

Healthsource

ELITE- LEVEL CARE

SPORTS MEDICINE FOR
ALL ACTIVITY LEVELS

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LANCE'S STORY:
Turning recovery into
hope for others

WHAT PATIENTS SHOULD KNOW ABOUT COLORECTAL CANCER CARE:

A Q&A with Gerald Isenberg, MD

Colorectal surgery has advanced dramatically in recent years, giving patients access to less invasive, more precise treatments that help preserve quality of life. Gerald Isenberg, MD, shares what patients should know about colorectal cancer prevention and treatment, and the innovations helping patients achieve better outcomes.

COLORECTAL CANCER IS OFTEN THOUGHT OF AS AN OLDER PERSON'S DISEASE. IS THAT CHANGING?

Yes. While screening has helped reduce colorectal cancer rates in older adults, we're seeing more cases diagnosed in younger people. Researchers are still working to understand why, but factors such as diet and changes in the bacteria that naturally live in the digestive tract may play a role.

WHEN SHOULD PEOPLE START SCREENING FOR COLORECTAL CANCER?

For most adults, colorectal cancer screening should begin at age 45. If you have a family history of colorectal cancer or other risk factors, your doctor may recommend starting earlier. Screening can detect cancer early, when it's most treatable, and identify precancerous growths before cancer develops.

WHAT SYMPTOMS SHOULD SOMEONE DISCUSS WITH THEIR HEALTHCARE PROVIDER?

It's important not to ignore symptoms that persist or seem unusual for you. Warning signs can include:

- Changes in bowel habits lasting more than a few days
- Blood in the stool
- Fatigue
- Cramping, abdominal pain or bloating
- Unexplained weight loss

Many of these symptoms can be caused by conditions other than cancer, but they should still be evaluated, especially if they don't go away.

WHAT ADVANCES IN COLORECTAL SURGERY ARE MAKING THE BIGGEST DIFFERENCE FOR PATIENTS TODAY?

One of the most significant advances is minimally invasive surgery, particularly robotic-assisted surgery. For patients, that often means less pain, shorter hospital stays, faster recovery and a quicker return to normal activities. Today, most colorectal cancer surgeries can be performed using minimally invasive techniques.



HOW IS MAIN LINE HEALTH USING INNOVATION TO IMPROVE OUTCOMES AND QUALITY OF LIFE FOR PATIENTS?

Innovation only matters if it improves patients' lives. Our goal is to treat disease effectively while helping patients recover faster and maintain their quality of life.

One example is **single-port robotic surgery**, which allows surgeons to perform certain procedures through a single entry point rather than multiple incisions. John Marks, MD, one of the nation's pioneers in this approach, helped establish Main Line Health as an early leader in single-port robotic colorectal surgery, performing nearly 400 procedures. For patients, this can mean fewer incisions, less discomfort and a faster recovery.

We're also bringing new solutions to conditions that have historically been difficult to treat. Philip Pearson, MD, was among the first colorectal surgeons in the nation to implant the **BioHealx® device**, an innovative treatment for anal fistulas that offers new hope for patients who have endured this painful and often debilitating condition.

"Innovation matters because it improves patients' lives. From pioneering single-port robotic surgery to leading clinical trials designed to avoid colostomies, Main Line Health is advancing colorectal care with a focus on better outcomes and better quality of life."

— GERALD ISENBERG, MD

Main Line Health is also participating in the **Colovac clinical trial**, which is studying ways to help some rectal cancer patients avoid a temporary colostomy bag during recovery. John Marks, MD, performed the first U.S. procedure in the trial, and he and Henry Schoonyoung, MD, are currently the only surgeons in the region offering this option. Today, approximately 93% of Main Line Health rectal cancer patients preserve normal bowel function, compared with national rates of 40% to 70%.

Lankenau Medical Center is accredited by the National Accreditation Program for Rectal Cancer (NAPRC), recognizing its comprehensive, multidisciplinary approach to reducing recurrence rates and improving function, quality of life and survival rates. We are committed to providing patients state-of-the-art care from diagnosis to surgery to survivorship.



WHY SHOULD PATIENTS CONSIDER MAIN LINE HEALTH'S COLORECTAL SURGERY PROGRAM?

Patients have access to seven experienced colorectal surgeons who treat the full spectrum of colorectal conditions. They also benefit from a coordinated team of gastroenterologists, medical and radiation oncologists, radiologists, pathologists, genetic specialists, advanced practice providers, nurse navigators, nutritionists and others who develop personalized treatment plans and support patients from diagnosis through recovery.



WHAT'S ON THE HORIZON FOR COLORECTAL CANCER CARE?

One area of growing focus is supporting younger adults with colorectal cancer, who may also be navigating careers, families, fertility concerns and other life challenges. As treatment continues to advance, we're looking beyond the disease itself to ensure patients have access to the resources and support they need throughout their care journey. 



Gerald Isenberg, MD
Chief, Colorectal Surgery

Dr. Isenberg is a nationally recognized colorectal surgeon and professor at Sidney Kimmel Medical College at Thomas Jefferson University who recently joined Main Line Health.



