

WOMEN'S healthsource

Special Heart-Health Issue!

Check out all the heart events
taking place this winter.
See page 6.



Carol Cutler is back
to health after surviving
a heart attack.

WINTER 2013 | [HOW TO GAIN RELIEF FROM PMS](#) |
[A POSITIVE OUTLOOK AFTER HEART ATTACK](#) | [AVOID WINTER FALLS](#)
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Main Line Health

Recovery at Mirmont Treatment Center

Women with chronic pain are often prescribed Oxycodone and Hydrocodone. These are known as narcotics or opiates. They're helpful when taken as directed—but when used over time, they can become highly addictive.

The National Survey on Drug Use and Health reports approximately 12 million people have used opiates for nonmedical reasons. This is very dangerous. Prescription drug overdose has even surpassed motor vehicle collisions as the leading cause of accidental death in the U.S.

At Main Line Health's Mirmont Treatment Center, Giampaolo Gallo, MD, provides treatment for the significant number of patients dependent on pain medication. "Treatment requires a multi-pronged approach," he says. "We use medical, psychological, and recovery-based interventions, as well as a holistic pain management program that includes acupuncture, Mindfulness Based Stress Reduction, Reiki, therapeutic touch, reflexology, and yoga."

Opiate addiction, as well as other drug dependencies, affect all aspects of a person's life, and can be further complicated by a psychiatric condition or emotionally traumatic events from the past. That's why Mirmont's inpatient and outpatient treatment programs use interventions that engage the whole person.

The First Step

If you or someone you know is suffering from alcohol or drug dependency, please let us help. For more information, visit mainlinehealth.org/mirmont or call 1.484.227.1400.



Do You Know the Dangers of Skimping on Sleep?

You're cranky. Fatigued. Unfocused.

It's natural to have a night of poor sleep from time to time, but when it happens, you're likely not to be at your best the next day.

The health effects of regularly being short on shut-eye are far more serious than drowsiness. Eliot Friedman, MD, is a board-certified physician in sleep medicine and pulmonology and director of Paoli Hospital's Sleep Medicine Services, which recently earned The Joint Commission Gold Seal of Approval™. He says, "Chronic sleep deprivation is cumulative; debt of sleep adds up and is never really paid back in full, which is why it is so bad for your health."

Chronic sleep deprivation has been linked to an increased risk for type 2 diabetes, obesity, heart disease and depression, not to mention risk for motor vehicle accidents and cognitive disabilities.

While You Were Dreaming

You might think your brain and body simply shut down each night. However, while you're unconscious, you're doing more than dreaming. Your body is producing hormones that help to balance your metabolism and nutrition, heal damaged blood vessels, and strengthen

brain connections that help you learn and form memories.

Most healthy adults need about seven to nine hours of sleep each night to accomplish these tasks. Get less, and the effects add up quicker than you think.

Break the Bad-Sleep Cycle

"The good news is that adequate sleep can make it easier to eat a healthy diet, drive without having an accident, improve your mood, and increase your productivity at work and school," says Dr. Friedman.

Starting tonight, try these tips to catch up on your z's:

- Keep the same sleep schedule during the week and on weekends. Your brain needs a predictable sleep and wake schedule.
- Take naps if you need them, as they can offer a quick boost, but not after 3 p.m. or you'll disrupt that night's rest.
- Use the hour before bedtime to unwind. Don't exercise later than two to three hours before bedtime, and avoid bright lights, including TV, smartphone, and tablet screens. They signal to the brain that it's time to be awake.
- Keep your bedroom quiet, dark, and on the cool side. ●



Good Night, Sleep Tight

One out of three adults in the United States will have a sleeping problem this year. Main Line Health's sleep centers are here to provide you with diagnosis and treatment for a variety of sleep disorders. Our sleep specialists have broad experience in sleep medicine and are certified by the American Board of Sleep Medicine. For more information, visit mainlinehealth.org/sleep or call 1.888.876.8764 for a physician referral.

How to Gain Relief from PMS

Many women report moodiness, bloating, and other symptoms around their menstrual cycles. But often, self-care strategies can bring relief.

What Exactly Is PMS?

“In general, PMS may be suspected if a woman consistently experiences at least one PMS-like symptom in the week or so before her period,” explains Jie Xu, MD, OB/Gyn at Riddle Hospital.

