidasg@mlhs.org](mailto:bidasg@mlhs.org).

### METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of the month: 4:30–5:30 pm  
For information or to register, contact Sara Ashworth: **484.565.1054** or [ashworths@mlhs.org](mailto:ashworths@mlhs.org).

## Thriving During and After Cancer Treatment

Virtual educational seminars with Q&A

### BREAKING DOWN BARRIERS: HEALTH INSURANCE & FINANCIAL SUPPORT

Thursday, September 23: 5:00–6:00 pm

### MINDFULNESS IN STRESSFUL MOMENTS: INCORPORATING MINDFULNESS & STRESS REDUCTION INTO EVERYDAY PRACTICE

Tuesday, October 12: 4:30–5:30 pm

### BOOST YOUR ENERGY: USING NUTRITION TO SUPPORT CANCER CARE & OVERALL HEALTH

Wednesday, November 10: 5:00–6:00 pm

To register for these events or for information, visit [mainlinehealth.org/cancercareevents](https://mainlinehealth.org/cancercareevents) or contact Tara Sweeney: **484.565.1660** or [survivorship@mlhs.org](mailto:survivorship@mlhs.org).

## Calendar of events

### MENTAL HEALTH AWARENESS SUICIDE PREVENTION

Main Line Health has certified instructors to teach the nationally recognized, evidence-based suicide prevention QPR Gatekeeper Program, an emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett. Learn to identify and interrupt a crisis and direct a person to the proper care. This training will teach you to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

To schedule FREE training for your group, email Flo Byarms at [byarmsf@mlhs.org](mailto:byarmsf@mlhs.org).

### THE DEAVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

We are currently taking reservations for in-person and virtual classes. The Health Education Center promotes health and wellness in a fun, innovative way. Students explore general health, food and nutrition, drugs and alcohol, and family life, while learning about the body systems. The Deaver Wellness Farm also provides FREE classes connecting students to the source of healthy food and healthy eating. Make a reservation for these FREE programs by calling **484.476.3434** or email [lhhealthcenter@mlhs.org](mailto:lhhealthcenter@mlhs.org).

### SMOKEFREE

Our virtual six-session program helps tobacco and e-cigarette users quit. We offer group or individual counseling and you may be eligible to receive free nicotine replacement therapy. Call **484.227.FREE** to register.

### STRETCH YOUR LIMITS: VIRTUAL EXERCISE PROGRAM FOR ADULTS 55 AND OVER

Strength training, balance training and stretching. A sturdy chair without arms is needed. Fee: \$5/class. Call **1.866.CALL.MLH (1.888.225.5654)** to register or **484.337.5206** for more details.

### A MATTER OF BALANCE

This multi-session, evidence-based, FREE program provides strategies to reduce the risk of falling and remain active and independent. For more information and dates, call **1.888.876.8764** or visit [mainlinehealth.org/events](https://mainlinehealth.org/events).

### VIRTUAL SENIOR SUPPERS

Includes conversation and a healthy living seminar for ages 60+. Call **1.888.876.8764** or visit [mainlinehealth.org/events](https://mainlinehealth.org/events) to register.

### FREE WIG PROGRAM

For female cancer patients preparing to undergo or currently undergoing chemotherapy or radiation treatment. For information or to schedule a free wig fitting, call **484.337.5215**.



# A less invasive alternative to

## ROBOTIC-ASSISTED CORONARY ARTERY BYPASS SURGERY ALLOWS FOR A QUICKER

**Like many retired couples, Ann and Rich Guanella split their time between homes, spending half the year in Havertown, Pennsylvania, and the other six months in a small town in North Dakota.** They had just journeyed to their lake home in the Upper Midwest when Ann felt pain in her chest while raking leaves.

"I have asthma and I just figured I was starting to get bronchitis because I was very congested," she recalls.

This was a few months into the pandemic and Ann, already worried about catching the coronavirus, decided she better get checked out. The next day, she and Rich drove to the local Emergency department.

### AN UNEXPECTED DIAGNOSIS

An examination and tests showed Ann's lungs were fine—but her heart was not. The Emergency department team believed Ann had at one time suffered a small heart attack and her symptoms were related to that. They urged her to follow up immediately with her primary care provider. Shortly after that, on June 26, 2020, Ann had a diagnostic heart catheterization to see how well her heart was working.

