

WOMEN'S healthsource

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YOU DON'T HAVE TO LIVE WITH PELVIC FLOOR DISORDERS
HIGH-TECH, HIGH-TOUCH STROKE CARE SPEEDS VITAL TREATMENT



Main Line Health®

How to cope with social anxiety disorder



Ashlyn Swartz, LCSW
Psychotherapist

Anxiety is a very common and normal reaction—it's adaptive and helps us prepare for danger—but it can become an issue when it affects our daily life in a way that causes us to avoid certain people, situations or things.

Social anxiety disorder is the fear and avoidance of social situations. As Ashlyn Swartz, LCSW, a psychotherapist with Main Line Health's Women's Emotional Wellness Center explains, usually, it's the anticipation of the event, not the event itself, that causes anxiety.

Social anxiety comes in different forms, but it often involves intense fear, concern about saying or doing the wrong thing, or worry that you will be judged. It can also trigger physical symptoms, including blushing, sweating, shaking, increased heart rate and dizziness.

"At some point, we've all felt uncomfortable in social situations, whether it's public speaking, meeting new people or going to a job interview, but it becomes an issue when we're actively avoiding those things," Swartz says.

WHAT CAUSES SOCIAL ANXIETY DISORDERS?

According to Swartz, anxiety can be both neurological as well as a learned behavior. Some people may have learned the anxiety from an anxious parent. Or perhaps they had a bad experience that causes them to fear similar situations.

Social anxiety disorders have become even more prevalent since the start of the COVID-19 pandemic. Because we were advised to stay home and avoid others, it has been difficult for many to go back into pre-pandemic routines.

TREATMENT AND COPING METHODS

Swartz notes that with the right tools and resources, social anxiety disorders can improve quickly. Cognitive behavioral therapy is often used to help patients reframe their thoughts to feel more positive and confident about social situations.

Below are a few of the coping tools Swartz recommends.

1 Observe your social anxiety. Pay attention to what situations you find fearful and how you feel when you are in those situations. Keeping a log will help you identify common factors that make you anxious to help you better prepare in the future.

2 Learn to relax. Try calm breathing, muscle relaxation, mindfulness and grounding techniques. "[These practices] bring you back to the moment and relax you so your physical symptoms aren't spiraling to the point where you're not able to focus on the present situation," Swartz says.

3 Think more realistically. Anxiety causes people to think negatively about what might happen in a social situation. "Often, these are guesses, not necessarily facts," Swartz says. Make a point to acknowledge that your feared situation might happen. Then, evaluate the situation based on fact to gauge how realistic it is for what you fear to actually occur.

4 Face your fears. While it may help in the short term, avoiding social situations will only make them scarier. Facing a feared situation can help decrease your stress about it and build confidence.

5 Consider medication. When anxiety is intense, medication may provide short-term relief from the physical symptoms so you can use tools and coping mechanisms to work through the anxiety. Medication, however, is not a long-term cure and is best used for immediate relief.

Swartz encourages people to remind themselves that they don't have to be perfect. It's important to be comfortable with the discomfort of social situations. Eventually, they won't be quite as uncomfortable.



WE'RE HERE FOR YOU

If social anxiety is limiting your ability to function in your daily life, there is help available. To schedule an appointment with a behavioral health specialist, call **1.888.CARE.898 (1.888.227.3898)**.



Myths and misconceptions about bariatric surgery



Samantha Witte, MD
Bariatric Surgeon

According to Samantha Witte, MD, a bariatric surgeon with Main Line Health, the goal of bariatric surgery is mostly about improving a range of health issues that are associated with obesity, such as diabetes, hypertension and sleep apnea, and also to help patients lose weight.

There are a few procedure options that are classified as bariatric surgery. They all help patients meet their wellness goals. Some change the way the body absorbs calories, some restrict how much food can be consumed and some do both.

Although bariatric surgery is common in the United States, there are several myths and misconceptions that persist about having it:

1. Bariatric surgery is risky

All types of surgical procedures come with a level of risk; however, modern technology, including minimally invasive techniques, has made bariatric procedures much safer than they used to be. Less than 2% of patients will have a major complication. In most cases, surgery is outpatient, and most patients can go home within a day.

2. Results are immediate

It's a common misconception that weight loss results are immediate after bariatric surgery. In fact, patients look the same the day after surgery as the day before it, says Dr. Witte. Instead, the most rapid weight loss occurs within the first six months after the procedure as patients put in the other work needed to lose weight. Results largely depend on long-term lifestyle habits.

