


WOMEN'S healthsource

SPECIAL EDITION | SPRING 2021



Learn about
women's nutrition
after 40 (page 2)
and so much
more!

At Main Line Health King of Prussia, you'll find expert physicians and a vast offering of specialties right in your community. Offering primary care, specialty care, specialized care and services for women, lab, radiology, physical therapy and more. Visit **mainlinehealth.org/kop** to learn more.



Main Line Health®



Women's nutrition after 40: Fighting middle-age spread



Lauren Baker, DO
family medicine
physician

You might have heard about the dreaded “middle-age spread.” In fact, your body does change in some unwelcome ways as you get older.

“Muscle mass decreases, which can slow the rate at which your body burns calories. You don’t need quite as many calories as you did earlier in life,” explains Lauren Baker, DO, a family medicine provider at Main Line HealthCare Primary Care in King of Prussia. “While this happens to men and women, ladies have the added difficulty of menopause, which often causes fat to be distributed around the stomach.”

Your metabolism may begin slowing as early as your 20s, but most women notice a change as they approach 40. “It’s not uncommon to start putting on about a pound a year,” says Dr. Baker. That may not seem like much, but it adds up over time.

Fortunately, you can take action to keep the pounds away:

- **Get your “om” on.** A study from the Fred Hutchinson Cancer Research Center found that 45-year-olds who regularly practiced yoga gained 3 fewer pounds by age 55 than those who didn’t spend time doing sun salutations. The results were even better for

those who were overweight when the study began.

- **Record your food intake.** Although it can be tedious, it’s also incredibly helpful in seeing what you’re actually consuming. “Try it for a week and look for where you might be able to cut back or make healthy swaps,” suggests Dr. Baker.
- **Load up on nutrients.** Besides promoting weight loss, increasing your fruit, vegetable and fiber intake can reduce menopause symptoms such as hot flashes and night sweats.
- **Cook at home.** “It’s easier to plan a balanced meal when you’re making it yourself,” says Dr. Baker. “At a restaurant, there may be hidden sugars in something seemingly healthy, like minestrone soup. In your own kitchen, you can control what is added.” Bonus: walking around a farmers market or grocery store to buy ingredients is a little extra exercise!

OPEN SEVEN DAYS A WEEK

Main Line HealthCare Primary Care in King of Prussia offers appointments seven days a week, plus evening hours most weekdays. For an appointment, call **484.324.7100**.

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
- **Cancer Support Group**
Second Monday of each month,
1:00 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: **484.565.1054** or
ashworths@mlhs.org

VIRTUAL NUTRITION SEMINARS

Visit mainlinehealth.org/kopevents

- **Fighting Cancer with a Fork & Knife**
May 4, 12:00 pm
June 16, 2:00 pm
July 29, 10:00 am
- **Eating While Treating:
Nutrition During Cancer Treatment**
June 2, 2:00 pm
July 15, 10:00 am
August 24, 12:00 pm

Additional nutrition seminars:

- **Healthy Ingredient Swaps**
- **Healthy Eating on a Budget**
- **The Mediterranean Diet**

THRIVING DURING & AFTER CANCER TREATMENT

Various virtual seminars with Q&A
For more information, visit
mainlinehealth.org/cancercarevents

Reduce the risk for certain cancers with the HPV vaccine



Lauren Turker, MD
gynecologic oncologist

What if you could prevent cancer by getting a shot? With the human papillomavirus (HPV) vaccine, you can.

HPV is the most common sexually transmitted infection in the United States. Almost everyone is at risk for it, including about 90% of young adults.

While in some people the HPV is dormant and goes away, in others it can lead to cancer. “We’re learning that almost all cases of cervical cancers are caused by HPV,” says Lauren Turker, MD, a gynecologic oncologist at the Women’s Specialty Center at Main Line Health King of Prussia. “It has also been associated with head and neck cancers in both men and women, as well as penile cancer.”

There are also other concerns. “If a woman is diagnosed with HPV, she might need a procedure to remove the lesion. This can affect the cervix and increase the risk of premature birth and miscarriage,” explains Dr. Turker.

HPV usually has no symptoms. This means most women don’t

know they have it unless it’s found on a yearly Pap test. But the risk can be lowered by getting an HPV vaccine. “The HPV vaccine works like the flu vaccine, helping your body make antibodies to fight off the virus,” says Dr. Turker. It’s usually a series of two shots, though some people may need three.