Ann had blockages in each of her three main coronary arteries; the most concerning was the 90% blockage in her left anterior descending artery (LAD). Because the LAD carries blood to large areas of the heart muscle, which pumps blood to the rest of the body, a significant blockage in this artery could cause a massive heart attack, known as the widow-maker.

Ann's cardiologist told her she would need coronary artery bypass surgery.

### EXPLORING HER OPTIONS: TRADITIONAL HEART SURGERY VERSUS ROBOTIC HEART SURGERY

Ann had other ideas. She knew that back in Pennsylvania, Lankenau Heart Institute, part of Main Line Health, had a highly regarded women's heart program and expertise in performing robotic-assisted heart surgeries. Because these procedures are performed through small incisions instead of opening the chest (leaving a 12-inch scar), she heard that patients recover much faster.

After doing more research and with a recommendation from her internist, Ann decided to forgo other major heart centers in the northwest and come see Francis Sutter, DO, FACS, campus chief of cardiac surgery at Lankenau Medical Center. Dr. Sutter is the most experienced robotic heart bypass surgeon in the country. Since 2005, Dr. Sutter has performed more than 2,300 robotic-assisted coronary bypass surgeries.

### NATIONAL LEADERS IN ROBOTIC CORONARY BYPASS SURGERY

"Ninety-nine-plus percent of all patients having coronary bypass surgery have it done through a large incision down the middle of their chest. At Lankenau, we offer a robotic approach where we can access and repair the heart using a 1.5-inch incision. No other institution in the world does that," says Dr. Sutter. "While robotic surgery may not always be an option to traditional surgery, we do try to consider it first. It is why I encourage everyone who is told they need traditional heart surgery to seek a second opinion about less invasive alternatives."

"The benefits of robotic surgery are revolutionary," adds Gianluca Torregrossa, MD, director of coronary revascularization, who joined Lankenau Heart Institute in July, and trained in New York and Chicago. "The entire field of heart surgery is being transformed by robotic-assisted approaches because of the positive benefits to patients. These include less pain, a lower risk of complications, quicker recovery, a better cosmetic result and markedly improved patient satisfaction."



In collaboration with interventional cardiology colleague Dr. Mara Caroline (middle), cardiac surgeons Drs. Gianluca Torregrossa (left) and Francis Sutter (right) review CT scans to determine an optimal treatment plan for each patient with coronary artery disease.

# traditional heart surgery

RETURN TO “THE GOOD LIFE” FOR A HAVERTOWN WOMAN.

## TEAM APPROACH ENHANCES PATIENT OUTCOME

The surgeons and cardiologists at Lankenau Heart Institute work collaboratively to determine the best care for each patient. As such, Dr. Sutter consulted with his interventional

cardiology colleague, Mara Caroline, MD, about the most appropriate care plan for Ann. They were able to offer her an innovative, hybrid approach that blends robotic bypass grafting with coronary artery stenting to restore blood flow to the heart, without opening the chest.

Ann was excited.

Dr. Sutter performed Ann's robotic bypass surgery using her healthy, left internal mammary artery to bypass the blockage and restore blood flow to the heart. Three days later, Dr. Caroline implanted stents in the other coronary arteries needing treatment to keep blood flowing. The next day, Ann went home.

## BACK TO HER REGULAR ACTIVITIES IN A MATTER OF DAYS

That first day Ann could walk to her neighbor's house and back. And each day she was able to walk a little farther. By week three, she was “pretty much back to normal.”

For Ann, now 67, that means picking and canning wild berries and going fishing with Rich at their lake home. Ann also quilts and is a master gardener. Life is good, she says, thanks to her Lankenau heart team.

“I can't say enough about the care I got,” says Ann. “If you need heart bypass surgery, I highly recommend the team at Lankenau to have it done robotically. The recovery time is incredibly faster and you can get back to doing what you love in weeks versus months. They're a phenomenal team!”

## WERE YOU TOLD YOU NEED HEART SURGERY?

To find out if you're a candidate for robotic coronary bypass surgery or to get a second opinion, schedule a consultation with Dr. Francis Sutter or Dr. Gianluca Torregrossa by calling 1.866.CALL.MLH (1.866.225.5654).





