

WOMEN'S healthsource

BECOMING WHOLE

with the help of
LGBTQ Inclusive Care
and Comprehensive
Gender Care



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Get back on
schedule with
**CANCER
SCREENINGS**

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SPRING 2022 PREVENT AND IMPROVE BACK PAIN
EXPANDING WORLD-CLASS STROKE AND HEART CARE
REAP THE BENEFITS OF STAYING ACTIVE AT ANY AGE



Main Line Health®



A direct path to mental health support



Kelly Campanile, PsyD, MS, MA
Director of Integrated Behavioral Health

Getting help for behavioral health concerns is accessible and convenient through Main Line Health's integrated behavioral health services—right at your primary care physician's office.

What is integrated behavioral health?

In-house psychologists, licensed therapists and professional counselors are part of the care team at 23 Main Line Health primary care physicians' practices as well as at some obstetrics and gynecology and pain management practices.

"If a doctor suggests behavioral health services during a medical visit, they may even be able to introduce the clinician to the patient during the appointment," says Kelly Campanile, PsyD, MS, MA,

director of integrated behavioral health, part of Main Line Health. "The patient can continue to see behavioral health clinicians, who are specific to each practice, at the physician's office. We also offer telehealth visits."

Patients in a practice offering integrated behavioral health services are eligible for up to 10 visits (30 minutes per session). Visits may be partially or wholly covered by insurance.

What kinds of issues does integrated behavioral health address?

Patients may seek help for anxiety, depression, grief, stress and other emotional concerns.

"This is a low-intensity treatment option, where we focus on a specific goal or intervention," Dr. Campanile says. "We can also help patients who are struggling to reach their health goals; for example, someone who has been diagnosed with prediabetes who is struggling to form healthier eating habits. We work with the patient's medical providers to offer a team-based approach to physical and mental wellness."

Integrated behavioral health services can also be a bridge to more intensive treatment. Main Line Health offers a wide continuum of care for behavioral health issues, psychiatric conditions and substance use disorders.

How do I schedule an appointment?

If you are already seeing a primary care physician in a practice that offers integrated behavioral health services, simply talk with your doctor about scheduling a visit with an in-house clinician. If you are interested in becoming a patient of a primary care practice that offers integrated behavioral health services, you can call any practice directly to discuss next steps.

LEARN MORE

To find a primary care practice that offers integrated behavioral health services or to access any of the behavioral health services across Main Line Health, call **1.866.CALL.MLH (1.866.225.5654)**.



Supporting the mental and emotional wellness of women in our community

The Women's Emotional Wellness Center (WEWC) is expanding their services to offer a new outpatient psychotherapy group.

BIPOC Sisters' Circle is a group for women ages 18+ who identify as Black, Indigenous or people of color (BIPOC). It is designed to promote diversity and inclusivity by providing a safe space where women from all walks of life can process mental health challenges. The group offers solidarity, understanding and support by amplifying voices of marginalized communities of color while exploring ways to implement self-care and emotional wellness strategies within the patient's cultural identity. Hear from Chimère Holmes, a WEWC licensed professional counselor leading the BIPOC group, by visiting mainlinehealth.org/bipocgroup.

Nurtured Nest Pregnancy Group has been specifically developed to support individuals ages 18+ throughout their pregnancies. This skills-based group focuses on: exploring how to nurture emotional and physical wellness during various stages of pregnancy in preparation for a successful fourth trimester; embracing a supportive community of others navigating pregnancy; developing effective coping strategies and self-advocacy skills; and more.

For more details on WEWC outpatient psychotherapy groups, visit mainlinehealth.org/wewcpsychgroups.



Prevent and improve back pain with physical fitness



Brian Danshaw, DO
Orthopaedic Surgeon

If you have back pain, you're not alone—most people have some type of back pain at one time or another. In fact, it's one of the most common reasons people visit their doctor.

Whether the pain is a dull ache or sudden and sharp, it can keep you from doing your normal everyday activities. Fortunately, there are ways to treat—and even avoid—most types of back pain. One of these ways is through exercise.

"When you've got back pain, exercise may be the last thing on your mind," says Brian Danshaw, DO, an orthopaedic surgeon at Main Line Health. "But doing the right kinds of exercises can actually help improve your pain, and in some cases, may help prevent it."

Dr. Danshaw often recommends core strengthening, low-impact aerobic exercises, and flexibility and balance exercises for his patients with back pain. "These types of exercises are good

because they help build strong back and abdominal muscles, which help support the spine," explains Dr. Danshaw. "When these muscles are strong, you are less likely to develop back pain in the first place."