TO LEARN MORE ABOUT COLORECTAL CANCER CARE AT MAIN LINE HEALTH, visit mainlinehealth.org/colorectal.





LANCE'S STORY

Architect in recovery dedicates career to building alcohol rehabilitation centers



Lance Muscara struggled with alcohol addiction for much of his adult life. After hitting rock bottom and almost taking his own life, Lance chose Main Line Health's Mirmont Treatment Center for inpatient alcohol rehabilitation. Today, Lance lives a life in recovery and has dedicated his career to increasing access to lifesaving alcohol treatment programs for others.

LOSING A BATTLE TO ALCOHOL ADDICTION

In 2010, Lance was losing his battle to alcohol addiction. He had known for years that he was an alcoholic, but he wasn't ready to admit it.

Lance would make frequent "trips to the hardware store," which were excuses to stop at the liquor store to buy alcohol. *"I wanted to stop drinking. To me, that's what sobriety was. Later, I would discover it is so much more. You have to change everything,"* says Lance.

HITTING ROCK BOTTOM, FINDING SUPPORT

By 2014, Lance was living what he calls a "double life," which included weeklong binge drinking followed by stints in and out of alcohol treatment programs.

He was arrested six times and charged with three DUIs in a span of four months. The day he hit rock bottom, he contemplated suicide by walking in front of a train, but called a friend who talked him out of it and ultimately saved his life.

"People were always there to help me, even when I couldn't help myself. No one ever truly gave up on me," says Lance.

Two days later, Lance chose to enter inpatient alcohol rehabilitation at Mirmont Treatment Center, part of Main Line Health.

“

"I WANTED TO STOP DRINKING. TO ME, THAT'S WHAT SOBRIETY WAS. LATER, I WOULD DISCOVER IT IS SO MUCH MORE."

— LANCE MUSCARA

INPATIENT ALCOHOL REHABILITATION AT MIRMONT

A typical day at Mirmont included a large morning assembly to set the stage for the day, followed by small group sessions.

"The small group format with a therapist and five or six of us was very helpful," recalls Lance. *"We ate lunch at the same table and spent time together outside of therapy, so there was a real bond with them."*

In addition to therapeutic treatment, Lance took advantage of the integrative therapies Mirmont offers to support patients in their recovery.

"The physical, mental and spiritual aspects of treatment were just as important as the therapeutic ones," says Lance.

LIFE IN RECOVERY, ONE DAY AT A TIME

After being discharged from Mirmont, Lance continued his recovery with extended care and an intensive outpatient

CHOOSE YOUR RECOVERY JOURNEY

Mirmont puts you in the driver's seat of your recovery by offering programming choices to customize your rehabilitation plan. Patients can choose to attend group sessions focused on the topics most important to them, such as food as medicine, financial literacy, dual diagnosis care and more. These individualized recovery plans are just one of the ways Mirmont provides tailored support so patients can establish a strong foundation for lifetime recovery. Learn more at mainlinehealth.org/mirmont.

program (IOP). He made significant progress, but a court date for his prior arrests and DUIs was still looming over his head.

He was sentenced to serve seven months in jail, but according to Lance, it was the best thing that could have happened to him. *"Jail taught me to live one day at a time — that's the place where I finally learned to be able to do it,"* says Lance.

IMPROVING ACCESS TO RECOVERY PROGRAMS

Lance permanently relocated from Philadelphia to Morgantown, West Virginia, and went on to establish an architecture firm focused on designing substance use disorder (SUD) facilities.

"My personal story has helped me understand how a well-designed physical environment helps foster a positive recovery environment," says Lance.

Today, 90% of Lance's work is recovery-related. In addition to this deeply meaningful professional work, he has rebuilt his family life and relationships and is blessed with his wife of six years, children and grandchildren.

"If I can help someone access the care that saved my life, then hopefully I can play a role in saving theirs," says Lance. +

AT MIRMONT TREATMENT CENTER, recovery is strengthened through connection, support and shared stories of hope. Discover more about Lance's journey at mainlinehealth.org/lancesstory and **scan the QR code** to follow Mirmont on Facebook for daily encouragement, recovery tips, patient stories and community updates.

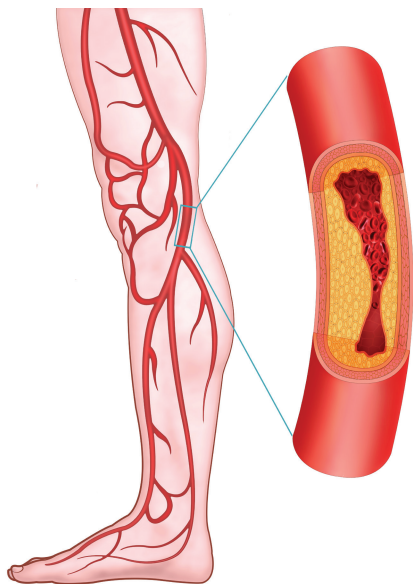


Leg pain when walking? It could be more than aging

Do your legs feel heavy or cramp when walking, then improve with rest? Many people assume this is just part of getting older — or related to arthritis or being “out of shape.” But it could be a sign of peripheral artery disease (PAD), a common circulation condition that often goes undiagnosed.