# Stop the cycle of emotional eating



If you're caught in a cycle of emotional eating that you'd like to change, there are things you can do." Her expert recommendations include:

- **Keeping a food diary.** "By writing down what you eat, when and your mood at the time, you can find your eating triggers," says O'Boyle. You might learn you munch on cookies to ease stress or turn to salty snacks if you feel lonely. "Knowing your triggers is the first step to changing your behavior," she adds.
- **Developing new patterns.** "Once you know when you're likely to eat, you can work to replace that behavior," continues O'Boyle. For example, instead of eating to relieve stress, you can try exercise or meditation when you feel on edge.
- **Pausing before eating.** If you feel an urge to eat that's not motivated by hunger, try to distract yourself with another activity, like taking a walk. "Shifting gears for just five minutes can allow the desire to pass," assures O'Boyle.



**Jamie O'Boyle, RD**  
Registered Dietitian

**Although stress and negative emotions cause appetite loss for some people, others feel increased cravings for calorie-dense, sugar- and fat-filled foods.** This is known as emotional eating.

Emotional eating can be problematic. You might have physical effects, such as feeling bloated or tired, worry that you've put yourself at risk for a disease like diabetes, or have guilty feelings.

## A RISE IN EMOTIONAL EATING

In what's been a particularly stressful period of time, researchers have begun to

look at the effects of the COVID-19 pandemic on emotional eating. One study out of Norway, published in the *International Journal of Environmental Research and Public Health*, found that 62 percent of females and 43 percent of males reported emotional eating during the previous week. The more worried a person felt, the more likely they were to have high-sugar foods and drinks.

## HOW TO CHANGE YOUR BEHAVIOR

With this in mind, we asked Jamie O'Boyle, registered dietitian at Main Line Health, for her advice on how to fight such urges. Says O'Boyle, "Even in nonpandemic times, it's easy to turn to certain foods for comfort—but the pleasure is short-lived.

## LEAN ON US

The Comprehensive Weight and Wellness Program offers specialized medical and surgical care, education, and support for adults seeking to improve or prevent obesity-related health problems. For more information, visit [mainlinehealth.org/weight](https://mainlinehealth.org/weight) or call 484.476.6230 for an appointment.



BE YOU.  
BE RESPECTED.  
BE LIMITLESS.

**BE SEEN.**  **Main Line Health®**

At Main Line Health, we see our team members for who they are, what they do and what they're capable of—because they matter. As one of the Philadelphia region's leading employers, we offer a world of opportunity where you will be empowered to do a world of good. It's our honor to see you for your potential and our privilege to see you reach it.

Be seen at [mainlinehealth.org/careers](https://mainlinehealth.org/careers).



# Exploring the art of acupuncture



**Daniel Nemer, MAC.,  
LOM, DiplOM**  
*Acupuncturist*

**Curious about acupuncture?** You're not alone. Each year, millions of Americans turn to this traditional Chinese medicine technique to help treat everything from chronic pain to menopause symptoms.

So, what exactly is it? "Acupuncture involves stimulating specific points on the body, called acupuncture points, or acupoints," explains Daniel Nemer, MAC., LOM, DiplOM, an acupuncturist at Main Line Health. "The aim is to restore health by reestablishing the flow of vital energy through the body."

The best-known method for acupuncture is inserting very thin, sterile needles through the skin. Practitioners may manipulate the needles by twirling them, moving them up and down, or charging them with a mild current of electricity. A course of five to 10 sessions is often recommended, depending on the condition being treated.

## **BENEFITS OF REGULAR ACUPUNCTURE TREATMENTS**

While patients are always encouraged to learn more about the traditional theories behind acupuncture, Nemer also notes the clear treatment benefits. "Acupuncture is a nonsurgical, nonpharmacological, minimally invasive option that can help with many health conditions," he says. Acupuncture can:

- **Reduce pain.** "Arthritis, headaches, low-back and neck pain, and fibromyalgia are just some of the conditions that can be treated with great success," says Nemer. Research also shows that acupuncture may help reduce the frequency of tension headaches and prevent migraines.

- **Ease menstrual and menopause-related symptoms.** Some evidence suggests acupuncture may improve hot flashes and night sweats. Nemer also recommends it for those suffering with menstrual irregularities and pain, cramping, and fertility concerns.
- **Relieve cancer-related symptoms.** Coupled with conventional treatments, acupuncture can help control pain and relieve nausea, vomiting and fatigue.

To learn more and schedule an initial session with an acupuncturist, call **484.337.2670**.



## Lankenau Ventures brings innovative solutions from the research lab to the bedside

Frontline health care workers who are assisting in surgery or providing bedside care are often the ones to identify a need and conceive solutions.