CORE STRENGTHENING AND BALANCE EXERCISES

When you think of building core muscles, you may imagine doing lots of crunches or sit-ups. But Dr. Danshaw says these are not the best for overall core strength. Instead, he recommends more static exercises, such as planks. "I do a lot of planks in my own workouts as well as other exercises where you hold a position for 30 seconds to a minute," he says. "Those types of moves distribute the load throughout the body and are not focused on one specific area."

Dr. Danshaw says yoga, Pilates and band-based exercises are great ways to build core muscles as well as flexibility and balance. However, avoid exercises with extremes of rotation or motion. "The idea is to incorporate subtle, gentle movement in all directions, rather than moving too quickly or going to extremes."

LOW-IMPACT AEROBICS

To round out your workout, Dr. Danshaw recommends some type of low-impact aerobic activity, such as walking, cycling or swimming. "Whatever you choose, try to do it regularly, at least a few times a week, to make it a habit. This will help keep your back strong and prevent pain in the future."

If you need ideas to get started, ask your doctor or physical therapist to suggest some exercises that would be good for you.

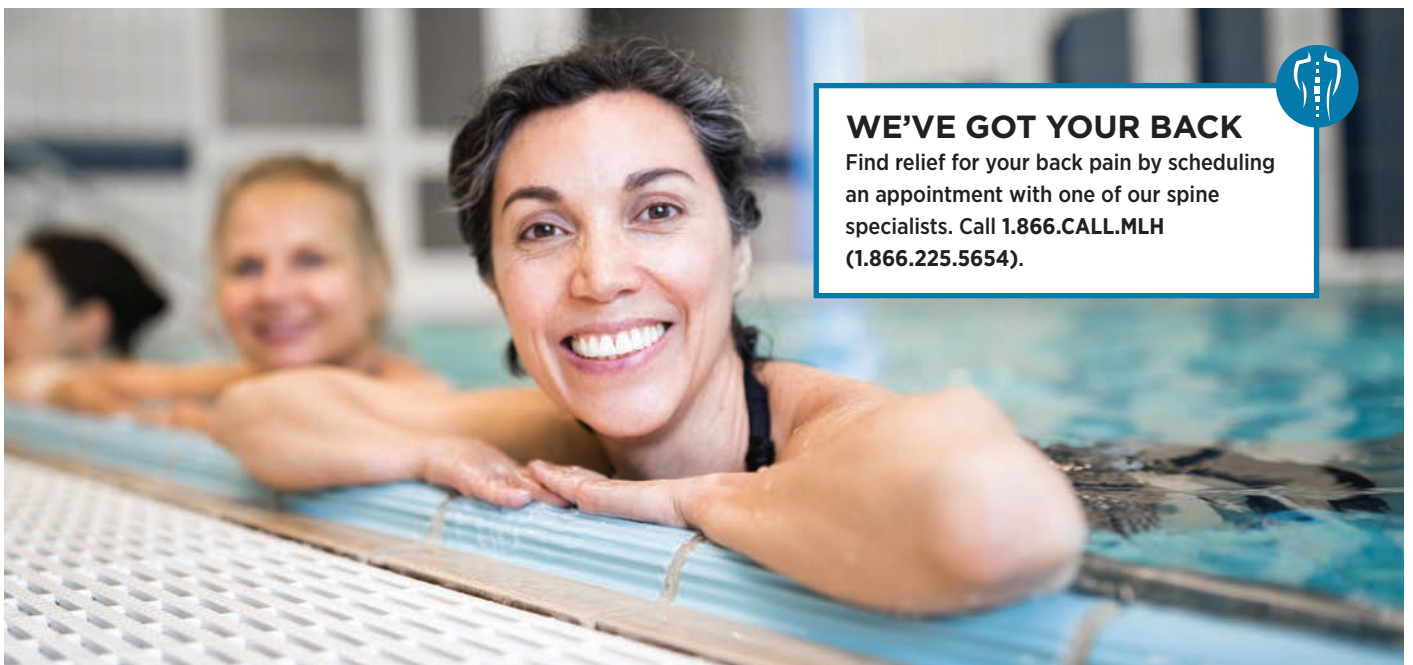
"In addition to getting regular exercise, I also advocate for a healthy lifestyle," says Dr. Danshaw. "This includes eating well and staying within a normal weight range. All of these things work together to help keep your spine healthy."

WHEN TO CALL YOUR DOCTOR

"Always consult your doctor if you are having extreme back pain," says Dr. Danshaw. "If it's more of a mild aching pain, you can wait a week or two to see if the pain improves. If it doesn't get better, then it's time to call."

