

WOMEN'S healthsource

GENETIC TESTING

LEADS TO EARLY
CANCER DIAGNOSIS AND
LIFESAVING TREATMENT



FALL 2025 PREGNANCY AND YOUR HEART
NAVIGATING MENOPAUSE | MORE ACCESS TO ADVANCED IMAGING
POSTPARTUM PELVIC FLOOR REHAB



Main Line Health®

Meet Ed Jimenez: Leading with purpose, passion and perspective

At the helm of Main Line Health, Ed Jimenez, MBA, brings a wealth of experience and a clear vision for community-focused, compassionate care.

As President and CEO, he is guiding the health system through an ever-evolving healthcare landscape while staying true to its mission of serving patients and families in our community. In this Q&A, Jimenez shares his perspective on the future of Main Line Health, the challenges and opportunities facing health systems today, and what keeps him inspired in his leadership journey.

1 What inspired you to pursue a career in healthcare?

My story is fairly simple. My mother was a bedside nurse for 40 years at the same hospital, though it changed names and addresses over time. As a young boy, I grew up listening to her stories about life inside a community hospital. Her conversations with fellow nurses, orderlies, pharmacists, transporters and others gave me a unique window into that world. It made a lasting impression on me. In fact, my very first job was as a transporter. That experience sparked an interest in management and from there, the rest is history.

2 What's one lesson or philosophy that has guided you throughout your career?

Care about those around you at work. Take the time to truly recognize and appreciate everyone, every day.

3 What drew you to Main Line Health, and what excites you most about this next chapter?

Main Line Health has a reputation as an exceptional healthcare organization. The quality awards aren't just accolades, they're a reflection of a deep, sustained commitment to excellence. What stood out even more was hearing about the emotional and personal investment of the people who work here. During the interview process, I consistently sensed a culture rooted in purpose and pride. As someone who is deeply committed to patient safety, clinical quality, and building

Jimenez is a veteran healthcare executive with nearly 30 years of progressive leadership experience.



a workplace where every colleague feels engaged and valued, I felt a strong alignment with Main Line Health. That's what excites me most about this next chapter — joining an organization where people and purpose come first.

4 Main Line Health embodies the very best of the community medicine tradition. How will you continue to solidify the century-long partnership between community members and the local healthcare system that cares for them?

The strong connection between area residents and their local health system was clear to me soon after I arrived in this terrific region. I'm deeply invested in nurturing those relationships by ensuring Main Line Health is present in more places — bringing high-quality, efficient and convenient care to people where they are. The community is incredibly

impressive in their desire to help us grow and innovate through their generous giving, enabling us to make a lasting impact on the health of those we serve.

5 When you're not working, how do you like to spend your time?

I really enjoy spending time with my family. My wife and I have been married for 29 years and we have three kids, one of whom is now living and working in Manhattan. We also have a dog named Lola who keeps things lively at home. Whenever we can, we make it a priority to spend time together as a family. We love eating out, and when I get the chance, I enjoy getting out on the golf course.

6 What's something we might be surprised to learn about you?

I've had the chance to throw out the first pitch at a Florida Gators baseball game a few times, and I'm proud to say I never bounced it on the way to the plate!

Taking care of your heart before, during and after pregnancy

Q&A WITH KATIE HAWTHORNE, MD, AND ADENA BREWINGTON-BROWN, CRNP



Katie Hawthorne, MD
Cardiologist



Adena Brewington-Brown, CRNP
Registered Nurse Practitioner

Heart health might not be the first thing that comes to mind during pregnancy, but it plays a vital role in keeping both parent and baby safe — especially for those with preexisting heart conditions or pregnancy-related complications like high blood pressure or preeclampsia. At Main Line Health, the Cardio-Obstetrics (Cardio-OB) team provides expert, compassionate care throughout pregnancy, delivery and the months that follow.

We spoke with Dr. Katie Hawthorne, a cardiologist specializing in women's heart health, and Adena Brewington-Brown, CRNP, a certified registered nurse practitioner, about how the Cardio-OB program works and what patients should know about the Remote Blood Pressure Monitoring Program offered after delivery.

Q: What is the Cardio-OB program at Main Line Health?

A: Dr. Hawthorne: Pregnancy puts extra stress on the heart — even for those with no prior heart history. Our Cardio-OB program is designed to care for people who have existing heart conditions or develop heart-related issues during pregnancy or after delivery. We support patients before conception, during pregnancy and into the “fourth trimester” — the 12 weeks after birth, which is a critical window for monitoring heart health. Our goal is to help patients stay safe during pregnancy and build lifelong heart health.