3. Exercise and diet produce longer-lasting results

Bariatric surgery is a tool to help people lose weight, but it doesn't guarantee weight loss. That requires lifestyle modification. Without other changes,

people can regain the weight that they lose. "The difference is that whatever effort you put into exercise and diet, you get a lot more back for it after a bariatric procedure than if you're doing it on your own," Dr. Witte notes.

4. You can't eat normally after surgery

There is a restrictive component to bariatric surgery because the procedures cause patients to feel full faster, says Dr. Witte. Bariatric surgery also impacts gut hormones, causing patients to have less of an appetite. There are also certain restrictions during the healing process, but after that period, no foods are off limits. We just recommend eating a healthy diet.

5. Anyone can get bariatric surgery

Bariatric surgery is not for everyone. People with a body mass index (BMI) greater than or equal to 40 or a BMI greater than or equal to 35 with at least one weight-related medical problem qualify for health insurance coverage. People with lower BMIs who have comorbidities may also benefit from bariatric surgery, although insurance in the United States may not cover it.

6. Bariatric surgery is expensive

Though the out-of-pocket cost for bariatric surgery can be steep, many insurance plans cover it for patients who meet the criteria. Work with your health care team to understand costs and coverage before you pursue bariatric surgery, says Dr. Witte.

7. You can't get pregnant after bariatric surgery

Bariatric surgery improves fertility for a lot of people, especially for those with polycystic ovary syndrome (PCOS). "There's absolutely no reason why you can't carry a healthy pregnancy to term after a bariatric procedure," says Dr. Witte.

8. Bariatric surgery is purely cosmetic

Weight loss is almost a secondary benefit of bariatric surgery. Its primary purpose is to improve health conditions associated with obesity. After bariatric surgery, many patients with diabetes become able to control it with diet alone. Sleep apnea cases may be resolved. And hypertension is often eliminated. "Across the board, all of these metabolic disorders that come with obesity are improved," says Dr. Witte.



IS BARIATRIC SURGERY RIGHT FOR YOU?

Main Line Health has a variety of bariatric surgery options to help you manage your weight and your health. For more information or to schedule a consultation, visit mainlinehealth.org/bariatrics or call 484.476.6230.



Toe tipoff: Nagging foot pain leads to peripheral artery disease diagnosis and treatment



Henry Hirsch, MD
Vascular Surgeon

At age 62, Diane Laskowski felt perfectly healthy.

She loved her job as a third-grade teaching assistant and enjoyed walking and traveling. She was rarely sick and didn't go to the doctor regularly. But then her right big toe turned purple.

Diane consulted a podiatrist, who told her to keep it warm. About a year passed, and the toe was easy enough to ignore.

In the spring of 2022, however, Diane began to notice nagging pain in her toe that would come and go. Her family finally persuaded her to see her family physician. That's when Diane learned that the painful, purple toe was a sign of a much bigger issue.

CRISIS REVEALED

"The first thing the doctor noticed was that my blood pressure was sky high," Diane says. "He told me I needed to go directly to the hospital because I could have a stroke at any moment."

At Riddle Hospital, emergency room physicians started Diane on blood pressure medications and ran a series of imaging tests of her vascular system, the body's network of blood vessels.

She was then referred to Henry Hirsch, MD, a vascular surgeon at Main Line Health. Dr. Hirsch performed follow-up tests that revealed peripheral artery disease (PAD). This occurs when blood vessels in the legs become clogged and narrowed by fatty deposits or plaques, resulting in decreased blood flow (PAD is also referred to as peripheral vascular disease, or PVD). A significant stenosis, or narrowing, in Diane's common femoral artery had resulted in her purple toe.

LONG-TERM SOLUTION

Suddenly, Diane, who had never had surgery, was facing a major procedure. Dr. Hirsch explained that although PAD can sometimes be addressed through catheter-based minimally invasive procedures, the better option in her case would be a femoral endarterectomy. This is a more complex surgery that would involve cutting into the artery, removing the plaque and reconstructing the blood vessel.

"Diane's stenosis was in a location where there are a lot of internal forces and pressures at work," Dr. Hirsch says. "An endarterectomy would give the artery better long-term strength and durability."

Diane says she was "scared to death" of the prospect of surgery. "But Dr. Hirsch explained everything," she adds. "I loved his patience and his personality."

EXCELLENT OUTCOME

Diane underwent the femoral endarterectomy at Riddle Hospital in April 2022. Almost immediately after waking up from anesthesia, she noticed that her toe felt and looked better. "I was able to leave the next day, and I was back at work within a week," she says. "The whole experience was phenomenal."