WE'VE GOT YOUR BACK

Find relief for your back pain by scheduling an appointment with one of our spine specialists. Call **1.866.CALL.MLH (1.866.225.5654)**.



Becoming whole

COMPREHENSIVE GENDER CARE PROGRAM PROVIDES
LIFE-CHANGING, INCLUSIVE HEALTH SERVICES



Katherine Rose, MD
Director, Comprehensive Gender Care Program and Plastic and Reconstructive Surgeon

At birth, doctors pronounced Kelsy Landin a girl.

But his brain was wired otherwise. As a toddler, Kelsy told his parents he wished to be a boy. Growing up, his sisters called him their little brother. And when puberty hit, Kelsy fell into a depression. He bound his chest, but his physical body did not match who he was inside.

“I didn’t know what transgender was until much later. I just knew I was different,” explains Kelsy, now age 31. “When I finally learned about trans people, it was so obviously me, and I was terrified. Meeting and talking with a fellow trans person and knowing I wasn’t alone helped me fully accept it.”

Thankfully, Kelsy’s family was supportive. But he still faced significant challenges—not only from the public but from his health care providers. Kelsy felt disrespected and humiliated as he sought general and preventive medical care. It wasn’t until he found Main Line Health LGBTQ Inclusive Care that he received the health and wellness services he needed.

SUPPORTIVE PRIMARY CARE

Kelsy began working with Dane Menkin, CRNP, a nurse practitioner at Bryn Mawr Family Practice

and divisional director of LGBTQ Services. Dane leads Main Line Health Inclusive Care, a program that provides LGBTQ medical services including gender-affirming hormone therapy and behavioral health services frequently accessed by lesbian, gay, bisexual and transgender/non-binary people.

Finally, Kelsy found a health care home where he felt understood and at ease. Not only did Kelsy access primary and preventive care services, he also began testosterone therapy.

“As my voice deepened and other changes occurred, I felt better,” recalls Kelsy. “It prompted me to seek other services, including ‘top’ surgery.”

COMPREHENSIVE GENDER SERVICES

Kelsy was referred to Main Line Health’s new Comprehensive Gender Care Program, which partners with Main Line Health LGBTQ Inclusive Care in the care of gender-expansive patients. The multidisciplinary program, which began in 2021, offers streamlined gender-affirming care as well as general and specialty health care to transgender and gender-expansive people.

“The program is designed to reduce severe health inequalities and meet the health care needs of this



Dane Menkin
Divisional Director of LGBTQ Services





drastically underserved population,” explains Katherine Rose, MD, director of the Comprehensive Gender Care Program as well as a plastic and reconstructive surgeon who performs gender-affirming surgery. “Gender identity, or a person’s intrinsic sense of self, is not a choice—it is biologically driven. When gender identity does not match with the sex assigned at birth, an intense psychological distress called gender dysphoria can result.”

Patients work one-on-one with Sasha Golden, RN, gender services nurse navigator, who guides them through the program’s services. Services include:

- Gender-affirming surgery
- Voice therapy/vocal training
- Voice surgery
- Gender-affirming hormone therapy
- HIV prevention
- Behavioral health care and counseling
- Social work services
- Fertility preservation and care
- Obstetrics and gynecology services

“Patients can access as much or as little of our services as they choose. Every person’s journey is unique,” explains Dr. Rose. “By bringing together all health care services under one program, accessing inclusive care is so much easier for the patient. Health care is no longer fragmented.”

LIFESAVING SURGERY

Dr. Rose provides a wide range of gender-affirming surgeries—procedures that change a person’s anatomy and body function to be more aligned with gender identity. This includes chest and genital surgery, facial feminization and body contouring.

“The psychological impact of gender-affirming surgery cannot be overstated. For many, it is literally lifesaving,” says Dr. Rose. “This is not cosmetic surgery. It is medically necessary surgery with profound impacts on mental health and quality of life.”

Kelsy met with Dr. Rose to discuss his surgery options. Right away, he knew he was in the right place.

“Dr. Rose addressed all my concerns and treated me with such respect. I knew I absolutely trusted this person,” says Kelsy. “I was so relieved.”

In December 2021, Kelsy underwent outpatient chest (top) surgery and nipple reconstruction with Dr. Rose at Bryn Mawr Hospital. He was amazed at the results.

“I was surprised at how truly happy I felt right away. I was so much more myself in my own skin. I took every chance I could get to look in the mirror,” jokes Kelsy. “Just the simple act of putting a shirt on for the first time without anything constricting underneath was amazing. I just love it.”

LIVING AUTHENTICALLY

Kelsy healed quickly from surgery and went back to his work as a sculptor. Today, just a few months post-surgery, he’s sharing his story in hope of helping others who are struggling to find respect in health care.