Q: Why is blood pressure such a big focus during and after pregnancy?

A: Brewington-Brown: High blood pressure can sneak up without symptoms, and it can lead to serious complications like stroke, heart attack or seizures — especially in the weeks after delivery. Even women without a known heart condition can experience issues like preeclampsia, gestational hypertension or high blood pressure after birth. That's why consistent blood pressure monitoring is so important.

Q: How does the Remote Blood Pressure Monitoring Program work?

A: Brewington-Brown: If your care team recommends it, we'll give Lankenau Medical Center and Bryn Mawr Hospital patients (where the program is currently offered) a free blood pressure cuff and help you set up the MyChart app (Main Line Health's patient portal). You'll take your blood pressure twice a day — at 10 a.m. and 2 p.m. Our team monitors the readings, looking for potential symptoms like headache, blurred vision, swelling or chest pain. They will follow up if anything looks concerning.

Q: If my blood pressure is high after having a baby, does that mean I'll have heart problems forever?

A: Dr. Hawthorne: Not necessarily. For many people, high blood pressure that shows up during pregnancy goes away. But experiencing complications like preeclampsia or gestational hypertension does increase your risk for heart disease later. We want to help patients manage their health in the short term and set them up for long-term wellness with lifestyle guidance, prevention tools and ongoing support.

Q: What can I do to keep my blood pressure in a healthy range?

A: Brewington-Brown: Focus on the basics: Eat more whole foods and fewer processed ones, move your body daily, manage stress and aim for seven to eight hours of sleep a night. If you do need medication, it's often temporary. What's most important is staying connected to care and knowing you're not alone — our team is here for you every step of the way.



CARDIO-OBSTETRICS CARE FOR PARENTS

If you're pregnant, planning to become pregnant, or recently delivered and have questions about your heart health, learn how the team at Main Line Health can support you before, during and after pregnancy. Visit mainlinehealth.org/cardio-obstetrics.



Navigating menopause: Understanding the impact on emotional well-being



Valerie Huff, LCSW
Clinical Social
Worker

Menopause is more than the end of menstrual cycles.

It brings a range of changes — physiological, cognitive and emotional — that affect how women feel day to day. While physical symptoms

like hot flashes or disrupted sleep are commonly recognized, emotional effects often remain less discussed and poorly understood.

During perimenopause and menopause, levels of estrogen and progesterone fluctuate significantly. These hormones influence brain function, including mood and memory regulation. As a result, many women experience mood swings, irritability, anxiety, low motivation or difficulty concentrating. For some, these changes feel unfamiliar and unsettling.

EMOTIONAL AND PHYSICAL HEALTH ARE INTERCONNECTED

What happens emotionally during menopause does not stay confined to mood. Sleep quality, appetite, pain sensitivity and energy levels are all influenced by mental and emotional factors. When emotional reactivity increases, physical symptoms often follow — or worsen. Chronic stress can amplify physical side effects and contribute to long-term health issues if unaddressed.

Stabilizing emotional health can lead to measurable improvements in physical well-being. Supporting the mind supports the body.

EFFECTIVE STRATEGIES FOR SYMPTOM MANAGEMENT

Women experiencing changes caused by menopause deserve care that takes emotional health seriously. Several evidence-based approaches help manage symptoms and build resilience during this transition:

- **Structured routines** regulate sleep and energy, supporting emotional steadiness.
- **Self-care strategies**, like journaling or enjoyable hobbies, help shift unhelpful thought patterns.
- **Mindfulness techniques**, such as breath work and body awareness, support nervous system regulation and reduce stress.
- **Educational or support groups** provide information and shared experiences, reducing fear and confusion.

In some cases, short-term use of medication — hormonal or not — may be appropriate. A conversation with a healthcare provider can determine what's right for each individual.

WHOLE-PERSON CARE MATTERS

Menopause often arrives during a life stage marked by competing responsibilities — caregiving, career demands or shifting family roles. These pressures can intensify emotional symptoms and make self-care harder to prioritize.

At the Women's Emotional Wellness Center (WEWC), part of Main Line Health, we emphasize whole-person care. We support women in addressing the psychological and emotional aspects of menopause — not just as a mental health issue, but as a central component of overall health.

As Valerie Huff, LCSW, licensed clinical social worker at the WEWC explains, "Taking good care of our emotional health during this transition is essential for whole-person care."