So who should get this vaccine?

“We recommend everyone age 26 and younger get an HPV vaccine, ideally before becoming sexually active,” says Dr. Turker. In fact, the HPV vaccine can be given as early as age 11 or 12. “It’s the one vaccine that can prevent cancer, and studies show it’s more than 99% effective.”

PROTECT YOUR KIDS AND YOURSELF

An HPV vaccine can be scheduled with a gynecologist or primary care provider at Main Line Health King of Prussia by calling **484.324.7100**.

Program helps boost energy, fight cancer fatigue



Julie Caldwell, PT, MPT, CLT
physical and certified lymphedema therapist

If you or a loved one has been diagnosed with cancer, you know it can adversely affect energy levels. Cancer-related fatigue—an overwhelming, total-body exhaustion that interferes with daily life and can’t be treated with rest alone—can last months after cancer treatment is complete.

Thankfully, there is help.

“Cancer-related fatigue is not just a side effect of chemotherapy or radiation,” explains Julie Caldwell, PT, MPT, CLT, a Main Line Health physical therapist and certified lymphedema therapist who works with cancer patients. “It stems from a

combination of factors, including emotional distress, financial or family strain, and even secondary complications such as thyroid problems, anemia, pain or hormonal imbalance.”

A MULTIDISCIPLINARY APPROACH

Main Line Health’s cancer-related fatigue therapy program involves a multidisciplinary team of experts that creates a program for each patient and meets regularly to discuss their progress. Team members may include:

- Physical therapists
- Dietitians
- Social workers
- Oncology nurse navigators
- Radiation and/or chemotherapy oncology nurses

INDIVIDUALIZED THERAPY

Therapy is designed for each patient’s unique needs and goals. Focuses include helping patients boost physical strength and endurance, learn strategies to decrease energy expenditure, fuel

their bodies with adequate nutrition and manage the complex stressors of cancer. This allows patients to participate in activities that improve overall quality of life.

Patients may also receive alternative therapies, such as acupuncture or massage, and can be connected with additional community support.

“Patients need time to heal. It is a long process,” says Caldwell. “Our program addresses the whole person so patients are empowered during this time. We are with them each step of the way.”



GET SUPPORT

To learn more about Main Line Health rehab programs in support of cancer patients, call **484.596.5000**.

Q & A: How group psychotherapy is helping women heal



Liz Bland, LCSW
WEWC Division
Director

Most women sometimes feel “blue” or stressed. But if depression, anxiety or grief are taking over your life, professional treatment from the team at Women’s Emotional Wellness Center (WEWC) can help you cope and heal.



Christine Dehmey, LPC
WEWC
psychotherapist

Group psychotherapy is an important part of all WEWC programs. We asked WEWC Division Director Liz Bland, LCSW, to tell us more about it.