“The path I took may be different than others, but it’s important to know that respectful health care is available,” explains Kelsy. “I can’t say enough about this program or Dr. Rose. They’ve helped me be myself.”



INCLUSIVE CARE AT EVERY STAGE OF LIFE

To learn about the Main Line Health Comprehensive Gender Care Program, visit mainlinehealth.org/gendercare. To schedule a consultation with a gender care specialist, call 484.337.5329.



It's time to get back on schedule with cancer screenings



Michael J. Walker, MD
Medical Director,
Main Line Health
Cancer Care

In a lot of ways, life got put on hold when the COVID-19 pandemic began. For many, this included postponing nonemergency health care, such as cancer screenings. While this may have been necessary for a time, it's time to get screenings back on your calendar.

Cancer screening refers to tests that can find cancer before symptoms develop, when treatment is likely to work best. In some cases, a test can spot a precancerous growth that can be removed before it turns into cancer.

Main Line Health offers many specialized programs for prevention and early detection of cancer, including routine and high-risk screening for breast, lung, colorectal, cervical, prostate, and skin cancer. More than one type of screening test may be available. Dr. Walker advises talking with your primary care physician about the screening options and testing schedules that are right for you.

Here are common cancers that can be detected early with appropriate screening:

- **Lung cancer:** Lung cancer claims more lives each year than breast, colon and prostate cancer combined. Fortunately, there is now a test to screen for lung cancer so it can be caught and treated early. A yearly low-dose computed tomography (CT) scan is recommended for people with specific risk factors.

“Many types of cancer don’t have symptoms in early stages, but they can be found through screening. This allows treatment to begin when it is most effective,” explains Michael J. Walker, MD, medical director of Main Line Health Cancer Care. “If you miss or keep delaying these important tests, you are putting your health at risk.”

GIVE YOURSELF AN ADVANTAGE OVER CANCER

Knowledge is power. Talk to your primary care physician about the cancer screenings you need and when you need them. Once your physician gives you a prescription for a screening, call **484.580.1800** to schedule your screening appointment.



- **Breast cancer:** Simply put, early detection is your best defense against breast cancer. While there are other tests that may be recommended, a mammogram is considered the best way for most women to be screened for early breast cancer.
- **Cervical cancer:** Two tests are used to screen for cervical cancer. A Pap test can find abnormal cells before they turn into cervical cancer. It can also catch cervical cancer early, when it is highly treatable. An HPV test looks for the human papilloma virus. HPV infection is the main cause of cervical cancer.
- **Colorectal cancer:** A few tests are available to screen for colorectal cancer. These tests don't just spot cancer—some go further. For example, during a colonoscopy, your doctor can also remove abnormal growths in your colon and rectum to help prevent cancer.
- **Prostate cancer:** Screening tests for this common cancer of men include a blood test to measure a marker for the cancer (called a PSA test) and a digital rectal exam (DRE).



Calendar of events

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.

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.

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 stolberg@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.

METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of the month: 4:30–5:30 pm. For information or to register, contact Vicki Powers: **484.565.1253** or powersv@mlhs.org.

AMERICAN CANCER SOCIETY BIKE-A-THON

Join Team Main Line Health! Date: Sunday, June 12. Visit acsbike.org to register.

THE DEAVER 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 and can be scheduled by calling **484.476.3434** or emailing lhhealthcenter@mlhs.org.

GEAR UP FOR FAMILY BIKING

Family bike rides are great exercise and a properly fitting helmet is a must. Helmets may be ordered through Community Health and Outreach for \$11 each. Please call **484.337.5224** for details.

SAFE SITTERS (VIRTUAL)

This one-day virtual program is geared for children ages 11–13. It is designed to increase the ability of adolescents to safely care for younger children. Upcoming classes: May 14, May 28, July 13, July 27, August 3 and August 17. Please call **484.227.3560** for more information.

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: May 17, June 21 and July 19. To register, please call **484.337.5211** or **484.476.3434**.

SENIOR SUPPERS (VIRTUAL)

Grab your meal and your drink, and join us for fun and informative presentations on various health topics geared to promote well-being as you age. These programs are offered twice a month. Connect with us by using your smartphone, computer, laptop or tablet. Upcoming dates: May 18, May 25, June 15, June 22, July 27 and August 24. To register for an upcoming seminar, visit mainlinehealth.org/events.

SMOKEFREE (VIRTUAL)

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

STRETCH YOUR LIMITS (VIRTUAL)

This virtual exercise program for adults ages 55+ includes strength training with elastic tubing and dumbbells, and balance training/stretching with modified yoga and chair tai chi. A sturdy chair without arms is needed. Fee: \$5/class. Please call **1.866.CALL.MLH** to register and **484.337.5206** for more details.