MOVING FORWARD WITH CLARITY AND CONFIDENCE

Menopause is a natural stage of life, but that doesn't mean it's easy. Emotional symptoms are common — and manageable — with the right strategies and support. By understanding the connection between mood and physical health, women can move through this transition with strength, clarity and care that truly fits their needs.



LOOKING FOR CONNECTION?

The Women's Emotional Wellness Center offers Beyond Menopause, a virtual support group helping women navigate emotional and physical changes in a supportive, confidential setting. The group is open to all individuals in all stages of the menopause transition and beyond. To inquire about participation, call **1.888.227.3898** or visit mainlinehealth.org/wewc.



More access. More answers.

Advanced Imaging Expands Across Main Line Health

Getting the advanced imaging you need is now more convenient than ever. Main Line Health is expanding access to diagnostic services across our region — bringing high-quality care closer to where you live, work and play.

NOW OPEN: MRI services are now available at **Main Line Health Concordville**, giving patients in the southern Chester County and Delaware County areas faster, easier access to this diagnostic tool. Whether you're monitoring an injury or investigating a chronic condition, our expert imaging team is ready to support your care journey with precision and compassion.

COMING SOON: FALL 2025

We're growing to serve you better:

- **Main Line Health Collegeville** will be adding **MRI services**, providing greater access to advanced imaging in western Montgomery County.
- **Main Line Health King of Prussia** will soon offer **CT imaging**, making it easier to get quick, accurate results in a location that's modern, convenient and close to home.

LOOKING AHEAD: WINTER 2025!

We're thrilled to announce that our brand-new **health center in Devon** will open its doors with imaging services available on-site — continuing our commitment to exceptional care in every community we serve.

Whether it's for routine screenings or more complex diagnostics, our imaging centers are designed with comfort, convenience and accuracy in mind. You'll find experienced radiology teams, state-of-the-art technology and seamless coordination with your providers across Main Line Health.

Now more than ever, where you go for imaging matters — and, now, you have more options.

To learn more about the imaging services offered at Main Line Health and how to schedule an appointment, visit mainlinehealth.org/imaging.

With you through your cancer journey

SUPPORT GROUPS

Information, support, connections

BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 5:30 p.m. Contact: [484.227.3141](tel:484.227.3141) or mantegnad@mlhs.org

METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 4:30 p.m. Contact: [484.565.1253](tel:484.565.1253) or powersv@mlhs.org

CANCER SURVIVORS SUPPORT GROUP

Third Thursday of every month, 4:30 p.m. Contact: [484.476.6239](tel:484.476.6239) or brogans@mlhs.org

CAREGIVER SUPPORT GROUP

Third Thursday of each month, 12 p.m. Contact: [484.565.1253](tel:484.565.1253) or powersv@mlhs.org

COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1 p.m. Contact: [484.476.8503](tel:484.476.8503) or bidasg@mlhs.org

COPING WITH CANCER A TO Z

Second Monday of each month, 4:30 p.m. Contact: [484.227.3794](tel:484.227.3794) or stolberg@mlhs.org

LUNG CANCER SUPPORT GROUP

Fourth Thursday of each month, 1 p.m. Contact: [484.476.6239](tel:484.476.6239) or brogans@mlhs.org





‘Genetic testing saved my life; breast cancer made it better’



Rachael Brandt, PhD, MS, LCGC
Genetics and Risk Assessment

When Jessica Getson decided to undergo genetic testing for cancer, her friends and family were mystified.

“They couldn’t understand why I would want to do this since cancer wasn’t a thing in my family,”

she says. “As it turns out, it saved my life.

“I thought genetic testing was only for people diagnosed with cancer. But as I read about it, I thought, ‘Why not?’”

Jessica and a genetic counselor in the Genetics and Risk Assessment Program at Main Line Health delved into her family history. Her Ashkenazi Jewish heritage put her at higher risk for certain genetic mutations. She was shocked when testing revealed that she has a CHEK2 breast cancer gene mutation as well as an APC gene mutation, which increases risk for colorectal cancer.

“Many people know about the link between Ashkenazi Jewish heritage and genetic changes in the BRCA1 and BRCA2 genes, but there are changes in other genes, like APC and CHEK2, that are commonly seen, as well,” says Rachael Brandt, PhD, MS, licensed certified genetic counselor and Manager of the Genetics and Risk Assessment Program at Main Line Health.

HIGH-RISK MONITORING

Once Jessica’s CHEK2 genetic mutation was identified, she began increased breast cancer monitoring. This included annual

visits with Jennifer Sabol, MD, a general surgeon specializing in diagnosis and treatment of breast cancer at Main Line Health, and an annual breast MRI in addition to her annual mammogram. This imaging schedule would help catch any developing cancer at its earliest, most treatable stage.