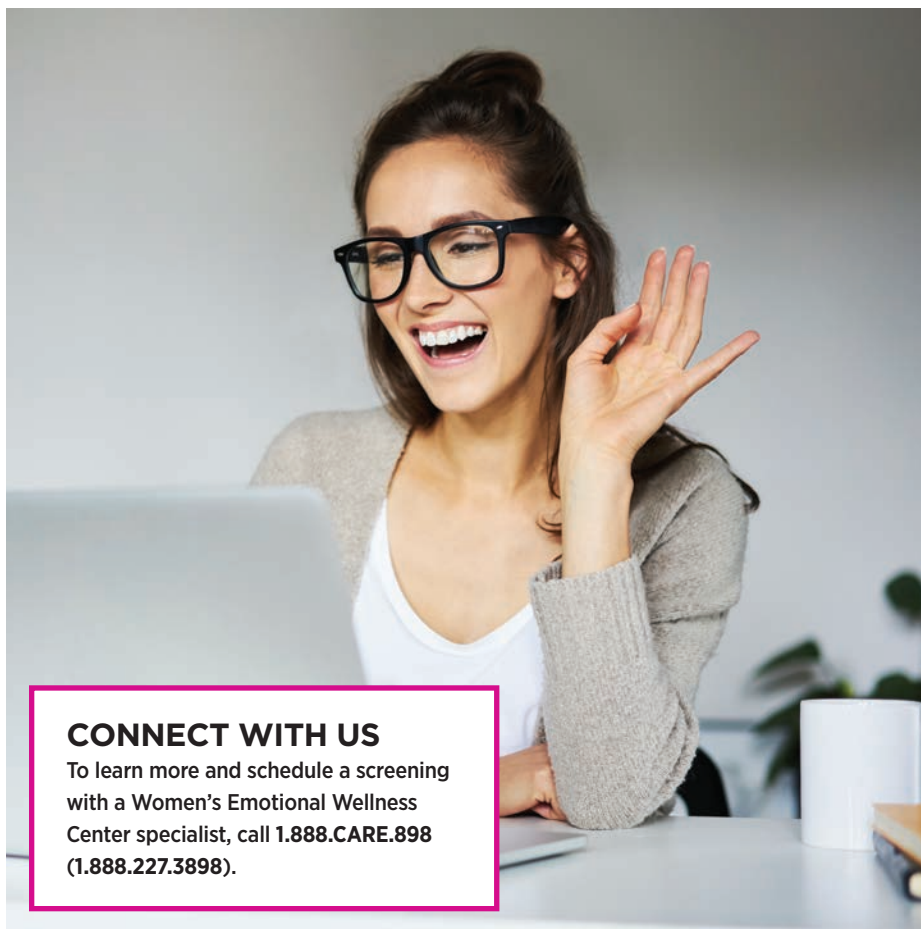
Q: WHAT IS GROUP PSYCHOTHERAPY?

A: Let me start by explaining that it’s not

what you see on TV, where someone is expected to stand up alone in front of a group and tell their life story while everyone watches them. Group psychotherapy brings together a small number of patients who share common experiences and goals to work with a therapist and each other. Patients can share as much or as little as they want. We find that while many people are reluctant to try the group setting at first, most later tell us they’re glad they did. The shift happens when people begin to trust the group and the process.

Q: WHAT SHOULD GROUP PARTICIPANTS EXPECT?

A: Every person who comes to WEWC is evaluated by one of our clinicians to determine the level of care they need. This may include our women’s partial hospitalization program with an average length of stay of eight to 10 days. We also have women’s intensive outpatient treatment programs or less intensive outpatient psychotherapy groups for women, such as *Mindfulness & Meditation*, *After Baby Connections* and more.



CONNECT WITH US

To learn more and schedule a screening with a Women’s Emotional Wellness Center specialist, call **1.888.CARE.898 (1.888.227.3898)**.

Q: WHAT KINDS OF TOPICS ARE DISCUSSED?

A: In our outpatient groups, the therapist focuses on mindfulness-based topics—effective communication, asking for and accepting help, self-care and more. But they’re ready to adjust the content of a session if something important gets raised.

Our newest outpatient group is *Pregnant in a Pandemic*. We created it because of a surge in mental health issues during COVID among a group of women who were already vulnerable.

Q: HOW DOES GROUP PSYCHOTHERAPY HELP?

A: Dealing with a personal struggle can be isolating, making us turn inward and away from others. A big part of the “magic” of group therapy is that it reminds us that we’re not alone. Participants have the benefits of working with an expert therapist. And they

also get the support and experiences of fellow group members. That’s a powerful combination.

In our feedback surveys, women tell us how the group experience has made a difference for them. “The topics always help me focus on things more clearly.” “It’s helpful to see different strategies others use and experiences they have had.” “I can see progress in the decrease of anxiety and increase in confidence.”

As WEWC psychotherapist Christine Dehmey, LPC, has so perfectly put it: “The work of group therapy is an opportunity to repair within ourselves what has often been wounded in relationships, to renew our hope in humanity, and find inner healing and wholeness so that we may extend the same concern and compassion to others in need. That is the beauty and gift of group therapy.”

Treating heart health during and after pregnancy



Katie Hawthorne, MD
noninvasive
cardiologist

A few days after Lauren Sharkey's first daughter was born, she ended up in the emergency room with extremely high blood pressure. During her second pregnancy, Lauren was under the care of Katie Hawthorne, MD, a noninvasive cardiologist and an advanced cardiac imaging specialist with Lankenau Heart Institute.