These symptoms might include:

- Moodiness
- Headaches
- Pain in the back, breasts, or muscles
- Cramps
- Swollen breasts, hands, or feet
- Food cravings.

Experts consider PMS to be an abnormal response to normal hormonal changes. It seems to run in families. Explains Dr. Xu, “Although a mother and daughter can both experience PMS, they do not necessarily have to experience it the same way.”

Self-Help Tips

Dr. Xu suggests, “Start a diary of your symptoms relative to where you are in your menstrual cycle, then make an appointment with your physician.”

Prescription medications may be necessary. But, in many cases, premenstrual symptoms can be relieved with lifestyle changes, such as the following:

- Exercise to help combat mood changes, fluid retention, and fatigue.
- Avoid caffeine around your period if you experience irritability or sleeplessness.
- Reduce salt intake to reduce water retention.
- Practice healthy sleep habits. For instance, avoid alcohol before bedtime and try to stick to a regular sleep schedule.
- Take aspirin or another over-the-counter pain reliever for menstrual headaches, cramps, and other aches and pains.



Bad Migraines? Your Hormones May Be to Blame

A migraine usually causes a throbbing pain on one or both sides of the head. The pain may worsen with movement. Sometimes, it's accompanied by nausea, vomiting, or sensitivity to light or sound.

Doctors are still determining what causes migraines, but for women, migraines may be associated with hormonal shifts.

“Falling estrogen levels around the time of the menstrual period may trigger a ‘menstrual migraine,’” explains Adam Weinstein, MD, neurologist at Riddle Hospital. “Pregnancy, breastfeeding, menopause, and the use of oral contraceptives and hormone replacement therapy may also affect migraines.”

There's no cure for migraines. But you can avoid situations that seem to set off your attacks.

Women should contact their doctor if migraines become frequent or severe enough to interfere with daily life, if unusual symptoms occur with migraine, or if frequent pain medications are needed.

“It is a good idea to keep a migraine calendar, and note the days when your menstrual period begins,” suggests Dr. Weinstein. “Your doctor can help determine if further testing is needed, and decide on a plan of care for treatment.”

Manage Your Migraines

Do you think it's time to seek treatment for your migraines? For an appointment with a Main Line Health neurologist, call 1.888.876.8764.

- Try eating small, frequent meals to offset food cravings.
- Practice relaxation techniques. Progressive muscle relaxation was shown to help in one study. This technique involves tensing and relaxing the main muscles in the body.

“All of this can be discussed at your doctor's appointment to find the best approach for you,” says Dr. Xu. ●



Care You Can Count On

From Exton to Wynnewood.
From Collegeville to

Concordville. Main Line Health has an OB/Gyn in your neighborhood. For an appointment with an OB/Gyn call 1.888.876.8764.

Not Just Surviving,

A POSITIVE OUTLOOK

Health, Carol helps raise women's awareness of heart disease risk.

Timely Care Is Key

When sharing her experience, Carol often says she was in the right place at the right time. And time is of the utmost importance when it comes to heart attacks.

"Interventional procedures, which can only be performed within the first 10 to 12 hours following a heart attack, prevent heart muscle from dying," explains Jonathon Felsher, MD, interventional cardiologist at Riddle Hospital. "The sooner a woman seeks help, the more likely she will live a strong, healthy life."

Dr. Felsher adds that many women delay medical help because they don't recognize less obvious symptoms of a heart attack. These may include nausea, shortness of breath, and back or jaw pain.

Time is also an important factor after a patient arrives at the hospital. Guidelines by the American College of Cardiology state that a patient's blocked vessel should be opened within 90 minutes of arrival at the emergency



Three years after her heart attack, Carol, who lives in Villanova, is back to her active lifestyle.

For Carol Cutler, life is a verb. An active woman who spends weekends playing golf and paddle tennis, the fit 47-year-old never imagined she'd face a potentially fatal heart problem.

One morning, after a strenuous weight-lifting session, Carol began feeling numbness in her foot. Other symptoms followed, such as migraine headaches and numbness in her arms. When she began experiencing chest pain, Carol called 911. She was brought to Lankenau Medical Center.

"I can remember the doctor telling me, 'You're having a heart attack right now,'" Carol recalls.

Emergency testing revealed a tear in Carol's left main coronary artery that extended into other arteries. Then, her heart stopped—twice.