Today, Diane has resumed her active lifestyle, with a few key changes: She takes blood pressure and cholesterol medications; she has regular follow-up appointments with Dr. Hirsch, her family physician and a cardiologist; and she has stopped indulging in occasional smoking.

"This was the thing that got me to quit for good," she says. "Life is too short."



SEEING POSSIBLE SIGNS OF PAD?

Main Line Health offers the latest treatment options for vascular conditions, including PAD, deep vein thrombosis and carotid artery and venous disease. To schedule a consultation with a vascular specialist, call 1.866.CALL.MLH (1.866.225.5654).



New technology helps patients with coronary disease avoid surgery



Sarang Mangalmurti, MD
Interventional Cardiologist

For most people with coronary atherosclerosis—the narrowing of heart arteries due to plaque buildup—treatment is fairly straightforward. Cardiologists can restore blood flow to the heart with the help of a stent, relieving symptoms

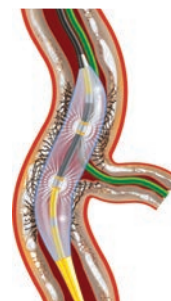
like chest pain and helping to prevent heart attacks. But for those with advanced coronary artery disease (CAD) whose plaque has hardened to a point that a stent cannot be easily placed, the condition is much more complex. Now, new technology called Shockwave therapy is available to effectively treat these patients with a lower risk of complications.

“Before Shockwave therapy, we performed an atherectomy to break up hardened plaque in the artery before placing a stent. This involved the use of a tiny spinning drill guided to the point of the blockage,” explains Sarang Mangalmurti, MD, interventional cardiologist at Bryn Mawr Hospital, part of Main Line Health. “However, atherectomy carries a risk of emergency bypass surgery if the shaved plaque dislodges and closes off the artery. Shockwave therapy reduces the risk of invasive treatment.”

CUTTING-EDGE THERAPY

Bryn Mawr Hospital was one of a handful of sites nationwide involved in a clinical trial to test the safety and effectiveness of Shockwave therapy. It was also among the first in the U.S. to provide this cutting-edge treatment. The therapy uses ultrasonic waves to break down hardened plaque.

“Shockwave therapy works similarly to how kidney stones are broken down,” says Dr. Mangalmurti. “Instead of applying ultrasonic waves from the outside of the body, a small balloon is guided through the artery to the blockage where special electrodes emit these waves. The waves cause microfractures in the plaque which



The use of innovative Shockwave therapy is lowering the risk of complications for patients with CAD.

allow us to channel through and open the artery with a stent.”

Since beginning the trial, Main Line Health has continued treating patients with this advanced therapy and is now helping train other cardiologists on how to use it.

“Our involvement in the clinical trial not only paved the way for the therapy’s approval in March 2022, but provided our patients access to the treatment earlier,” says Dr. Mangalmurti. “Compared to traditional treatment, fewer people need surgery for coronary artery disease with Shockwave therapy.”

SAFER CARE FOR WOMEN

The approval of Shockwave therapy is especially beneficial to women who are more likely to be diagnosed with CAD at later stages when it’s more difficult to treat.

“Through prior clinical trials, we learned that atherectomy can be more dangerous for women than men. Women are at higher risk of bypass surgery because their coronary

vessels are smaller and more challenging to treat,” explains Dr. Mangalmurti. “This study showed that Shockwave therapy was equally safe and effective for women and men.”

COMPREHENSIVE HEART PROGRAM

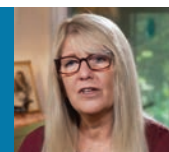
Shockwave therapy is just one example of Main Line Health’s dedication to providing cardiovascular patients access to the most innovative and least invasive treatments available. Bryn Mawr Hospital and Paoli Hospital welcomed new, state-of-the-art interventional labs, offering the most advanced diagnostics and treatment available for patients experiencing stroke and heart disease. These allow cardiovascular and neurointerventional teams to perform even more complex procedures as well as serve a greater number of patients.

“Main Line Health is truly a leader in cardiovascular health,” says Dr. Mangalmurti. “We offer everything an academic institution does without the need to travel away from home.”



WATCH THE VIDEO

Learn more about how Main Line Health is transforming cardiac care at mainlinehealth.org/shockwave.



Robotic bronchoscopy offers a new vision for lung cancer diagnosis and treatment



Jacqueline Sutter, DO
Interventional Pulmonologist

Imagine sitting in your doctor's office, waiting for the results of recent imaging studies.

You hear the words you've been dreading. "We see a shadow on your lung."