One of Dr. Hawthorne's specialties is cardio-obstetrics, the treatment of patients with heart disease who are pregnant or have been pregnant. This kind of subspecialized care is important because women have unique heart health needs across their lifetimes.

"I see pregnant women with cardiovascular disease every day," Dr. Hawthorne says. "Pregnancy has many symptoms in common with congestive heart failure, so you have to see a lot of women who have normal pregnancies and congestive heart failure to understand the difference."

After Lauren's second daughter was born, her blood pressure rose again, but

this time it was better controlled. "We kept her out of the hospital and home with her babies, which meant the world to her," Dr. Hawthorne says.

PREGNANCY COMPLICATIONS

There's a myth that complications from pregnancy-related high blood pressure and gestational diabetes go away after the baby is born, but that is not always the case.

There are certain conditions during pregnancy that can put women at an increased risk for heart disease later in life:

- Women with gestational diabetes are 50% more likely to develop Type 2 diabetes within five years. It can also be a marker for early coronary artery disease.
- Gestational hypertension, eclampsia and preeclampsia can put women at greater risk for having long-term high blood pressure.

- Women who deliver before 37 weeks and have preeclampsia are eight to 10 times more likely to die from heart disease.

REDUCE YOUR RISK

If you have complications in pregnancy, you can reduce your risk for heart disease with these tips:

- Eat a healthy diet low in salt, cholesterol and sugar
- Move your body for at least 30 minutes a day
- Quit smoking
- Get a copy of your pregnancy and postdelivery medical records to share with your providers for the rest of your life
- Get annual checkups and continue heart disease screenings

To schedule a cardio-obstetrics appointment at Main Line Health King of Prussia, call **484.324.7100**.



HEAR LAUREN'S STORY

Watch a video to hear from Lauren Sharkey and learn more about her experience at mainlinehealth.org/laurensstory.

Take chronic inflammation off your plate



Rachel Sugarman, DO
integrative and
functional
medicine
specialist

Chronic inflammation is a villain in a host of health problems—from heart disease to diabetes, cancer and dementia. "Although inflammation is our body's natural response to infection or injury, it can damage healthy cells if the immune system misfires and begins to attack the body," explains Rachel Sugarman, DO, an integrative and functional medicine specialist for Main Line Health. "It's important to address chronic inflammation," she continues. "Rethinking your diet can help."

A beneficial diet focuses on two things. The first is eating foods that can reduce inflammation. This tasty list includes fruits and vegetables, nuts (almonds, walnuts), whole grains (brown rice, oatmeal, quinoa), beans and cold-water fish (salmon, tuna).

The second is avoiding foods that promote inflammation. "For many reasons, including inflammation, highly processed foods and those high in saturated or trans fat and sodium are bad choices," says Dr. Sugarman. Skip things like frozen pizza, canned soups, deli meat, packaged baked goods, white rice and bread.



STRUGGLING WITH CHRONIC INFLAMMATION?

Visit mainlinehealth.org/kopintegrative or call **484.324.7100** to schedule an appointment.

Staying healthy during your pregnancy



Tara McCann Davis, DO
obstetrician
gynecologist

While maintaining a healthy pregnancy is important to help ensure the health of your baby, it's sometimes easier said than done. Tara McCann Davis, DO, with Axia Women's Health, is here to cut through the noise and share her guidance for how to focus on a healthy pregnancy through proper nutrition and exercise.

EATING WELL

"Believe it or not, you're not eating for two during your pregnancy. You're nourishing for two, which is very different," explains Dr. Davis. "There's the belief that as an expecting mom, you have a free pass to eat twice the amount of food, but in reality, you only need an extra 300 calories per day. If you truly eat for two, you could be putting yourself at risk for conditions like gestational diabetes, hypertension and preeclampsia. Focus, instead, on eating healthfully and powering your body to do its amazing work of creating new life."

Dr. Davis recommends eating nutrient-dense foods, such as those high in protein and healthy fats, like peanut butter, hard-boiled eggs and avocados. In addition to being good for you, foods like these will help you feel fuller longer.

She also highlights the importance of staying hydrated. Drinking water throughout the day will help reduce some of the pain and cramping you may experience as your muscles and ligaments grow and stretch throughout pregnancy.