“It was important to me to develop a plan right away,” Jessica says. She met with Josh Fosnot, MD, a plastic and reconstructive surgeon who performs surgery at Bryn Mawr Hospital, as well as Dr. Sabol. They talked about prophylactic options and ultimately decided to continue with increased surveillance based on national guidelines.

After several years of high-risk monitoring, an MRI in February 2024 showed a suspicious finding. Jessica had breast cancer.

EARLY BREAST CANCER DIAGNOSIS

Jessica credits genetic testing with saving her life. “Had I not had the high-risk monitoring, the tumor would have grown for another six months until my mammogram. I would have had a very different prognosis, and I don’t know that I would even be here today.”

Armed with her plan from years before, Jessica elected to have a double mastectomy and DIEP flap reconstruction, which uses tissue, blood vessels, fat and

the skin from the lower abdomen to re-create breast mounds.

“I was never worried. I knew I was in the best hands with my surgical team,” Jessica says.

BRANCHING OUT

Once Jessica was diagnosed with breast cancer, other family members elected to undergo genetic testing. Her father has the CHEK2 mutation and has been successfully treated for thyroid and prostate cancer.

“While genetic testing can be as simple as providing a blood or cheek swab sample,” cautions Dr. Brandt, “genetic counseling is key, so people can review the pros, cons and limitations of this decision to feel sure it’s right for them.”

BREAST CANCER HAS BEEN A GIFT TO ME

At age 53, Jessica says breast cancer has improved her life in ways she never would have expected. “I have prioritized my health,” she says. “I changed my eating habits and lost a lot of weight. I do Pilates classes nearly every day.”

She has even brought her cancer experience into her work as a counselor. “By providing support, guidance and strategies, individuals are better prepared to navigate the emotional, mental and practical aspects of their cancer journey.”

CONCERNED ABOUT YOUR FAMILY TREE?

To learn more about the Genetics and Risk Assessment Program, visit mainlinehealth.org/genetics or call 484.565.GENE (4363).



Know the signs: Early detection of GI cancers can save lives

Q&A WITH JOSEPH TRIGGS, MD, PhD



Joseph Triggs, MD
Gastroenterologist

Gastrointestinal (GI) cancers are among the most common — and often the most preventable — cancers when caught early. They can affect any part of the digestive system, and the symptoms are

sometimes easy to overlook.

“Gastroenterology covers everything from the top to the bottom of the digestive tract,” explains Joseph Triggs, MD, PhD, Medical Director of Gastroenterology at Main Line Health. “And when it comes to GI cancers, it’s important to notice changes in swallowing, digestion or bowel habits early.”

So, what should you be looking for? Here’s a breakdown by cancer type — and what steps you can take to protect your health.

Q: What are the signs of esophageal cancer?

A: Pain when swallowing or the feeling that food gets stuck in your chest are common early signs. You might also notice food coming back up or unexpected weight loss. Chronic acid reflux could be

a warning sign for a condition called Barrett’s esophagus, which may lead to cancer if left untreated.

Q: What symptoms should I watch for with liver, pancreatic, or stomach cancer?

A: These cancers can be harder to detect early, but warning signs include:

- **Liver and pancreas:** Yellowing of the skin or eyes (jaundice), abdominal pain, and unexplained weight loss. If you have a BRCA gene mutation, your risk for pancreatic cancer may be higher.
- **Stomach (gastric) cancer:** Feeling full after eating small amounts, nausea, vomiting, bleeding, iron-deficiency anemia or abdominal discomfort.

Q: What does colorectal cancer look like?

A: Colorectal cancer can show up in several ways, including:

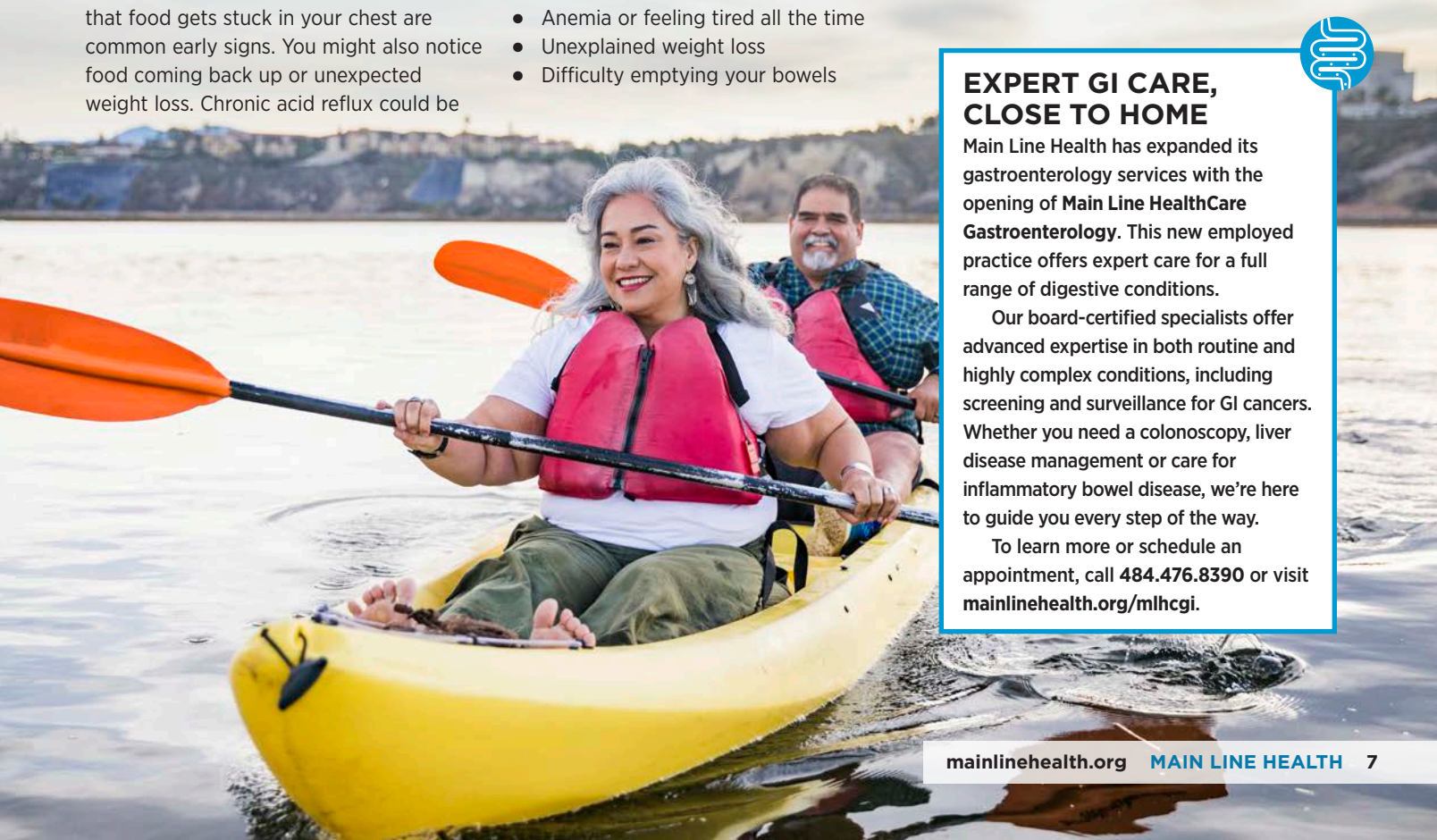
- Bright red blood in the stool (sometimes mistaken for hemorrhoids)
- Rectal bleeding
- Changes in bowel habits (going more or less often)
- Abdominal pain
- Anemia or feeling tired all the time
- Unexplained weight loss
- Difficulty emptying your bowels

Q: How important is screening, and is colonoscopy still the best option?

A: Colonoscopy remains the **gold standard** for colorectal cancer screening. Unlike other tests, it allows doctors to find and remove precancerous polyps during the same procedure — stopping cancer before it starts. While other screening options exist, any test is better than no test at all.

Q: When should I start getting screened for colorectal cancer?

A: Overall mortality in colorectal cancer is decreasing, but we are seeing it in younger people. The U.S. Preventive Services Task Force now recommends colonoscopy every 10 years for those age 45 and older at average risk. If you’re at higher risk — such as having a first-degree relative diagnosed with colorectal cancer or advanced polyps before age 60, or two or more relatives affected at any age — you should start at **age 40, or 10 years earlier** than when your relative was diagnosed. High-risk individuals should repeat screening every **five years**.



EXPERT GI CARE, CLOSE TO HOME

Main Line Health has expanded its gastroenterology services with the opening of **Main Line HealthCare Gastroenterology**. This new employed practice offers expert care for a full range of digestive conditions.