Your mind races with what you know about lung cancer. It's the leading cause of cancer death in men and women. More people die of lung cancer each year than of colon, breast and prostate cancers combined. Most lung cancers are diagnosed at an advanced stage.

But your doctor interrupts these thoughts to gently inform you that many lung tumors are not cancer. And that great strides have been made in the diagnosis and treatment of lung cancer. And that Main Line Health possesses the most advanced technology available for diagnosing and treating lung cancer early, when it is most curable.

THE EARLIER THE BETTER

Thanks to an increase in lung cancer screening, suspicious lung nodules are being found on CT scans in patients who do not have any symptoms. Lung nodules may also be found on a cardiac CT scan.

"The majority of these nodules fall in the outer third of the lung, which is very hard to reach with traditional bronchoscopy," says Jacqueline Sutter, DO, Main Line Health interventional pulmonologist. "But now, with robotic-assisted navigational bronchoscopy, we can reach these nodules—even if they are extremely small—biopsy them, and map and tag them for future treatment. It is a

very safe, low-risk procedure that results in definitive answers and a precise treatment plan."

Robotic bronchoscopy is performed while the patient is under general anesthesia. If the nodule turns out to be cancer, in many cases the thoracic surgeon can then use minimally invasive surgery to remove the cancerous tissue during the same operation.

"In addition to being easier on the patient, this technology provides remarkably accurate information that enables us to precisely plan and perform the procedure. We are one of the first in the country to have the newest model, which integrates multiple modes of information—virtual mapping (think GPS), live ultrasound imaging and three-dimensional CT scanning—into one system. Without this degree of accuracy, we wouldn't be able to find these nodules. This is a game changer when it comes to diagnosing and treating lung cancer."

FASTER ANSWERS

This technology also provides peace of mind for people whose nodules are not cancer.

"Years ago, a patient often had to wait months until a nodule grew large enough for diagnostic imaging or would undergo surgery, perhaps unnecessarily. Having definitive answers early relieves a lot of angst for patients," Dr. Sutter says.

"Early lung cancer detection and cure offers huge survival benefits to patients," she adds. "Although the incidence of lung cancer is going down in men, that is not the case for women, especially women of color and nonsmoking women. Having a way to follow up on abnormal findings on a CT scan is very important, especially since they may not be considered high risk for lung cancer."



Lung cancer screening

Low-dose CT scan is recommended yearly for people who:

- Are 50 to 80 years old
- Currently smoke or have quit in the past 15 years
- Have at least a 20 pack-year smoking history (number of packs of cigarettes per day multiplied by the number of years smoked)

Additional risk factors for lung cancer include:

- Personal or family history of lung cancer
- Previous radiation therapy to the lungs
- Exposure to radon, asbestos, diesel exhaust and other cancer-causing materials

MORE THAN CANCER CARE. HUMAN CARE.

To schedule an appointment with a cancer specialist at Main Line Health, call **1.866.CALL.MLH (1.866.225.5654)**. Or visit mainlinehealth.org/appointments to fill in our secure online appointment request form.



Talk with your doctor or call 484.565.LUNG (484.565.5864) to find out if a low-dose CT scan may be right for you.

Calendar of events



THE DEEVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

Offering in-person and virtual health and education classes to schools and community or church organizations. Classes are for school-age or adult groups. To schedule, call **484.476.3434** or email lhhealthcenter@mlhs.org.

MLH KING OF PRUSSIA TEACHING KITCHEN

Our King of Prussia Community Health and Outreach team offers a variety of free health-related educational programs and cooking demonstrations. For a list of upcoming events and to register, visit mainlinehealth.org/kopevents.

PREVENT T2 PROGRAM

This free, yearlong program is led by a trained lifestyle coach to help you learn the skills you need to manage prediabetes and prevent Type 2 diabetes. Topics include healthy eating, the impact of physical activity, stress management, motivation and problem-solving skills. Register at mainlinehealth.org/kopevents.

QUESTION. PERSUADE. REFER® (QPR)

Free virtual, evidence-based program provides practical and proven suicide awareness and prevention training. Appropriate for adult community members. For questions or to schedule this program for your organization, call **484.565.8328** or email eckenrodel@mlhs.org.

SAFER STEPS (VIRTUAL)

This one-hour fall prevention program will be offered on the third Tuesday of every month at 2:00 pm. Upcoming dates: October 18 and November 15. To register, call **484.337.5211** or **484.476.3434**.