WHAT IS PAD?

PAD occurs when arteries in the legs become narrowed by plaque buildup, reducing blood flow to muscles and tissues. Beyond leg discomfort, PAD is also a warning sign of broader cardiovascular disease, increasing the risk of heart attack and stroke.



SIGNS TO WATCH FOR

Symptoms of PAD often develop gradually and may include:

- Cramping, heaviness or aching in the legs while walking (known as claudication)
- Pain that improves with rest
- Tired or weak legs during activity
- Coldness in the lower leg or foot
- Slow-healing sores or skin changes

Because these symptoms overlap with other conditions, many people dismiss them or delay care.

WHY EARLY DIAGNOSIS MATTERS

PAD is progressive, but treatable. Early diagnosis can help relieve symptoms, improve mobility and lower your risk of serious complications and progression of disease. *“Many patients are surprised to learn that effective PAD treatments are often minimally invasive and can help relieve symptoms while improving quality of life,”* says Jason Martinez, MD, vascular surgeon at Main Line Health.

HOW PAD IS DIAGNOSED AND TREATED

Evaluation typically includes a physical exam, symptom review and simple, noninvasive testing to assess blood flow in the legs.

Treatment depends on severity but may include:

- Lifestyle changes and supervised exercise
- Medication
- Minimally invasive procedures such as angioplasty or stenting

WHEN TO SEEK CARE

Consider a vascular evaluation if walking routinely causes leg pain, limits your activity or if you have non-healing wounds or circulation concerns. *“Early detection gives us more options to improve circulation and help patients stay active and independent,”* adds Dr. Martinez. 



Jason Martinez, MD
Vascular Surgeon

Dr. Martinez is a vascular surgeon who specializes in treating artery and vein conditions throughout the body. He offers both traditional surgery and minimally invasive procedures and works closely with patients to choose the treatment that best fits their needs. His goal is to help patients maintain their health, mobility and quality of life.

PROTECTING YOUR VASCULAR HEALTH STARTS WITH EARLY DETECTION,

and Main Line Health vascular specialists offer expert PAD screening, evaluation and treatment. To schedule your screening, call **610.565.8564**.



Providing care close to home: How donors are helping to build new Main Line Health outpatient facilities

When quality healthcare is easy to access, communities thrive. That's why donors are partnering with Main Line Health to build a new 148,000-square-foot outpatient healthcare facility in western Chester County, one of the fastest-growing areas in Southeastern Pennsylvania.

Scheduled to open in 2027, Main Line Health Downingtown will offer primary care, urgent care, lab services, an extensive range of specialty services, imaging and other advanced diagnostics, rehabilitation therapy and outpatient procedures. The new outpatient facility will also include a surgery center, allowing patients to undergo same-day procedures in a convenient setting.

“We recognize a simple reality: not everything needs to happen inside a hospital anymore. Many services can be delivered safely and efficiently in outpatient settings, and that means healthcare that’s close and connected to Main Line Health.”

— ED JIMENEZ, PRESIDENT AND CEO
OF MAIN LINE HEALTH

With easy access to services like ultrasounds, MRIs and mammograms, the impact on the more than 200,000 residents in western Chester County will be profound. “For patients and families, that means less time traveling to multiple locations, improved coordination across providers and access to the latest technology. It also means patients receive care in a beautiful new facility designed for comfort and healing,” adds Jimenez.



The Downingtown facility will join new outpatient centers recently constructed by Main Line Health to provide our patients with expanded options closer to home. A new urgent and primary center debuted in Oaks in the spring of 2025 and Main Line Health Devon, offering primary care, gastroenterology, physical therapy, imaging and lab services, opened last December.

Of course, these new facilities take resources to build. Main Line Health is making a major capital investment and community members are rallying to the cause. For example, our successful campaign for Devon raised over \$1,000,000 from 30 thoughtful donors who generously contributed to make the vision of “healthcare closer to home” a reality.

Berwyn resident and donor Barbara Gasper looks forward to how the new Main Line Health outposts will positively impact her neighbors' lives. “The robust and sustained population growth impacting Chester County for decades, exacerbated by the closing of Brandywine Hospital in 2022, means that healthcare options have continued to shrink,” says Gasper. “These facilities help fill that gap and are a wonderful gift to this community, now and in the future.” 



**TO LEARN MORE OR
SUPPORT OUR CAMPAIGN
FOR DOWNINGTOWN,
scan the QR code or visit
mainlinehealth.org/mlhdowningtown.**





GET BACK TO WHAT YOU Love

How sports medicine brings elite-level care to patients of all activity levels

Whether it is knee pain keeping you from training for a race, a shoulder injury making gardening difficult or an aching hip that sidelines you from playing with your kids, an injury impacts far more than your mobility. It can affect your independence, confidence and quality of life.

Main Line Health's network of sports medicine physicians, orthopaedic surgeons and rehabilitation specialists provides comprehensive care for injuries and conditions that affect active lifestyles. Together, they help patients of all ages recover from injury, regain function and safely return to the activities they enjoy most.