Lankenau Ventures has been established to accelerate these innovative ideas and transform them into medical inventions. This Acapreneurial™ (academic/entrepreneurial) initiative brings together a leading medical research institute, Lankenau Institute for Medical Research (LIMR), and commercialization experts L2C Partners in Philadelphia and Early Charm in Baltimore. This joint venture will license inventions from LIMR that focus on the operating room, the hospital patient room and other health care venues. Safety, quality and efficacy along with market demand will determine product development priorities.

In its launch period, Lankenau Ventures will focus on four categories of clinical products for the health care market:

- Hospital room and facility safety devices, including a limb support device and a fall prevention device
- Software that provides add-on components to electronic medical records
- Clinical tests, including two rapid assays for tissue metabolic markers
- Clinical devices, including ones to prevent nerve injuries or preserve toileting privacy

"Each of the health care professionals who have developed these innovations have many years of experience in patient care," says George Prendergast, PhD, president and CEO of LIMR. "When they saw a need for better tools to improve patient care, comfort and outcomes, they invented new ways to address that need."

# Knowing the cause can lead to headache relief



**Bushra Malik, MD**  
Neurologist

**A headache may seem to come out of nowhere, but most people have triggers.**

"I recommend my patients keep a headache diary," says Main Line Health neurologist Bushra Malik, MD. Dr. Malik

specializes in migraines, intense headaches that often come with nausea and sensitivity to lights and sounds.

"Every time you get a headache, think back. Ask yourself: What did I eat? Did I drink enough water? How did I sleep last night?" From this, you may spot a pattern. For example, you might get a headache every time you eat a high-carb lunch.

Consider the following lifestyle factors that can contribute to headaches:

- **Food and drink.** Both eating and not eating can bring on a headache, depending on the person. "Most migraine patients get headaches when they miss meals," Dr. Malik says. There are also many food triggers for headaches, including sugar, aged cheese, MSG and red wine. Dehydration can also be a factor.
- **Sleep.** Lack of sleep or even getting too much sleep can cause a headache. "It's important to keep a regular sleep



schedule, even on the weekends," says Dr. Malik, who recommends aiming for seven to eight hours of sleep a night.

- **Scents.** People with migraines often have a heightened sense of smell, which can contribute to headaches. Smoke, gasoline, vanilla candles and perfumes are some of the problematic scents.
- **Stress.** The number one cause of headaches is stress. You might not be able to eliminate stress from your life, but you can minimize its impact by

getting adequate sleep, eating healthfully and exercising regularly.

If you suffer from chronic headaches—more than 15 a month for at least three months—Dr. Malik recommends visiting a headache specialist. For people who aren't able to control their headaches through lifestyle changes, there are new medications made specifically for migraines that can decrease their frequency and intensity or stop one once it has started.

## BE HEAD SMART

Concerned about your headaches? To make an appointment with a Main Line Health neurologist or headache expert, call **1.866.CALL.MLH (1.866.225.5654)**.



## » 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.

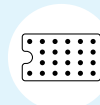


You're at **HIGHER RISK** of having a fall injury if you have:

- 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 well lit 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.**



# New program treats long-term COVID effects



**Clare Small-McEvoy, PT, DPT**  
Director, Therapy Services at Bryn Mawr Rehab

**When COVID-19 began around the world last year, the goal of the health care community was to help people survive.** Now, a new Post-COVID Recovery Program at Main Line Health is aimed at helping these survivors thrive.



**Mithra Maneyapanda, MD**  
Medical Director, Brain Injury Program at Bryn Mawr Rehab

It's estimated that at least 10 percent of people who were infected with COVID-19 will be "long-haulers," a term used to describe patients with lingering physical, cognitive and psychological symptoms. Employees at Main Line Health with such symptoms were a part of the inspiration for creating this new program that opened in May, and is for people who are still having symptoms 30 days after a positive COVID-19 diagnosis. "Many of our patients have experienced the frustration of being told that it's unclear as to why they are still feeling poorly. Many have been struggling for months looking for answers," says Clare Small-McEvoy, PT, DPT, director of therapy services, Main Line Health.

## COORDINATED CARE

One of the strengths of the program is its multidisciplinary approach. The symptoms of long-hauler syndrome are varied and require a team approach to address and manage them. Patients experience everything from fatigue and difficulty breathing to brain fog, skin disorders and anxiety, to name just a few.