SENIOR SUPPERS (VIRTUAL)

Join us for a fun and informative presentation on various health topics geared to promote well-being as you age. Upcoming dates: September 28 and October 26. To register, visit mainlinehealth.org/events.

A MATTER OF BALANCE®

This free, evidence-based program for adults explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered virtually and in person. Participants must commit to at least five sessions. For available program dates, questions or to register, call **484.337.5212** or email kanem@mlhs.org.

SMOKEFREE (VIRTUAL)

Our six-session program helps tobacco and e-cigarette users quit. Participants can enroll in a group or individual counseling and may be eligible to receive free nicotine replacement therapy (NRT). Call **484.227.FREE** to register.

STOP THE BLEED®

Severe bleeding injuries left unattended can result in death. When individuals learn the skills to stop uncontrolled bleeding during an emergency situation, lives can be saved. Stop the Bleed® is designed for anyone! For questions, registration or to schedule this free program for your organization, call **484.565.8328** or email eckenrodel@mlhs.org or call **484.476.8494** or email krousem@mlhs.org.

STRETCH YOUR LIMITS (VIRTUAL)

Strength training, balance training and stretching. A sturdy chair without arms is needed. Fee: \$5/class. Call **1.866.CALL.MLH (1.866.225.5654)** to register or **484.337.5206** for more details.

FREE WIG PROGRAM

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

ZUMBA GOLD (VIRTUAL)

Need a low-impact, heart-pumping, burst of fun in your day? Don't miss out on Zumba Gold with Judy! For all ages and abilities, this program is offered once a month on the second Wednesday at 4:00 pm. Upcoming dates: October 12, November 9, December 14. To register, visit mainlinehealth.org/events.

MENTAL AND EMOTIONAL WELLNESS SUPPORT GROUPS FOR WOMEN

Women's Emotional Wellness Center offers a variety of virtual outpatient psychotherapy groups to women ages 18+. Outpatient group psychotherapy brings together a small number of patients who share common experiences and goals to work with a therapist and each other. Our therapists focus on mindfulness-based topics—effective communication, asking for and accepting help, self-care and more. Visit mainlinehealth.org/wewcpsychgroups for registration details and to learn more about current offerings.

FAMILY SUPPORT SERVICES FOR DRUG AND ALCOHOL ABUSE

Addiction is a family disease—it affects everyone, not just the person dealing with addiction. Mirmont Treatment Center offers support services to family members of those who struggle with substance use disorders. To learn more, visit mainlinehealth.org/mtcfamily or call **484.227.1359**.

MENTAL HEALTH AND SUBSTANCE ABUSE SUPPORT GROUPS

Mirmont Outpatient Centers offer support to individuals suffering from substance abuse and mental health issues. Outpatient support groups allow patients to continue to meet the obligations of work, school or family while also focusing on recovery from drugs and alcohol. To learn more, visit mainlinehealth.org/mirmontoutpatient.

Don't just live with it!

Experience the benefits of urogynecology care



Mitchell Berger, MD, PhD
Female Pelvic Floor Disorder Specialist



Marc Toglia, MD
System Chief of Female Pelvic Medicine and Reconstructive Surgery

For most of us, urogynecology is not an everyday word. Yet up to 50% of women face an issue during their lifetimes that warrants urogynecologic care.

Urogynecology is a subspecialty of female pelvic medicine and the physicians who specialize in it are board-certified to treat female pelvic floor disorders. These disorders occur most often from injury or damage to the nerves and muscles of the pelvic floor because of pregnancy and delivery. The result can be loss of support of the pelvic organs, such as the bladder and uterus, or muscular damage to these structures.

Pelvic floor disorders typically present a combination of symptoms, such as urinary or fecal incontinence or a vaginal bulge. While these ailments are common among adult women, too many of us avoid seeking help. Maybe we're embarrassed. Or we don't know where to seek specialty care.

"In the case of women's most common pelvic floor issue—incontinence—ads for disposable underwear and pads have helped make it more socially acceptable, and that's a good thing. But these ads can also perpetuate the mistaken idea that over-the-counter products are the only way to deal with incontinence," observes Mitchell Berger, MD, PhD, a female pelvic floor disorder specialist at Main Line Health.

"Unfortunately, too many women think that pelvic floor issues are something they just have to live with," says Dr. Berger.

KNOW YOUR TREATMENT OPTIONS

If you're having an issue, don't delay seeing a specialist. With more than 20 years of experience in urogynecology, Main Line Health offers care from board-certified experts.

"Our urogynecology practice was established at Main Line Health more than 20 years ago and continues to offer advanced treatments, both surgical and nonsurgical, with high success rates," reports Marc Toglia, MD, system chief of female pelvic medicine and reconstructive surgery at Main Line Health.