Personalized care that starts with your goals

No two patients are alike. That's why sports medicine specialists take the time to understand each person's lifestyle, activity level and recovery goals before developing a treatment plan. Whether you're hoping to return to competitive athletics, pickleball, hiking or simply walking comfortably, care is tailored to meet you where you are and help you get where you want to be.

Advanced treatments, often without surgery

Many sports injuries and musculoskeletal conditions can be successfully treated without an operation. Sports medicine physicians offer a range of nonoperative treatments for sprains, strains, overuse injuries, tendon disorders and arthritis, including advanced therapies such as platelet-rich plasma (PRP) injections (using a patient's own blood platelets to help support the body's natural healing process) and ultrasound-guided procedures. These innovative approaches can reduce pain, support healing and help patients avoid surgery whenever possible.

Expertise for complex injuries

When surgery is needed, patients have access to Main Line Health orthopaedic surgeons specializing in shoulder, hip, knee and elbow conditions. The team performs advanced procedures including ACL repair, meniscus preservation, ligament repairs, cartilage restoration, joint preservation and joint replacement, using minimally invasive techniques designed to support recovery and restore function. The same expertise used to care for competitive athletes is applied to helping every patient achieve the best possible outcome.

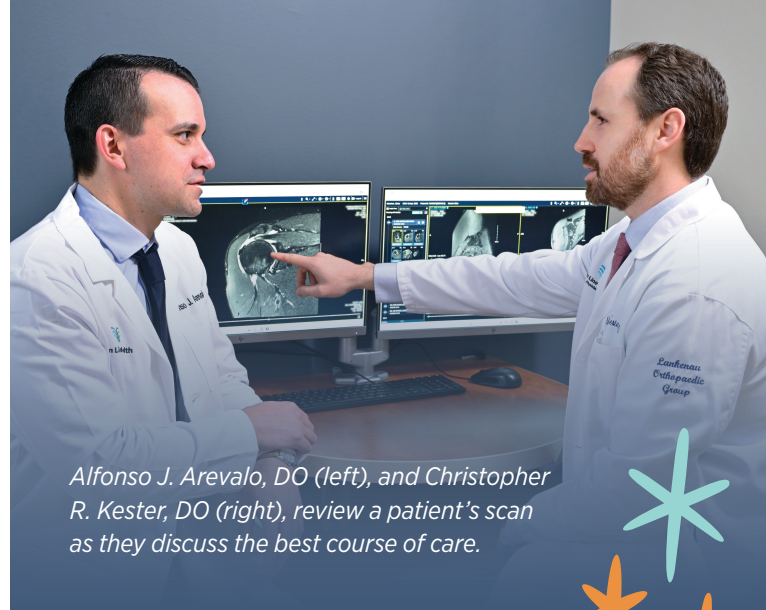
A team focused on getting you back to life

Recovery is about more than treating an injury. Sports medicine specialists work closely with physical therapists, athletic trainers and rehabilitation experts to coordinate care and support patients and their families throughout their recovery journey. This collaborative approach helps ensure treatment plans are aligned, progress is monitored and patients have the resources they need to reach their goals.

Whenever possible, conservative treatments are explored first, helping patients avoid surgery when appropriate while still achieving meaningful improvements in mobility and quality of life.

Innovation that keeps patients moving

The sports medicine team continually evaluates new technologies and treatment options that may improve patient outcomes. From real-time diagnostic ultrasound to biologic therapies and advanced surgical techniques, patients benefit from evidence-based innovations designed to promote healing, improve mobility and support a faster return to activity.



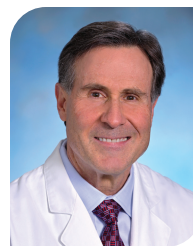
Alfonso J. Arevalo, DO (left), and Christopher R. Kester, DO (right), review a patient's scan as they discuss the best course of care.

The goal is simple: help you recover with confidence, regain mobility and get back to the activities that make life meaningful. +

MEET OUR SPORTS MEDICINE TEAM

(Pictured on page 8 from left to right)

- **Christopher R. Kester, DO**, Shoulder and knee surgeon
- **Alfonso J. Arevalo, DO**, Shoulder, hip and knee surgeon
- **Emily M. Levy, MD**, Nonoperative orthopaedic physician
- **Kevin M. DuPrey, DO**, Nonoperative orthopaedic physician



David L. Rubenstein, MD
Shoulder, knee and elbow surgeon



Brian E. Fliegel, DO
Shoulder, hip and knee surgeon

AT MAIN LINE HEALTH ORTHOPAEDICS AND SPINE,

our sports medicine experts provide comprehensive care to help you get back in the game. To schedule an appointment, [scan the QR code](#) or visit mainlinehealth.org/sports.





Get back in the game with Bryn Mawr Rehab

Bryn Mawr Rehab's outpatient orthopaedic and sports rehab specialists are helping people across the region move better, feel stronger and get back to doing what they love. While sports rehab is often associated with athletes recovering from injuries like sprains, fractures or ligament tears, the benefits reach far beyond the playing field. From weekend joggers and fitness enthusiasts to individuals recovering from surgery, rehab offers a safe and effective path to improved health and mobility.