Our board-certified specialists offer advanced expertise in both routine and highly complex conditions, including screening and surveillance for GI cancers. Whether you need a colonoscopy, liver disease management or care for inflammatory bowel disease, we’re here to guide you every step of the way.

To learn more or schedule an appointment, call **484.476.8390** or visit **mainlinehealth.org/mlhcg**.

Calendar of events



THE DEAVER EDUCATION CENTER AND THE WELLNESS FARM

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

MAIN LINE HEALTH KING OF PRUSSIA TEACHING KITCHEN

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

VIRTUAL STRETCH YOUR LIMITS

A virtual exercise program for adults age 55+. This program is free of charge and includes light aerobic warm-up, strength training with elastic tubing and dumbbells, balance training, stretching with modified yoga, and chair tai chi. For more information, go to mainlinehealth.org/events.

STOP THE BLEED®

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

HEALTHY STEPS FOR OLDER ADULTS

A free falls risk awareness program for PA adults age 60+. This evidence-based program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health and provide referrals and resources. For more information about upcoming programs, visit mainlinehealth.org/events.

FREE WIG PROGRAM

This program is for female cancer patients currently or about ready to undergo chemotherapy or radiation therapy. For information or to schedule a free wig fitting, call **484.337.5215**.

SAVE THE DATE: THE WOMEN'S HEART INITIATIVE HOLIDAY SIP AND SHOP

Celebrate the season with an evening of fun, food and holiday shopping with friends and family. Discover unique gifts, chic accessories and the latest fashion — perfect for checking off your list early. Treat yourself, catch up with friends and support local vendors. We can't wait to see you there! To register or for more information, visit mainlinehealth.org/sipandshop.

• **Thursday, November 13, 2025 | 5:30-8:30 p.m.**
The Ivy at Ellis Preserve | Newtown Square, PA 19073

COMMUNITY CPR CLASSES

We offer several courses to meet your needs. **Basic Life Support (BLS)** is designed for healthcare professionals and other personnel who need to know how to perform CPR in a variety of in-facility and prehospital settings. **Heartsaver** is designed for nonmedical professionals who need a course completion card for their job. **Family & Friends® CPR Course for Expecting Parents and Caregivers** focuses on the lifesaving skills of child CPR/AED/choking and infant CPR/choking. For more information or to register, visit mainlinehealth.org/events.

A MATTER OF BALANCE

This free evidence-based program for adults explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered virtually and in-person. Visit mainlinehealth.org/events for more information or to register.

VIRTUAL SAFER STEPS

This virtual one-hour free fall prevention program will be offered on the third Tuesday of every month. To register, visit mainlinehealth.org/safersteps.

VIRTUAL: MEDICATION SAFETY IN THE COMMUNITY

Free one-hour virtual or in-person presentation that will focus on proper safety measures when taking medications, the appropriate disposal of medications and resources available to inform safe medication use within our community. To schedule this program for your group, call **484.565.8328**. For a scheduled class, visit mainlinehealth.org/events.

AARP SAFE DRIVER™

Full Course (8 hours total) and Refresher Course (4 hours) are recognized as approved Mature Driver Improvement Courses by the PA Department of Transportation. Insured drivers age 50+ may be eligible for a reduction in car insurance premiums after completing the course. Check with your insurance company or agent for discount requirements. To see our list of upcoming courses and how to register, visit mainlinehealth.org/events.



ART ABILITY CELEBRATES 30 YEARS AT BRYN MAWR REHAB HOSPITAL!

Discover how Art Ability continues to make a difference in the lives of individuals with disabilities. Celebrate with us! Learn more at mainlinehealth.org/artability.

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

Postpartum pelvic floor rehab: A necessity for postpartum runners



**Monica
Wiegand, PT, DPT**
Physical Therapist

If you've recently welcomed a baby into the world and are a runner, it's essential to prioritize your pelvic health. Why? It may help you safely and effectively return to running after pregnancy.

Postpartum pelvic rehab plays a crucial role in helping runners recover and strengthen their pelvic floor muscles while also addressing other issues they may be experiencing after giving birth.

THE IMPORTANCE OF PELVIC FLOOR REHAB

Recognizing the significance of your pelvic floor muscles and the role they play in your postpartum recovery can transform your return to running into a smoother, more enjoyable experience. It's not just about getting back to the activities you love; it's about rebuilding the foundation of your body's core stability and strength.