Nonsurgical options may include behavioral and physical therapy, medications, or supportive devices that are easily inserted and removed. Surgery choices include minimally invasive and laparoscopic procedures as well as reconstructive procedures.

Among the new innovations is a mid-urethral sling, a minimally invasive procedure that supports the urethra to restrict urine leaks that occur during exercise or even when coughing or laughing. Another cutting-edge treatment is sacral neuromodulation, which controls urinary function with mild electrical signals. "It's like a pacemaker for the bladder," explains Dr. Toglia.

GET BACK TO THE THINGS YOU LOVE

Although pelvic floor disorders aren't usually life-threatening, they are life-altering. "Pelvic disorders can cause a significant decrease in quality of life. They impact women not only physically but also emotionally, sexually and socially," says Dr. Toglia.

"I've seen women who gave up activities they love like playing with grandchildren, going to church or just leaving the house," echoes Dr. Berger. "Seeing how they've improved after treatment gives me a lot of joy. I want women to know that you don't have to suffer in silence. These disorders are common. But that doesn't mean you have to live with them."

TAKE BACK CONTROL

For more information or to make an appointment with a urogynecology specialist at Main Line Health, visit mainlinehealth.org/urogynecology or call 610.627.4170.



New program offers gynecologic relief for women with complex issues

For women experiencing complex, noncancerous gynecologic problems, getting a definitive diagnosis and comprehensive treatment plan can be hard. That's because gynecologic issues often involve many different organs and require coordinated care from more than one specialist. To help women get the answers and care that they deserve, Main Line Health launched an Advanced Gynecology Program in May 2022.

"Many women have seen countless providers and spent years trying to find a reason for their pelvic pain and symptoms without success," explains Joseph Gobern, MD, system chair for obstetrics and gynecology for Main Line Health. "Our program is designed to streamline diagnosis and care by bringing a team of specialists together who are focused on finding a solution."

WHOLE PERSON APPROACH

The Advanced Gynecology Program helps women from adolescents to older adults. The program treats benign issues including pelvic pain, endometriosis, sexual dysfunction, pelvic floor disorders, fibroids, incontinence, painful periods and more in consultation with clinical partners. Many women have multiple issues, which can complicate treatment.

"Our program takes a whole person

approach to care. Living with poorly managed complex issues can impact a woman's mental and physical health, as well as overall function and sense of well-being," says Jordan Klebanoff, MD, a fellowship trained minimally invasive gynecologic surgeon for Main Line Health. "The goal is for patients to finally understand their issue and have a coordinated plan to address it."

COORDINATED SPECIALTY CARE

The team for the Advanced Gynecology Program includes minimally invasive surgeons, urogynecologists, behavioral health professionals, pelvic floor physical therapists, gastroenterologists, fertility/REI clinicians, urologists and sexual health providers. A dedicated nurse practitioner helps coordinate care.

Joseph Gobern, MD, System Chair for Obstetrics and Gynecology; Valerie Wood, CRNP; and Jordan Klebanoff, MD, Minimally Invasive Gynecologic Surgeon are helping women get their lives back.



FIND ANSWERS AT LAST

To learn more about the Advanced Gynecology Program or to schedule an appointment, visit mainlinehealth.org/advancedgynecology or call 484.227.9690.



Prioritize you.

It's okay not to feel okay.

If you're in crisis or need to talk, help is available. Call or text the National Suicide Prevention Lifeline at 988 to speak confidentially with a trained counselor and get the support you need, 7 days a week, 24 hours a day.





Susan Gilmour, PhD, Professor and Deputy Director, Lankenau Institute for Medical Research, in lab.

Cancer discovery helps young child with rare condition 25 years later

As an emerging scientist in the mid-1990s, Susan Gilmour, PhD, of the Lankenau Institute for Medical Research (LIMR), part of Main Line Health, was immersed in researching small molecules called polyamines that are found at very high levels in cancer cells.

Gilmour's work would play an invaluable role in treating a young girl with a rare genetic mutation 25 years later.

To better understand how high levels of these molecules feed cancer development, LIMR researchers had developed models to mimic what happens with cancer. Gilmour's research demonstrated success in starving cancer of polyamines with a drug called difluoromethylornithine (DFMO).

Fast forward to a few years ago, when Marley, a 3-year-old girl in Michigan with a previously unknown genetic mutation, was found to have high polyamine levels similar to Gilmour's models. Marley had begun life with two brain hemorrhages and multiple developmental delays. Two University of Michigan researchers familiar with Gilmour's work decided to treat her with DFMO.