"At its core, sports rehab is about helping people return to the activities that matter most to them — whether that's competing, exercising or simply living an active life," says Evan Snyder, PT, DPT, outpatient therapy supervisor at Main Line Health Devon. *"We meet each patient where they are and guide them toward where they want to be."*

Building a strong foundation of overall fitness can also play a powerful role in recovery. Individuals who maintain strength, flexibility, cardiovascular health and a consistent resistance training routine before an injury often experience smoother rehab and faster recovery. *"General fitness creates resilience in the body,"* Snyder adds. *"The stronger and more conditioned you are beforehand, the better your body can respond to rehab. Research continues to show that resistance*

training is particularly effective — it helps build strength, supports joint stability and allows patients to progress more efficiently and confidently."

At Bryn Mawr Rehab, care focuses on the entire musculoskeletal and neuromuscular systems — bones, joints, muscles, nerves, ligaments and tendons. Therapists look beyond symptoms to identify the root cause of pain or dysfunction, then design personalized plans to support healing, restore movement and reduce the risk of future injury. Programs begin with early phase rehab emphasizing mobility, strength and coordination, then utilize evidence-based strength and conditioning principles to return people to their highest level of activity.

Orthopaedic rehab plays an essential role in recovery from conditions related to injury, overuse or surgery. From joint replacements and fractures to chronic pain and mobility limitations, treatment is designed to restore function and improve quality of life. Through a combination of hands-on therapy and targeted exercise, patients rebuild strength and confidence so they can safely return to everyday activities — from walking the dog to keeping up with an active family.

Patients benefit from a highly individualized, creative approach, with one-on-one sessions led by licensed physical or occupational therapists who provide consistent and expert guidance every step of the way. Therapists draw from a wide range of techniques and tailor each program to the patient's goals, incorporating functional movements, sport- or activity-specific training, and progressively challenging exercises to keep therapy engaging and effective. This adaptive approach not only supports physical recovery but also helps patients stay motivated, build confidence and achieve lasting results. +



Evan Snyder, PT, DPT
Outpatient Therapy Supervisor
Main Line Health Devon

Evan Snyder is a board-certified physical therapist specializing in orthopaedic and sports physical therapy.



GET BACK TO DOING WHAT YOU LOVE, with expert rehabilitation care at one of our nine convenient outpatient locations. To schedule an appointment, call **484.596.5000** or visit mainlinehealth.org/orthorehab.

GLP-1 medications and bariatric surgery: A complementary approach to weight loss

For individuals seeking meaningful, lasting weight loss, the path is rarely one size fits all. Patients often hear about two leading approaches — GLP-1 medications and bariatric surgery — and may wonder which is right for them. Rather than competing options, these treatments are best understood as complementary tools that can work together to support long-term success.

Obesity is a complex, chronic disease influenced by genetics, metabolism and lifestyle, making each patient's journey unique.

At Main Line Health's Comprehensive Weight and Wellness Center, care is designed to meet patients where they are, with individualized treatment plans that may include lifestyle changes, medication, surgery or a combination of approaches.

GLP-1 medications, including semaglutide and tirzepatide, have transformed treatment for many patients. These therapies mimic a natural hormone that regulates appetite and blood sugar, helping individuals feel full sooner and stay satisfied longer. For some, this leads to significant weight loss and improvement in conditions such as diabetes, high blood pressure and sleep apnea. GLP-1 therapy often serves as an entry point for care, helping patients build healthier habits and see early progress.

"GLP-1 medications have been a meaningful advancement in obesity care," says John Fam, MD, FACS, FASMBS, medical director of Main Line Health's Comprehensive Weight and Wellness Center. *"For many patients, they offer an effective, less invasive starting point that improves appetite control and metabolic health."*

However, medication alone is only one piece of the puzzle. Sustainable weight loss requires ongoing support, guidance and accountability. Patients in a medical weight management program benefit from regular follow-up, nutrition counseling, behavioral support and care coordination, helping them lose weight and maintain progress.

"GLP-1 medications are most effective when part of a comprehensive, medically supervised program," Dr. Fam explains. *"Without that support, patients may struggle with side effects, plateau or regain weight over time."*

For patients with more advanced obesity or complex conditions, bariatric surgery remains the most effective option for significant, sustained weight loss. By altering the digestive system, it can deliver longer-lasting results than medication alone while improving metabolic health. It is also appropriate for patients who cannot tolerate medication or prefer not to remain on long-term therapy. In addition, bariatric surgery often benefits from more consistent insurance coverage, making the process more predictable.

These approaches are not mutually exclusive. Many patients benefit from both options at different stages of care. GLP-1 medications may be used before surgery to reduce risk or after surgery to support long-term weight maintenance. This integrated model reflects the reality that weight management is an ongoing process.

"We don't think about medication versus surgery — we think about what combination of therapies will best support each patient's long-term success." says Dr. Fam. 