KEEPING ACTIVE

Keeping your body moving will help to maintain your range of motion and strength throughout your pregnancy. "Walking is great, especially if you might not be an avid athlete," Dr. Davis shares. "But if you routinely exercise or are a frequent runner, there's no need to stop. As long as you're feeling well, feel free to exercise." She also points out that there are simple ways to modify your routine for low-impact options. "If you're into yoga, you can check out prenatal yoga or gentle yoga. These can help you avoid stretches or positions that might be difficult in






pregnancy, as well as focus on those that can help build the strength you will need as your body changes."

Another important tip? Dr. Davis suggests avoiding exercises that focus on the tightening of abdominal muscles—so no planks, full sit-ups or leg lifts. As for your heart rate, "There's no need to monitor it too closely," she says. "It's perfectly fine for your heart rate to increase, and it can go over 140, despite what women have been told, as long as you are listening to your body. I always tell my patients: if something doesn't feel right, avoid it. Listen to your body at all times."

Interested in learning more? You can schedule an appointment with Dr. Davis at the Women's Specialty Center by calling **484.685.1257**.

Dr. Davis' nutritional tips by trimester

| TRIMESTER | TIP ... | TRY ... |
|-----------|--|--|
| FIRST | "Whatever you can keep down is great. Stay hydrated, but know that plain water can also be nauseating at times, so if that happens, try drinks with electrolytes, such as sports drinks." | Adding a sprig of rosemary or ginger as flavoring to your water to reduce nausea and help you stay hydrated.  |
| SECOND | "As most moms recover from first trimester nausea and regain their appetites, I encourage them to eat as healthy as possible, and to eat a variety of different foods for more nutrients." | A healthy smoothie made with peanut butter (protein), bananas (potassium to help with muscle cramps), whole milk (for omega 3-fatty acids—great for baby's developing brain) and fresh dates. Delish!  |
| THIRD | "Many moms will find themselves hungrier than ever, particularly given their babies' rapid pace of growth at this point. Their bodies are working extra hard. Eating foods high in protein will satisfy that hunger and help avoid turning to junk foods or other empty calories." | Starting your day with one of these breakfasts: scramble some eggs with veggies, serve with smashed avocado and a diced potato and red pepper hash OR try a whole-wheat bagel topped with egg and avocado, served with sliced banana, topped with a nut butter drizzle and cacao nibs!  |

Debunking common endometriosis myths



Karen Tang, MD
gynecologic
surgeon

Endometriosis is a condition where tissue that appears similar to the uterine lining (endometrial tissue) grows outside of the uterus and in other areas of the pelvis, such as the ovaries and pelvic walls,

causing uncomfortable side effects, like extreme pelvic pain, irregular menstrual bleeding and pain during intercourse.

Although an estimated 10% of women in childbearing age are diagnosed with endometriosis, there are still many misconceptions out there. Karen Tang, MD, a minimally invasive gynecologic surgeon with Axia Women's Health, specializes in unique gynecological conditions. She recently helped us debunk four common myths about endometriosis.

MYTH: Endometriosis is a rare condition.

FACT: Endometriosis is fairly common, but often undiagnosed.

Endometriosis symptoms are often dismissed as part of a typical period, with most women waiting an estimated seven years before a proper diagnosis. Up to 10% of women may have endometriosis, and it can also affect transgender men, even if on testosterone treatment.

MYTH: Endometriosis is just a really bad period.

FACT: Endometriosis is a pelvic disorder that can impact your health.

The most common symptoms of endometriosis include pain with periods,

pain with sex or bowel movements, and irregular bleeding. While many women are told that these are "normal" period symptoms, extreme pain or other persistent bothersome symptoms like these can indicate an underlying condition like endometriosis. They should be evaluated by a gynecologist.

MYTH: Endometriosis doesn't affect your chances of getting pregnant.

FACT: Endometriosis can cause infertility.

In fact, almost 50% of women experiencing infertility may have endometriosis. Endometriosis can generate an inflammatory response, causing problematic scar tissue.

MYTH: Endometriosis can't be fixed.

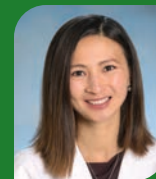
FACT: Surgery can help alleviate symptoms.