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**.

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**.

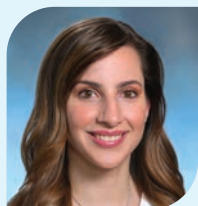
MENTAL HEALTH AND SUBSTANCE ABUSE SUPPORT GROUPS

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.

World-class stroke and heart care in



Sumeet Multani, MD
*Vascular Neurologist,
Neurointerventionalist*



Thana Theofanis, MD
*Vascular and General
Neurosurgeon,
Neurointerventionalist*



**Matthew
Goldstein, MD**
Electrophysiologist



Aaron Giltner, MD
*Interventional
Cardiologist*

Paoli Hospital, part of Main Line Health, will soon welcome a new state-of-the-art Interventional Vascular Suite. It will offer the most advanced diagnostics and treatment available for patients experiencing stroke and heart disease. The meticulously designed space will include five state-of-the-art labs for neurointerventional cardiac catheterization and electrophysiology procedures, and 11 private patient areas for pre- and post-procedure care. Features include the most advanced imaging equipment available to guide interventional procedures, unparalleled amenities to ensure patient comfort, and a collaborative environment where a highly trained team of experts can interact with ease.

We sat down with four of the physicians who will be caring for patients in the new suite—vascular neurologist, neurointerventionalist and site director of neurointervention for Paoli Hospital Sumeet Multani, MD; vascular and general neurosurgeon and neurointerventionalist Thana Theofanis, MD; electrophysiologist Matthew Goldstein, MD; and interventional cardiologist Aaron Giltner, MD—to learn more about what the new labs will offer, and how this will impact patient care.

Let's begin with a definition. What is neurointervention?

Dr. Theofanis: Neurointervention—or endovascular neurosurgery—is the use of advanced imaging and 3D technology to diagnose and treat various diseases and conditions in the brain. We're able to pass tools through a patient's blood vessels using a catheter—a small, thin tube—preventing the need for patients to undergo open brain surgery.

What does this mean for the community?

Dr. Theofanis: Our neurointerventional labs will bring a new set of capabilities to Paoli Hospital, enabling our team of experts to provide the advanced stroke treatment we currently offer at Bryn Mawr Hospital. The suite will house the most sophisticated imaging equipment available to address the full range of neurovascular concerns, including ischemic and hemorrhagic stroke, aneurysms and malformations. Patients in need of time-sensitive treatment for stroke will be able to receive care right here at Paoli Hospital.

Dr. Multani: Stroke is the leading cause of disability in the U.S., and timely treatment is the difference-maker. Now, we'll be able to provide lifesaving and life-changing stroke treatment within minutes of diagnosis. Offering these services at Paoli Hospital will have an enormous impact on patient outcomes.

What other factors will make this advanced care possible at Paoli Hospital?

Dr. Multani: Aside from the physical infrastructure of the new labs, a critical component is our subspecialty-trained clinical team. Our team includes neurologists, neurosurgeons, neuroradiologists, emergency room physicians who can quickly identify stroke and move patients to the interventional suite, cardiologists, nurses, advanced practice providers such as physician assistants and nurse practitioners, rehabilitation specialists and physicians who manage patient care on a long-term basis.

Dr. Theofanis: Regarding the clinical team, it's important to note the partnership between Main Line Health and Jefferson Neurosurgery. Our physicians, including myself and Dr. Multani, are also part of Jefferson. Our patients have direct access to the world-class neurosurgical care Jefferson is known for.

Collaborating on a neurointerventional procedure are Sumeet Multani, MD, site director of neurointervention, Paoli Hospital; and Michelle Smith, MD, system division chief, neurosurgery, Main Line Health.



the community

What procedures will be performed in the neurointerventional labs?

Dr. Theofanis: We can treat both types of stroke—ischemic and hemorrhagic. We'll also treat malformations in the brain and conditions such as subdural hematomas. We use several different approaches depending upon individual circumstances. With stroke, we're able to insert tiny catheters through the groin or wrist to deliver clot-dissolving medicine or to physically retrieve a clot.

What else should patients know about the neurointerventional program?

Dr. Theofanis: We critically evaluate every patient, consider available options and make the best recommendations for that individual. We're bringing our entire comprehensive program to Chester County—the complete continuum of care. This includes aftercare, rehabilitation at our own Bryn Mawr Rehabilitation Hospital, and the long-term management of patients by highly skilled physicians. This is an absolute game-changer for the community.