John W. Fam, MD, FACS, FASMBS
Medical Director, Comprehensive Weight and Wellness Center

Dr. Fam is a fellowship-trained bariatric and general surgeon specializing in comprehensive obesity care, offering both medical and surgical

weight-management therapies across the full continuum of care. As a Diplomate of the American Board of Obesity Medicine (ABOM), he brings expertise in the evaluation and treatment of obesity and obesity-related conditions.



AT MAIN LINE HEALTH'S COMPREHENSIVE WEIGHT AND WELLNESS CENTER, experts provide personalized guidance and proven treatment options — helping you achieve lasting weight loss and better health. To learn more, visit mainlinehealth.org/weight.



Community Connections

For a full list of community programs offered at Main Line Health, visit mainlinehealth.org/events.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is one of the most common cancers among U.S. women, and early detection through routine screening can improve outcomes. Women at average risk should begin screening at age 40, while those with a family history or other risk factors may need to start earlier. Talk with your physician or a breast specialist about a screening plan that's right for you. To learn about Breast Cancer Awareness Month events, visit mainlinehealth.org/breastcancerevents.

COMMUNITY EVENTS

A MATTER OF BALANCE

Free evidence-based program addressing fear of falling, exercise and fall prevention. This eight-session program is offered virtually and in person. Register at mainlinehealth.org/balance.

THE DEAVER EDUCATION CENTER AND WELLNESS FARM

In-person and virtual health education classes for school-age and adult groups (schools, community and faith-based organizations). To schedule, call **484.476.3434** or email lhhealthcenter@mlhs.org.

FREE WIG PROGRAM FOR FEMALE CANCER PATIENTS

For women undergoing or preparing for cancer treatment that may cause hair loss. To schedule an appointment, call **484.337.5215**.

HEALTHY STEPS FOR OLDER ADULTS (AGES 60+)

Free evidence-based fall prevention and education program designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health and provide referrals and resources. For more information and upcoming sessions, visit mainlinehealth.org/events.

MAIN LINE HEALTH KING OF PRUSSIA TEACHING KITCHEN

Free virtual nutrition programs and in-person cooking demonstrations. To see our list of upcoming events and to register, please visit mainlinehealth.org/kopevents.

MEDICATION SAFETY IN THE COMMUNITY (VIRTUAL)

Free one-hour presentation on safe medication use, disposal and community resources. For scheduling, call **484.565.8328**.

SAFE SITTER BABYSITTING COURSE

Saturday, November 28 | 9 a.m.

Wednesday, December 30 | 9 a.m.

Prepares 6-8th graders to stay safe while home alone, caring for siblings or babysitting. Students learn childcare, CPR, first aid, rescue and basic life and business skills, and receive a Safe Sitter kit plus a completion card and certificate. To register, visit mainlinehealth.org/events.

SMOKEFREE (VIRTUAL)

This free program consists of six sessions and is used to encourage smoking cessation among tobacco users and vapers. To register, call **484.227.FREE (3733)**.

STOP THE BLEED®

Monday, October 12 | 1 p.m.

Free in-person training on how to stop life-threatening bleeding in emergencies. Open to all. To register, visit mainlinehealth.org/stopthebleed. For questions and registration information, contact **484.565.8328** or **484.476.8494**.

CANCER SUPPORT GROUPS

BREAST CANCER

Third Tuesday of the month | 5 p.m.
Call **484.227.3794** or email
stolbergt@mlhs.org.

CANCER SURVIVORS

Third Thursday of the month | 4:30 p.m.
Call **484.476.6239** or email
brogans@mlhs.org.

CAREGIVER

Third Thursday of the month | 12 p.m.
Call **484.565.1253** or email
powersv@mlhs.org.

COLORECTAL CANCER

Second Monday of the month | 1 p.m.
Call **484.476.8503** or email
curcillog@mlhs.org.

COPING WITH CANCER A TO Z

Second Tuesday of the month | 4:30 p.m.
Call **484.476.8514** or email
harriski@mlhs.org.

LUNG CANCER

Fourth Thursday of the month | 12 p.m.
Call **484.476.6239** or email
brogans@mlhs.org.

THRIVING DURING AND AFTER CANCER TREATMENT: HEALTHY EATING AFTER CANCER

Tuesday, October 13 | 12 p.m.
Tuesday, December 8 | 12 p.m.

THRIVING BEYOND BREAST CANCER FOR YOUNG ADULTS

Navigating Side Effects
Tuesday, October 20 | 6:30 p.m.
Empowering Self-Care
Tuesday, October 27 | 6:30 p.m.

For additional support group details,
visit mainlinehealth.org/cancerevents
or call **484.337.8775**.

ORTHOPAEDICS

ORTHOPAEDIC PAIN WEBINARS

Friday, October 16 | Shoulder
Tuesday, November 17 | Back
Monday, December 14 | Hip and Knee

All webinars start at 12 p.m.

Join our free virtual seminars on
shoulder, back, hip and knee pain.
Learn about joint anatomy, common
causes of pain and the latest treatment
options from our experts. To register,
visit mainlinehealth.org/orthoclasses.