Marley's condition improved beyond their wildest expectations. Within six months, she was able to sit up and feed

herself. Today, she scoots around and is continuing to catch up to age-appropriate development.

"It is a really good feeling to see that research intended to find new cancer therapies can also be applied in patients without cancer—such as this little girl born with a genetic defect. I never imagined Marley would experience that kind of rapid turnaround," Gilmour says. "Hopefully other young children who have similar polyamine defects can now be identified and treated."

WATCH THE VIDEO

Scan the QR code to watch the video and learn more about this story.



CURIOUS ABOUT OUR RESEARCH?

Learn more about the research happening at Main Line Health at mainlinehealth.org/limr.

With you through your cancer journey

SUPPORT GROUPS:
Information, support, connections

BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 5:30 pm
Contact: 484.227.3141 or mantegnad@mlhs.org

CAREGIVER SUPPORT GROUP

Second Wednesday of each month, 5:30 pm
Contact: 484.565.1253 or powersv@mlhs.org

COPING WITH CANCER A TO Z

Second Monday of each month, 4:30 pm
Contact: 484.227.3794 or stolbergt@mlhs.org

COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1:00 pm
Contact: 484.476.8503 or bidasg@mlhs.org

METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 4:30 pm
Contact: 484.565.1253 or powersv@mlhs.org

THRIVING DURING & AFTER CANCER TREATMENT:
Virtual seminars with Q&A
Visit mainlinehealth.org/cancercareevents.

CANCER GENETICS: HOW DOES MY FAMILY HISTORY AFFECT MY HEALTH?

November 9, 5:00 pm

MAINTAINING YOUR MOBILITY

December 6, 4:00 pm

High-tech, high-touch stroke care cuts response time in half



Sumeet Multani, MD
Vascular Neurologist

Main Line Health hospitals are using a new technology called Viz.ai that is helping stroke care teams stop strokes in half the time. The artificial intelligence system analyzes images within seconds after CT scans are taken in the emergency room. If it identifies a dangerous blood clot or an area of concern, it sends an alarm to neurovascular surgeons, physicians, radiologists and nurses on the stroke team.

“Artificial intelligence is one of the best things that has happened recently in stroke care,” says Sumeet Multani, MD, vascular neurologist, neurointerventionalist and site director of neurointervention at Paoli Hospital, part of Main Line Health. “Within seconds of an alert, we can all look at the images at the same time on our cellphones and communicate directly through the app from wherever we are, any time of day or night, and mobilize the treatment team.”

The faster the team can identify a clot blocking an artery to the brain and remove it, the quicker they can stop a stroke and prevent brain damage. “Time is brain,” Dr. Multani says. “With Viz.ai, we can identify a clot in about 15 to 20 minutes from the time a patient arrives in the emergency room, compared to 30 to 40 minutes previously.”

Main Line Health provides advanced stroke care system-wide, ensuring patients can access rapid diagnostics and treatments in state-of-the-art facilities close to home. All four Main Line Health acute care hospitals—Bryn Mawr Hospital, Paoli Hospital, Lankenau Medical Center and Riddle Hospital—are using Viz.ai.

STROKE CARE AT THE LEADING EDGE

To learn more about our world-class stroke care, visit mainlinehealth.org/stroke or call 1.866.CALL.MLH (1.866.225.5654).



Feel more comfortable in your skin with lymphedema management



Erin Kemm, PT, MSPT, CLT-LANA
Certified Lymphedema Therapist

If you or a loved one have lymphedema, a buildup of excess fluid that causes swelling in the limbs, trunk, head or neck, Bryn Mawr Rehab’s Lymphedema Management Program can help reduce your symptoms.

Certified lymphedema therapists create tailored programs to address each individual patient’s goals, including improving the ability to perform daily activities, fitting into clothes better and regaining a positive self-image.

“Breast cancer treatments such as radiation therapy and lymph node removal during surgery are the most common cause of lymphedema,” says Erin Kemm, PT, MSPT, CLT-LANA, a certified lymphedema therapist at Main Line Health Exton Square. “Lymphedema can also be caused by other issues that impair lymphatic circulation, such as a limb trauma or scarring after orthopaedic surgery.”

Your treatment plan may include massage therapy, compression bandaging, compression garments, exercise therapy and skin care education. “Lymphatic treatment can remove excess fluid to decrease localized swelling,” says Tabitha Muracco, PT, MSPT, CLT, a certified



lymphedema therapist at Main Line Health King of Prussia. “We also help patients choose the most appropriate compression garments for the least cost and provide a custom fitting service.” Education on keeping your skin healthy will help you prevent injury and infection, a high risk for people with lymphedema.