Let's shift our focus to the new Cardiovascular Interventional Suite. What is interventional cardiology?

Dr. Goldstein: Interventional cardiology involves the use of nonsurgical techniques to diagnose and treat coronary artery disease, vascular disease, structural heart disease and congenital heart defects. The field of cardiology is evolving rapidly, and many procedures that traditionally required open-heart surgery can now be managed with an interventional approach.

Dr. Giltner: Our team of highly trained subspecialists uses interventional approaches to address numerous conditions, including aortic valve stenosis, mitral valve regurgitation, aortic aneurysm, atrial defects, heart arrhythmias and more. We're able to open blockages, repair holes and damaged valves, and insert special devices to help the heart function properly.

What does the new Paoli Hospital Interventional Procedural Suite mean for heart care in this area?

Dr. Giltner: While we already perform a number of advanced cardiovascular interventional procedures at Paoli Hospital, the state-of-the-art equipment in our new suite and the expanded space will allow us to perform even more complex procedures,

as well as serve a greater number of patients. The most significant addition will be the ability to perform structural heart procedures.

What capabilities will the new cardiovascular labs offer?

Dr. Goldstein: Our new interventional labs will utilize the best and newest multi-modality imaging—intravascular and intracardiac ultrasound, X-ray, 3D electroanatomic mapping and more—allowing us to capture real-time images of a patient's individual cardiac anatomy. This facilitates the safer diagnosis and more efficient treatment of complex cardiac disease.

Dr. Giltner: Two cardiovascular labs will be primarily dedicated to cardiac catheterization procedures to place stents and perform balloon angioplasties. A third lab will be dedicated to electrophysiology procedures, which involve diagnosing and treating electrical concerns, such as arrhythmias. A fourth “flex lab” will be able to accommodate cardiovascular and neurointerventional procedures. This is where our physicians can, as a team, perform advanced structural heart procedures, such as a cutting-edge treatment known as Watchman, which Dr. Goldstein currently performs at Lankenau and will soon offer at Paoli.

Dr. Goldstein: Watchman is a breakthrough treatment for patients with nonvalvular atrial fibrillation who are at risk for stroke but don't tolerate traditional blood thinners. This represents the most innovative kind of structural heart work, which soon will be available in our own backyard.

How else will the Interventional Procedural Suite impact patient care?

Dr. Goldstein: Beyond the exceptional imaging technology available in the interventional suite, we have an exceptional team. All have advanced training in cardiovascular intervention. Our physicians are fellowship-trained and beyond. Our nurses, advanced practice providers and technologists—everyone from the lab and the recovery area to aftercare and rehabilitation—have specialized training.

These healthcare advancements are made possible by a generous community of donors. To date, more than \$6.8 million in charitable gifts have been given to support the new Interventional Vascular Suite.

COMING SOON

The Paoli Hospital Interventional Procedural Suite will provide world-class care to the surrounding community and is expected to open late this year.



Clinical trials offer early access to treatment options for heart disease

Betty Jeanne Turgeon received a bachelor's degree in nursing seven decades ago and had a long, rewarding bedside career. So in 2019, when she was diagnosed with heart failure from a weak and leaky tricuspid valve—a condition known as functional tricuspid regurgitation—she fully grasped the grimness of her prognosis. Already, she could barely shower or get dressed without severe exhaustion.

Betty Jeanne's daughter took her to see a cardiologist at a major Philadelphia academic medical center. He had no treatment to offer her but knew of a clinical trial that might provide one last chance. The trial was being done by William Gray, MD, chief of cardiovascular diseases at Main Line Health, co-director of Lankenau Heart Institute and a Lankenau Institute for Medical Research (LIMR) professor.

In November 2019, Betty Jeanne was among the first to undergo tricuspid valve reconstruction with the Cardioband

system, with Dr. Gray performing the surgery. She improved quickly, regained her energy and soon was back to daily activities. In February 2020, she was able to drive to Tampa, Florida, for the New York Yankees spring training.

A PORTFOLIO OF CUTTING-EDGE CLINICAL TRIALS

Valve disease can lead to heart failure and sudden cardiac arrest. But if it's caught early, undergoing valvular repair can often return patients to their expected life span without symptoms.

"Lankenau Heart Institute and LIMR physician researchers work together to offer one of the largest portfolios of innovative and minimally invasive valve repair options," says Basel Ramlawi, MD, chief of cardiothoracic surgery at Main Line Health, co-director of Lankenau Heart Institute and a LIMR professor. "Many of our investigators are national and international leaders in the field."

Dr. Ramlawi himself is among the nation's top investigators, involved in clinical trials of new and approved valves.