"The pelvic floor muscles act as the body's natural support system for the bladder, uterus and bowel," says Monica Wiegand, PT, DPT, a physical therapist at Bryn Mawr Rehab, part of Main Line Health. "Pelvic rehab is essential because it directly addresses the rehabilitation and strengthening of muscles that have been impacted during pregnancy and childbirth."

BENEFITS OF PELVIC FLOOR REHAB FOR RUNNERS

By engaging in targeted pelvic floor rehab, runners can look forward to a significant improvement in muscle strength within the pelvic region. This foundational strength is key to not only boosting your running performance but also minimizing the risk of common runner-related injuries.

A well-supported pelvic floor acts as a solid base from which power and stability can be transferred throughout your entire body, leading to a more efficient and



injury-resistant running form. A focus on pelvic health through rehab will lead to overall improvement, and you'll see the benefits in other areas of your life — not just in your running performance.

THE IMPORTANCE OF REST AND RECOVERY

Having undergone the remarkable process of childbirth, your body deserves moments of pause and healing. This time of recuperation is crucial for the repair and strengthening of your pelvic floor muscles and your overall physical well-being.

So, while you might want to get back to your running routine quickly, it's important to rest and ensure that your body can recover after giving birth.

"This approach minimizes the risk of injury and promotes a more sustainable and enjoyable running experience," says Wiegand. "Remember, each step taken toward recovery, including those slower, restful ones, is a step forward in your journey. Pregnancy and childbirth is a whole-body experience, and we're here to help you feel more like yourself again."

Pelvic floor rehab has been added to our Malvern location and is now available at all eight outpatient rehab locations. It will also be offered at the new Main Line Health Devon health center, opening in winter 2025. Bryn Mawr Rehab will provide a range of rehab services at the Devon location, including physical therapy, pelvic floor rehab, and orthopaedic and sports rehab for the shoulder, spine, knee and hip.

WHAT TO EXPECT FROM PELVIC FLOOR REHAB

To learn more about pelvic floor rehab or to schedule an appointment, visit mainlinehealth.org/pelvicfloorrehab or call 484.596.5000.



Donor Milk Program gives new moms a healthy start at home: *Helping families bridge the gap to successful breastfeeding*



Joshua Rabinowitz, DO
Pediatrician



Jennifer Dixon, IBCLC
Lactation Consultant

For sick or premature babies in neonatal intensive care units (NICUs) around the country, human donor breast milk can be a lifesaver. This pasteurized milk, which is tested, stored and dispensed by area milk banks, is deemed vital for these tiny infants if their mothers are unable to provide it.

In 2021, Main Line Health expanded its donor milk program beyond the NICU to serve families in our regular nurseries, offering support for newborns experiencing nutritional or supply gaps within the first days of life, when medically indicated.

Main Line Health was one of the first health systems in Pennsylvania to offer donor milk to mothers in the hospital who have difficulty breastfeeding or need supplementation for their babies. In 2022, that support expanded beyond hospital walls with the launch of Donor to Door: Bridge Milk for Home.

SUPPORT YOU CAN TAKE HOME

Donor to Door: Bridge Milk for Home provides up to six bottles of donor breast milk for families to take home after delivery. This “bridge milk” helps babies thrive during the first few days after birth — especially if a mother’s milk hasn’t come in yet or she’s facing breastfeeding challenges.

“Some new moms are discharged before their milk supply has been established. Others may not make enough milk or are still working through breastfeeding issues,” explains Jennifer Dixon, RN, BSN, an International Board-Certified Lactation Consultant for Main Line Health. “This program allows families



“This was my first baby, and I wanted to breastfeed but wasn’t producing enough milk in that moment. The donor fund allowed us to take bridge milk home. It was such a *huge gift* that we could just focus on feeding our baby. Then, in a few days, my milk came in and we were breastfeeding!”

— Main Line Health Patient

to supplement without formula during this critical first week.”

The program is offered at all four Main Line Health hospitals. It’s free for families in need and fully funded by generous community donations.

BENEFITS OF BREASTFEEDING

Main Line Health supports all feeding choices. But when possible, breastfeeding offers big health benefits for both babies and mothers.

“Breast milk is a complex nutritional substance with antibodies, essential fats, proteins, carbohydrates, vitamins and minerals that the body uses to grow and

develop. It boosts immunity, decreases medical complications and reduces the risk of illness,” explains Joshua Rabinowitz, DO, pediatrician and chief of Well Baby Nurseries at Main Line Health. “It’s simply remarkable.”

The program is one of many ways Main Line Health supports breastfeeding moms. It also offers breastfeeding classes, support groups, lactation support in the hospital and an advice line for new parents at home.