“Lymphedema typically presents soon after surgery, cancer treatment or injury, but may also show up years later,” says Kemm. “Whether you have complex symptoms or just need a touch-up to get back on track, we’re here to help,” says Muracco.

FIND THE RELIEF YOU NEED

Call 484.596.5000 to schedule an appointment or visit mainlinehealth.org/rehabnetwork.



Tabitha Muracco, PT, MSPT, CLT
Certified Lymphedema Therapist



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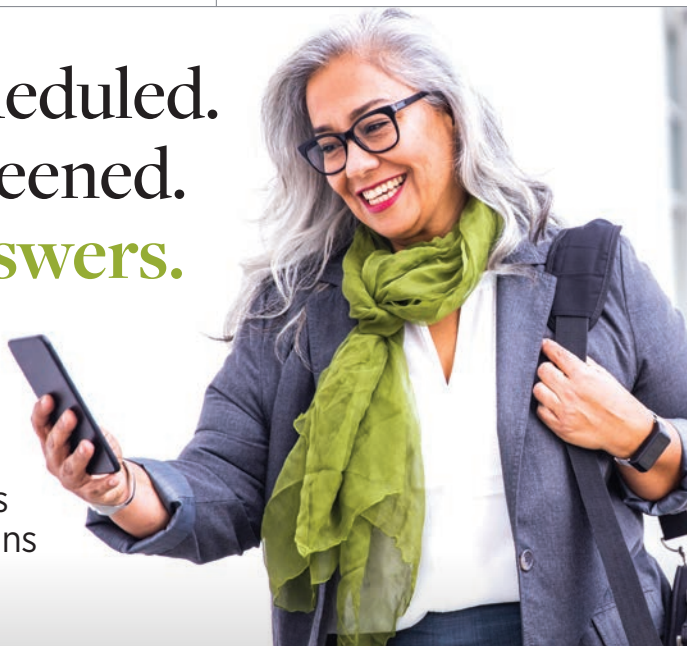


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Get scheduled. Get screened. Get answers.

Online
scheduling
now available
for screening
mammograms
and DEXA scans



We understand that life is busy. Before you know it, months go by and you still haven't gotten your screening mammogram or DEXA scan. Main Line Health makes it easy to get these regular screenings by offering online scheduling for appointments at one of our 10 area locations.

IS IT TIME FOR A DEXA SCAN?

Bone density tests, or DEXA scans, are one of the simplest to prepare for and undergo. These noninvasive tests take just minutes to perform and can help detect bone fractures and lower the risk of osteoporosis, two common health risks for women.

Women ages 65 and older should schedule a DEXA scan to determine their risk for osteoporosis. If you're a woman age 64 or younger and have gone through menopause or you're a man concerned about your bone strength, your health care provider may recommend a DEXA scan.

IS IT TIME FOR A MAMMOGRAM?

A mammogram—technology that involves taking X-ray images of the tissues and glands inside your breast—is one of the best ways to detect breast cancer in the very early stages when it is easier to treat. At Main Line Health, we recommend all women begin screening mammograms at age 40. We have state-of-the-art technology, expert breast radiologists and surgeons, and certified mammography technicians to provide women with the best care possible for screening and diagnosis. We will call you with your results the very next business day. If your mammogram shows a suspicious finding, we will get you in for additional imaging right away.

MAKE TIME FOR YOUR HEALTH

Visit mainlinehealth.org/imaging to schedule your screening mammogram and DEXA scan.



Main Line Health imaging locations

BRYN MAWR

Bryn Mawr Hospital
(Outpatient Imaging)
101 South Bryn Mawr Avenue

BROOMALL

Main Line Health Broomall
1991 Sproul Road

COLLEGEVILLE

Main Line Health Collegeville
599 Arcola Road

EXTON

Main Line Health Exton Square
154 Exton Square Parkway

GLEN MILLS

Main Line Health Concordville
1020 Baltimore Pike

KING OF PRUSSIA

Main Line Health King of Prussia
120 Valley Green Lane

MEDIA

Riddle Hospital
1068 West Baltimore Pike

NEWTOWN SQUARE

Main Line Health Newtown Square
3855 West Chester Pike

PAOLI

Paoli Hospital
255 West Lancaster Avenue

WYNNEWOOD

Lankenau Medical Center
100 East Lancaster Avenue