And Dr. Gray is one of the nation's foremost experts in interventional cardiology. He has served as principal investigator for more than 50 clinical trials. Dr. Gray also brought the Food and Drug Administration's Early Feasibility Studies (EFS) Program to Lankenau Heart Institute, making it one of a handful of sites in the nation to conduct first-in-human clinical research, including the Cardioband trial.

"Clinical trials are the final common pathway for how medical and surgical devices get approved by the FDA," Dr. Gray says. "Patients are participating in the earliest experience with the device, the vast majority of which are ultimately approved as safe and effective. So by participating in a clinical trial, patients get the earliest possible access to these cutting-edge devices."

A WIDENING ARRAY OF VALVE-REPAIR OPTIONS

Lankenau Heart Institute is focused on expanding the use of minimally invasive approaches such as transcatheter valve repair or replacement.

"Our goal is to treat every patient with minimal surgical intervention. That's not commonplace at many institutions. In fact, it's a very distinct capability we offer," Dr. Gray says.

Global recognition of this expertise has led to an expansion of clinical trials and even greater excellence in care for patients.

Betty Jeanne Turgeon (middle) shows William Gray, MD (left), and Sherry McDermott, clinical research nurse, an autographed photo with Yankees' Hall of Famer Mariano Rivera.



IS A CLINICAL TRIAL RIGHT FOR YOU?

To learn more about the region's most advanced cardiovascular clinical trials, visit mainlinehealth.org/cardiacclinicaltrials.

To schedule an appointment with a Lankenau Heart Institute specialist, please call 1.866.CALL.MLH (1.866.225.5654).

Reap the benefits of staying active at any age



Bruce Kelly, MS, CSCS, CSFC
Master Trainer

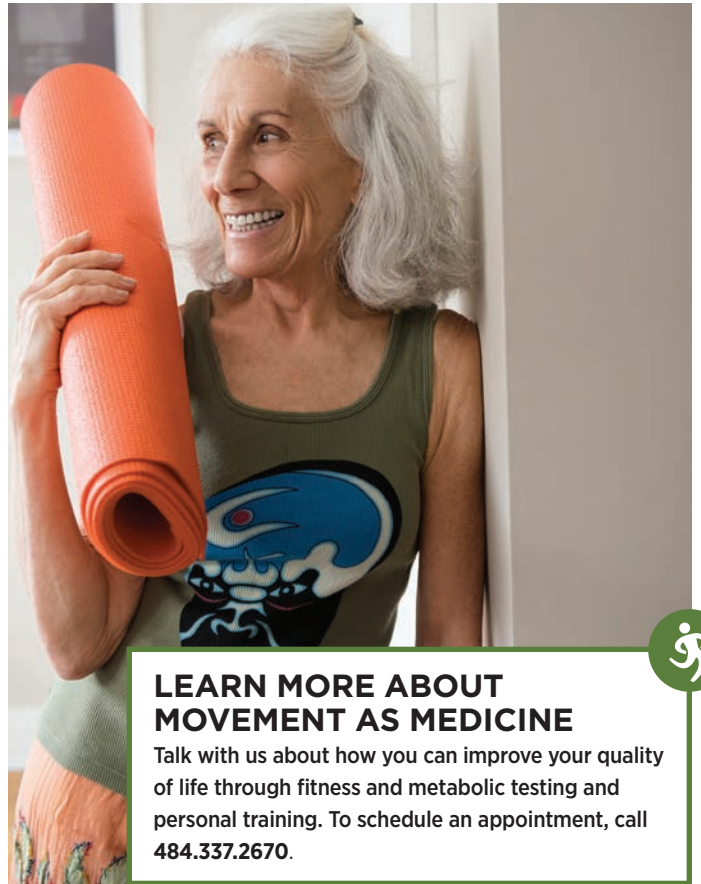
When it comes to staying active as you get older, Bruce Kelly, MS, CSCS, CSFC, is a huge advocate. Kelly, a master trainer at Main Line Health Integrative and Functional Medicine, says everyone can benefit from being active, whether you're 25 or 95. "It's never too late to start moving," he urges.

"It's a mindset shift. Research shows that even people in their 70s and 80s can get fitter and stronger," Kelly explains.

"Staying active is a type of insurance policy against illness and injury. It helps build a buffer against any mishaps life throws in your way and fosters resilience."

With more than 35 years of experience as a fitness trainer, Kelly enjoys helping clients come up with a long-term strategy to stay active. One of the many services he offers is metabolic testing. "These tests can help you understand how fast or slow your metabolism works and how much oxygen you use when you exercise," says Kelly. "This information can help you determine your ideal heart rate as you exercise at different levels."