Intake for the Post-COVID Recovery Program is managed by Bryn Mawr Rehab Hospital. There's one number to call to arrange care. A nurse case manager, together with a nurse practitioner, helps triage patients to therapy services and

specialists. Specialties in the program include cardiology; pulmonology; psychology; dermatology; rheumatology; infectious diseases; acupuncture; ear, nose and throat (ENT); physical and occupational therapy; and speech pathology.

## A COMMUNITY NEED

Mithra Maneyapanda, MD, medical director of the Brain Injury Program at Bryn Mawr Rehab Hospital, is one of the doctors who helps patients with needs related to physical medicine and rehabilitation. "We're taking an individualized approach right now, but as the program continues to grow and build, we'll get more information about what recovery looks like and what types of treatments are better than others," he says.

The team meets weekly to talk about each patient's progress so they can develop a coordinated plan of care. This is especially helpful for more complicated cases.

While much is still unknown about this new disease, the team is committed to learning quickly. "The science will catch up eventually, but these patients need help now," Dr. Maneyapanda says. "The program fits the need that our community has at the time they need it."



## LOOKING FOR RELIEF?

To schedule an appointment for the Post-COVID Recovery Program, call **484.596.5000**.



## Shaved Brussels sprouts salad

### INGREDIENTS

- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1 small garlic clove, minced
- 2 tablespoons olive oil
- 1 pound Brussels sprouts, halved and thinly sliced
- 1 small red onion, halved and thinly sliced
- $\frac{1}{3}$  cup dried cherries, chopped
- $\frac{1}{3}$  cup chopped pecans, toasted

### DIRECTIONS

Whisk together the first four ingredients; gradually whisk in oil until blended. Place Brussels sprouts, onion and cherries in a large bowl; toss with dressing. Refrigerate, covered, at least one hour. Stir in pecans just before serving.

**NUTRITION FACTS** (per  $\frac{3}{4}$  cup serving): 156 calories, 9 g fat (1 g saturated fat), 0 g cholesterol, 79 mg sodium, 18 g carbohydrate, 4 g fiber, 10 g sugar, 3 g protein.



For more healthy dishes, visit [mainlinehealth.org/recipes](https://mainlinehealth.org/recipes).



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# Healthy back-to-school tips



**Hazel S. Guinto, MD**  
*Pediatric Emergency  
Medicine Physician*

**Getting kids ready for a new school year usually means buying new clothes and supplies such as notebooks and backpacks.** This year,

it's also a good idea to add hand-sanitizing wipes to your shopping list, advises

Hazel S. Guinto, MD, Pediatric Emergency Medicine, Nemours Children's Health at Main Line Health.

Due to COVID-19, staying healthy is the top-of-mind concern as students return to the classroom. Policies about things like mask-wearing, vaccines and distance learning will vary, so it's important to stay up-to-date with the latest information from your school.

Whatever the requirements, Dr. Guinto suggests taking these steps to help kids be prepared.

- **Encourage good hygiene.** Sending kids to school with hand wipes is a good reminder that washing or sanitizing their hands often can stop germs from spreading. Another healthy habit is coughing or sneezing into their elbows or a tissue when not masked. "As things open back up, we expect there may be more transmission of non-COVID viruses that children weren't exposed to while staying home. So practices put in place during the pandemic are still very important," explains Dr. Guinto.
- **Talk as a family about your comfort level.** Especially if a family member has an underlying health condition, it's

important to realize that unvaccinated children at school can be COVID carriers. So it may be best for kids in your family to keep wearing masks even where not required. And help them know how to handle being with schoolmates who have different habits than your family's. "When everyone's doing their own thing, it can be confusing if your child isn't prepared," says Dr. Guinto.

- **Help your child get ready for new routines.** Getting up early and having less free time may be a big change for some kids. Socializing again could be, too. For preschoolers and kindergarteners, being with others their age could seem scary. Practice play groups can help them adapt. For older kids, going back to school may be a long-awaited return to normal. But some may feel anxious and unsure. Talk through their feelings with them, and don't hesitate to get help from a mental health professional if needed.
- **Prepare for emergencies before they happen.** Make sure your child's immunizations are up to date and their school has a current health record, including all allergies, insurance information and emergency contacts. You should also always have this information handy just in case emergency care is needed. Consider opening an online patient portal for members of your family or put the information in your smartphone.

To learn more about Main Line Health's pediatric services, in partnership with Nemours Children's Health, visit [mainlinehealth.org/pediatrics](https://mainlinehealth.org/pediatrics).