Endometriosis is a treatable condition, with diagnosis made by laparoscopic surgery. Laparoscopic surgery is a minimally invasive option that uses a small camera to determine if endometrial lesions are present and allows the surgeon to safely remove any visible endometriosis. There are also a variety of treatment options that can help endometriosis symptoms, including birth control, progesterone IUDs or anti-inflammatory medications.

If you or someone you know is struggling with pelvic pain, it's important to address your concerns. To schedule an appointment with Dr. Tang at the Women's Specialty Center at Main Line Health King of Prussia, call **484.679.5313**.



BETTER BREATHING STARTS WITH THE NOSE



Catherine Weng, MD
facial plastic and
reconstructive
surgeon

Green grass, fragrant flowers, blossoming trees. While lovely, these spring joys can also wreak havoc when the pollen they release gets into your nose, causing swelling and congestion.

"Treatment with allergy medications such as nasal steroid sprays or allergy pills can help, but sometimes when those don't work, there can be a structural problem in the nose," says Catherine Weng, MD, a facial plastic and reconstructive surgeon at the Women's Specialty Center, Main Line Health King of Prussia.

A deviated septum is a common condition in which the thin wall between the nostrils is displaced. While this doesn't always cause issues, it can make breathing difficult, particularly during springtime.

This can be fixed through a surgery known as a septorhinoplasty, which addresses both the function of the nose and its look. The surgery usually takes two to four hours and most patients recover in two to three weeks. There can be mild, subtle swelling that lasts up to a year.

To schedule a consultation, visit mainlinehealth.org/entfacialplastics or call **484.324.7100**.

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What your leg pain might be telling you



Hank Hirsch, MD
vascular
surgeon

It's easy to dismiss troublesome leg pain as a part of the aging process or even arthritis. But pain that occurs in your leg muscles, not in the joints, like arthritis, shouldn't be ignored.

"This pain could be the sign of peripheral vascular disease (PVD)," says Hank Hirsch, MD, a vascular surgeon at Main Line Health. PVD is a common blood-vessel disease that happens when leg arteries become narrowed or clogged by a buildup of fatty deposits similar to heart disease. Blockages limit blood flow which can lead to leg pain, ulcers or gangrene. "Because PVD is associated with increased risk for heart attack and stroke, getting it diagnosed so it can be treated is very important," emphasizes Dr. Hirsch.

WHAT ARE THE SIGNS OF PVD?

PVD can be hard to spot. "People often write symptoms off," says Dr. Hirsch, "but you should absolutely call your doctor when certain signs show up." These include pain or cramping in the legs or hips while walking that goes away after rest; numbness or weakness in the leg or foot; aching in the foot while at rest; a leg or foot that feels colder than the rest of the body; or foot sores that won't heal.

HOW IS PVD DIAGNOSED AND TREATED?

A quick test called the ankle-brachial index can detect PVD. Your doctor can advise if you should have one based on your symptoms and risk factors, including being age 50 or older and/or having diabetes, high blood pressure, high cholesterol or smoking.

PVD can often be managed with lifestyle changes or drug therapy. There are also catheter-based or minimally invasive surgical options to help open or bypass blocked arteries if needed.

Think you may have symptoms of PVD? Our vascular specialists can help. To schedule a consultation, call **484.324.7100**.



CALENDAR OF VIRTUAL EVENTS

At Main Line Health King of Prussia, you'll find expert physicians and a variety of medical specialties. Sign up for virtual cooking demonstrations, nutrition classes and lectures on prevalent topics! For example:

VIRTUAL COOKING DEMONSTRATIONS

- **The DASH Diet**—Find out how the DASH (Dietary Approaches to Stop Hypertension) diet can improve health and lower blood pressure
- **Beyond Bananas**—Discover homemade baby food recipes that are fast, nutritious and delicious
- **Plant-Based Nutrition**—Learn health benefits and how to get all of your nutritional needs with this lifestyle

VIRTUAL LECTURES

- **Healthy Eating on a Budget**—Hear tips and tricks on how to eat healthy and get the most bang for your buck
- **Small Steps to Better Health**—Learn how to improve your health one step at a time
- **The Scope on Skin Cancer**—Discover risk factors and causes of skin cancer and how to perform self-examinations

Browse our calendar by visiting mainlinehealth.org/kopevents, where you'll find all the details.