COMMUNITY CPR CLASSES

BASIC LIFE SUPPORT (BLS)

Tuesday, October 20 | 6 p.m.
Saturday, December 5 | 9 a.m.
For healthcare professionals.

FAMILY AND FRIENDS® CPR

Wednesdays, October 7,
November 11, December 16 | 1 p.m.
Thursdays, October 15,
December 10 | 1 p.m.
Saturday, November 7 | 10 a.m.

For parents and caregivers
(infant/child CPR, choking, AED).

HEARTSAVER® CPR AED

Saturday, October 10 | 9 a.m.
Tuesday, November 3 | 6 p.m.

AED course for non-medical
professionals.

For more information and to register
for the above CPR classes, visit
mainlinehealth.org/events.

Main Line Health and Saint Joseph's Athletics announce new affiliation

Main Line Health is proud to expand its longstanding relationship with Saint Joseph's University through a new affiliation that establishes Main Line Health as the exclusive medical provider for Saint Joseph's Athletics.

The affiliation builds on years of collaboration between the two organizations, including helping educate the next generation of healthcare professionals through clinical training opportunities. It also reflects a shared commitment to supporting student-athletes and promoting the health and well-being of the communities both organizations serve.

As part of the affiliation, Main Line Health also becomes the title sponsor for Saint Joseph's Division I athletics and the University's first-ever jersey patch partner. Together, these milestones strengthen the connection between two organizations dedicated to excellence, innovation and community.

Main Line Health is proud to continue growing relationships that advance health, education and wellness across the region.



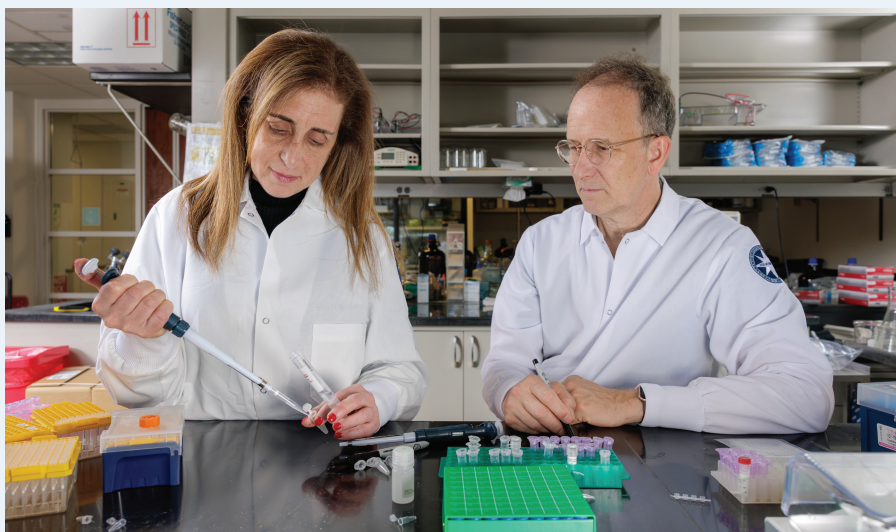
New LIMR researcher works to close the door on polio

For most, polio is a relic of the past. Public memory is largely confined to images of President Franklin Roosevelt in a wheelchair and the work of Drs. Jonas Salk and Albert Sabin. Salk's injectable inactivated poliovirus vaccine (IPV) and Sabin's oral vaccine (OPV), which uses a weakened infectious virus, fueled a global campaign that nearly eliminated paralytic poliomyelitis, one of the 20th century's greatest public health triumphs.

Despite this success, the final knockout remains elusive. The injected vaccine doesn't prevent the virus from spreading person to person and, sometimes, the oral vaccine can take on a form capable of causing disease. Without new innovations, existing tools may not be enough to finish the job.

Researchers Amy Rosenfeld, PhD, who joined the Lankenau Institute for Medical Research (LIMR) in early 2026 after serving at the U.S. Food and Drug Administration, and longtime LIMR faculty member Scott Dessain, MD, PhD, are working to provide the missing tool. By addressing why poliomyelitis has eluded elimination, they are seeking a solution beyond the poliovirus — developing a treatment that is potentially effective against numerous other viral threats as well.

Each vaccine has a flaw that allows poliovirus to persist and paralytic outbreaks to remain a threat, Dr. Rosenfeld says. Salk's IPV produces weak intestinal immunity, meaning vaccinated people can still become infected in the gut and shed virus.



Dr. Amy Rosenfeld and Dr. Scott Dessain examining pre-vaccine samples of polio RNA.

Sabin's OPV is an infectious weakened strain that stops transmission effectively, but on rare occasions, reverts and triggers vaccine-derived outbreaks. Its ability to revert is why OPV is no longer administered in the U.S.

In recent years, Dr. Dessain has made a name for himself in the field. His LIMR lab cloned human antibodies that the World Health Organization adopted as a crucial component of its efforts to standardize vaccine manufacturing. These antibodies are now used as the gold standard for quality control testing of all IPVs worldwide.

His next planned step was to use spirulina — a blue-green algae known best as a superfood eaten in space by astronauts — as the delivery vehicle to attack polio, genetically modifying it to release antibodies after digestion.