“A few bottles may not seem like a lot, but the ability to supplement with breast milk can get moms through a tough time and boost their confidence in breastfeeding,” says Dr. Rabinowitz. “It can make an enormous difference.”

YOU CAN MAKE A LASTING DIFFERENCE FOR FAMILIES IN OUR COMMUNITY

To learn more or support the Donor to Door: Bridge Milk for Home Program, visit mainlinehealth.org/bridge.



More than pregnancy care: How Main Line Health OB/GYNs support your health at every stage



David Hadley, MD
OB/GYN

When people think of OB/GYNs, pregnancy and childbirth often come to mind. But these specialists do so much more. At Main Line Health, our OB/GYNs care for women through every phase of life — from a

teen's first period to managing monthly symptoms, supporting emotional and sexual wellness, and navigating the changes of menopause. Whatever your age or needs, your OB/GYN is a trusted partner in lifelong health.

UNDERSTANDING YOUR PERIOD — AND WHEN TO GET HELP

Many women deal with painful, heavy bleeding or other period troubles. These issues can stem from a number of causes — from uterine fibroids to hormone changes. Other medical conditions, such as polycystic ovary syndrome (PCOS) or thyroid disease, can impact your period, too.

OB/GYN doctors help identify and treat the root cause of period problems. And they'll refer to and work with other specialists when necessary. It's wise to get problems checked out and addressed, no matter what stage of life you're in.

"It's not uncommon for a young woman first starting her cycle to deal with painful bleeding. However, many adolescents are hesitant to see a gynecologist for the first time," says David Hadley, MD, OB/GYN for Main Line Health. "We work with many young people and help them feel comfortable. Some period concerns can even be treated without a full physical exam."

CARE THAT GOES BEYOND REPRODUCTIVE HEALTH

OB/GYNs also play an important role in preventing disease. This includes providing important cancer screenings beginning at age 21.

"Cervical cancer is highly preventable if women get screened regularly," explains Dr. Hadley. "Testing can find cancer in its

earliest stages, when it's most treatable. But it can also detect abnormal cells — or the virus that causes them — before they have the chance to turn into cancer."

OB/GYNs treat patients with sexual health concerns, too, such as pain during sex and lack of arousal. In addition, they offer contraception options, address how patients can practice safe sex and provide testing for sexually transmitted infections (STIs).

Your OB/GYN doctor will also talk to you about important aspects of your overall well-being that might surprise you — from anxiety and depression to nutrition, exercise, bone health, bladder control and more.

"Our goal is to help women stay healthy — body and mind. Although we are experts in reproductive health, our focus is on the whole woman," says Dr. Hadley.

MANAGING MENOPAUSE WITH CONFIDENCE

Perimenopause — the years leading up to menopause (when a woman stops having a period completely) — is full of changes. Women may experience a host of symptoms, from sleep disturbances and night sweats to increased cardiovascular risk. Your OB/GYN can guide you through these changes with care, helping you feel more informed and in control.

"There are a lot of things women can do to manage symptoms of perimenopause and menopause," explains Dr. Hadley. "We discuss strategies based on individual needs, such as hormone replacement, lifestyle changes and increased focus on heart and bone health. Our goal is for women to take control and feel their best."



YOUR LIFELONG PARTNER IN HEALTH

Main Line Health OB/GYNs are here for every chapter of your life — whether you're managing your first period, planning a family or navigating the changes of menopause. Find the care that fits your needs. Visit mainlinehealth.org/womenshealth to learn more about our OB/GYN services or find a provider near you at mainlinehealth.org/findadoctor.



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Prepare for your visit through Main Line Health MyChart



Seven days before your appointment

COMPLETE ECHECK-IN

eCheck-In allows you to complete pre-visit tasks online, such as verifying personal information, insurance, medications, allergies and health issues, saving time and effort at your appointment.

Starting seven days before your appointment, you can complete the following tasks in your Main Line Health MyChart account:

- Update your personal information
- Pay your appointment co-payment
- Answer questionnaires and e-sign documents
- Review and update medical and prescription information

Day of your appointment

COMPLETE SELF-ARRIVAL

When you arrive at Main Line Health for your appointment, you can either:

- Alert us through the MyChart app. Open the app, select your first visit at this location and click "I'm Here."

-OR-

- Receive a prompt on your phone. Enable location and notification settings in your MyChart app.



Visit mainlinehealth.org/mychart to sign in or create an account, and download the MyChart app on your smartphone.