Kelly says the results provide a road map to help him design an individualized fitness plan for his clients. "The key is to find something you really like and then to do it consistently," he says. "People think you have to do a hardcore workout, but that's not the case. Walking is a great choice for a lot of people. Or try riding a bike, swimming or pickleball. When you do something for long enough, and often enough, you will see results."



LEARN MORE ABOUT MOVEMENT AS MEDICINE

Talk with us about how you can improve your quality of life through fitness and metabolic testing and personal training. To schedule an appointment, call **484.337.2670**.



Welcome to Main Line Health Care OB/GYN in Blue Bell

From adolescence through maternity, menopause and beyond, our team provides comprehensive care for women throughout their life. We know how important it is to form a trusting relationship with your OB/GYN and value the relationships we form with our patients.

To do so, we listen, understand and support you through life's milestones.

Our practice provides excellent, comprehensive care that is personalized to meet each woman's unique needs. We offer evidence-based medicine that ensures patients have the safest and best experience possible. We treat a range of conditions, including:

- Adolescent care
- Contraceptive counseling
- Endometriosis
- Fibroids
- Menopause issues
- Pelvic pain
- Routine and high-risk pregnancies

We have two convenient locations in Blue Bell and Bryn Mawr and perform procedures and deliver babies at Bryn Mawr hospital. We accept most insurance plans, making it easy to get the high-quality care you deserve.

Pictured from left to right: Jessica Hirsch, MD; Alicia Shields, DO; Lee Halpern, MD; and Nicole Haslett, DO



NEW PATIENTS ARE WELCOME

For more information about our comprehensive OB/GYN services, visit mainlinehealth.org/obgynbluebell or call **484.227.9540**.



Becky Stewart
System Director, Marketing

Shaun Moran
System Manager, Women's Health Services Marketing

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Personalized therapy for Parkinson's disease



Jennifer Dolnycky, PT
Physical Therapist

In the Parkinson's Treatment Program at Bryn Mawr Rehab Outpatient Network, part of Main Line Health, a team of accredited therapists helps patients manage symptoms and improve their ability to perform activities of daily living.



Jessica Dankanich, MS, OTR/L
Occupational Therapist

AN INTERDISCIPLINARY APPROACH

"The team includes physical, occupational and speech therapists who work together to create a comprehensive plan," says physical therapist Jennifer Dolnycky, PT. "If I'm evaluating a patient for physical therapy, and I note some issues where occupational and speech therapy may help, I can request a referral for those services, as well."

Physical therapists can develop programs that address a range of issues, including balance, gait and fall prevention. Occupational therapists can help improve driving skills, fine and gross motor control, reading and return-to-work skills. "These are just some examples of how robust our programs are," says Dolnycky.

Some patients may benefit from the LSVT BIG® Program, an evidence-based, structured four-week program that teaches patients to recalibrate how they perceive their own movements and how to move more effectively through

exercises that improve balance, mobility and posture.

"Participants in LSVT BIG may receive a combination of physical therapy exercises to improve walking and balance along with occupational therapy exercises to improve fine motor skills, such as dressing and handwriting," explains occupational therapist Jessica Dankanich, MS, OTR/L. "Patients may come in for occupational therapy two days a week and physical therapy on another two days a week," she says.

Dankanich notes that patients often approach therapy with a set of specific goals. "We can create an individualized plan of care based on a patient's lifestyle and activities, and we can also train caregivers to help with at-home exercises," she says.

TREATING VOICE, SPEECH, COGNITIVE AND SWALLOWING SYMPTOMS

Individuals with Parkinson's disease may experience reduced breath support, decreased vocal loudness and imprecise articulation impacting functional communication. They

may also have changes in cognitive skills (e.g., attention, memory, executive function) and swallowing.

"Speech therapy may address these voice, speech, cognitive and swallowing changes with emphasis on both patient and caregiver training, as appropriate," says speech therapist Kristen Seiz Huntington, MA, CCC-SLP.

In some cases, LSVT LOUD® may be recommended. This evidence-based, four-week program often improves voice and speech by teaching patients to produce a healthy vocal loudness and recalibrate their perceptions of how they are speaking to improve overall communication success.

EMOTIONAL AND SOCIAL SUPPORT

The Parkinson's Support Group provides a compassionate forum for patients and caregivers. "Even though the group is currently virtual, we typically have at least 25 participants," Dankanich says. "It's a place where people can share their challenges, hear guest presenters and get advice from each other."

GET CARE THAT MEETS YOUR GOALS

For more information about the Parkinson's Treatment Program at Bryn Mawr Rehab, call **484.596.5000**.