However, Dr. Rosenfeld told him that there is a better way to employ spirulina. They are now collaborating on the project and have received two years' funding from the PATH

Foundation. The idea is to infuse the spirulina with virus-like particles, which are structures composed of viral proteins. The particles mimic the proteins in appearance but lack genetic material, making them safe for humans.

"When you ingest this biologic, it gets absorbed in your gut, the site of virus infection, and you can elicit the protection that IPV doesn't give you," Dr. Rosenfeld says. *"And you can avoid the paralysis that can occur if OPV gets in."* +



AT THE LANKENAU INSTITUTE FOR MEDICAL RESEARCH, scientists are advancing bold ideas into real-world solutions — driving breakthroughs that shape the future of medicine. Learn more at mainlinehealth.org/limr.

5 symptoms you shouldn't "wait out" this fall

Cold, flu, COVID and RSV season can bring a wave of common illnesses that feel mild at first but can turn into something more serious. While many symptoms improve with rest, fluids and time, some shouldn't be ignored.

These five warning signs deserve prompt medical attention, such as at an urgent care center.

1 TROUBLE BREATHING OR SHORTNESS OF BREATH

If you're feeling short of breath or like it's hard to catch your breath, don't assume it's "just a bad cold." This can signal:

- Pneumonia
- RSV
- Asthma flare-ups
- Bronchitis
- Flu complications
- Other respiratory infections

"Shortness of breath is never something patients should try to push through at home," says Jennifer Campbell, DO, a Main Line Health urgent care physician. "If breathing feels difficult or labored, it's important to be seen by a medical professional."

Get medical care promptly if you have these symptoms:

- Wheezing or chest tightness
- Labored or "fast" breathing
- Shortness of breath with fever or lightheadedness

2 A FEVER THAT WON'T GO AWAY

A fever is a common part of many fall illnesses. It is a sign that your immune system is working to fight a virus. A fever shouldn't linger or return after a period of improving symptoms. Very high fevers that last more than five days can be a sign your body is fighting something more serious. Watch for:

- A fever lasting more than 4-5 days
- A fever that returns after a period of symptom improvement
- Temperatures above 103°F
- Fever with confusion, dehydration or severe fatigue

3 CHEST PAIN OR SEVERE PRESSURE

Chest discomfort during illness should never be ignored. While coughing can make your chest feel sore, more serious symptoms may include:

- Chest pain at rest
- Persistent pressure or heaviness in your chest
- Chest tightness with shortness of breath

"Many fall viruses can place extra stress on the body," says Dr. Campbell. "Chest pain or pressure should always be taken seriously."

Call 911 or seek care at your nearest emergency department (ED) immediately for severe chest pain or chest pain with difficulty breathing.

4 SIGNS OF DEHYDRATION

Dehydration can happen faster than most people realize in the fall. Illnesses that reduce your appetite or cause vomiting, diarrhea or fever are particularly likely to deplete you of vital fluids. Common fall dehydration symptoms include:

- Dizziness or lightheadedness
- Dry mouth
- Very dark urine
- Extreme fatigue
- Less frequent urination

5 SYMPTOMS THAT SUDDENLY GET WORSE

A red flag during fall illness season is feeling better then worse again. This pattern of getting sick again may indicate a secondary infection. Watch out for:

- A cough that intensifies
- Fever returning or increasing
- Worsening fatigue
- Breathing becoming more difficult
- Intensifying sinus pressure or ear pain +



Jennifer Campbell, DO
Main Line Health
urgent care
physician



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PAOLI HOSPITAL EXPANSION PROJECT

Building the future of care at Paoli Hospital

Main Line Health is excited to share a major expansion and modernization of Paoli Hospital to meet rapidly growing demand and ensure patients have access to advanced, high-quality care close to home.

This transformative project will:

- Expand access to care with a new five-story patient tower
- Add 108 new inpatient beds to meet rising demand
- Provide private patient rooms for greater comfort, peace and healing
- Increase flexibility of care — every bed can convert to ICU-level use when needed
- Enhance emergency and trauma services, including a rooftop heliport for faster, lifesaving transport

DESIGNED FOR TODAY — AND TOMORROW

As more patients choose Paoli Hospital for their care, this expansion ensures we're ready — not just for today's needs, but for the future of medicine. Upgrades across the campus will:

- Modernize critical hospital systems and infrastructure
- Expand diagnostic and treatment capabilities
- Improve Emergency and Trauma Center capacity and flow
- Increase parking and make access easier for patients and families
- Enhance dining and support spaces for a better overall experience



CARE THAT GROWS WITH YOU

This is more than an expansion. It's a promise to strengthen access, improve experiences and support healthier futures. For decades, Main Line Health has been dedicated to delivering trusted, high-quality care throughout the region. This expansion reflects a continued commitment to providing advanced medical capabilities while keeping care local and convenient. **Because as our community grows, Main Line Health grows with you.** 



TO LEARN MORE ABOUT THE EXPANSION AND MODERNIZATION OF PAOLI HOSPITAL, scan the QR code or visit mainlinehealth.org/paoliexpansion.