'Many women can do more after a heart attack than before. With blood flowing correctly after a cardiac procedure, women may actually feel more energetic.' —Dr. Francis Sutter

Francis Sutter, DO, chief of cardiac surgery at Lankenau, conducted emergency quadruple bypass surgery on Carol, repairing several tears in the inner lining of the arteries of her heart.

"Carol's surgery was one of most complicated coronary bypass surgeries I've done, and I perform heart surgery every day," recalls Dr. Sutter.

Today, three years later, Carol has fully recovered and is using her experience to help others. An integral part of the Women's Heart Initiative at Main Line

room. This is referred to as "door-to-balloon" time. Dr. Felsher notes that Main Line Health consistently meets this goal and often treats patients in less than 90 minutes.

Taking Back Control of Your Life

After a heart attack, it's important to remember that life isn't over, says Tarun Mathur, MD, cardiologist at Bryn Mawr Hospital.

"In fact, many women can do more after a heart attack than before," he adds.

But Thriving

AFTER HEART ATTACK

“Often, women may experience very subtle symptoms of their heart condition for years without knowing it, such as mild fatigue or breathlessness. With blood flowing correctly after cardiac surgery or an interventional procedure, women may feel more energetic.”

Plus, cardiac rehab, which is offered through Main Line Health facilities, can help build endurance. It also helps rebuild confidence in physical capabilities.

Caring for the Whole Woman

Following a healthy lifestyle after a heart attack is essential. This includes exercising, eating a balanced diet, and not smoking. Paying attention to emotional well-being is also crucial.

“Some people feel depressed or hostile after a heart attack. Although these feelings are normal, it’s important to cultivate a positive outlook on life,” says

Don Ferrari, DO, a cardiologist at Paoli Hospital. “Emotional stress can strain the heart and interfere with quality of life.”

With a focus on physical and emotional health, women can achieve positive, productive lives after a heart event.

“Slowly, you get back out there,” says Carol. “Your friends and family encourage you to do more and more, and pretty soon, you’re living your life again.” ●

How’s Your Heart Health?

Main Line Health is nationally recognized for providing innovative, patient-centered cardiac care. Want to learn more about your heart health? Go to mainlinehealth.org/heart and click on the FREE Heart Risk Assessment tool—or browse through the complete list of cutting-edge services available to you!



Dr. Francis Sutter is leading the nation with the most robotic heart surgeries and the best coronary bypass outcomes in Pennsylvania based on data from the Pennsylvania Health Care Cost Containment Council. He performs coronary artery bypass graft (CABG) surgery with a minimally invasive technique using the da Vinci® Surgical System, which is pictured behind him. “Most patients don’t even know this minimally invasive technique is an option, and yet at Lankenau, it is our first choice for many,” he says.

Opening 2013 at Lankenau Medical Center: A Brand New State-of-the-Art Facility Dedicated to Heart Care

At Lankenau Medical Center, we are committed to staying at the forefront of cardiovascular medicine by providing a patient experience that is as forward-thinking as our innovative heart care facility. Every component of care has been guided by a model designed to ensure the best possible patient experience. Every detail has been considered from the patient’s perspective, including the needs of the patient’s family. This new building will include:

- All private rooms with tranquil interior design to enhance patient and family comfort, help minimize infection rates, and promote faster healing

- State-of-the-art computer technology in every room allowing clinicians immediate access to patient records to maximize efficiency and minimize risk
- A team of cardiovascular specialists who collaborate to find the optimal path to patient recovery
- Robotic and minimally invasive heart surgery for less pain and faster recovery.

With the excellence of our medical team, superior outcomes achieved year after year, the quality of our patient care, and a new building that centrally houses this expertise, Lankenau is the destination of choice for heart care in the region.



Artist’s rendering of the state-of-the-art facility built for heart care.

HOSPITAL updates

Paoli Hospital New Neonatal Intensive Care Unit Opens at Paoli

The Level II Neonatal Intensive Care Unit (NICU) at Paoli reopened its doors in October. Recently upgraded, the unit enables our experienced NICU staff to better serve new moms and the more than 150 babies who are born prematurely or are critically ill each year. The new unit includes seven beds and one isolation room, new heart monitors, a central monitor allowing all babies' vitals to be viewed from one nursing station, and a comfortable family waiting room. The unit also has added security and safety features, such as a nutrition preparation room where all items are bar coded. Paoli's family centered maternity unit continues to expand and is expected to debut in the fall of 2013. For more information, visit mainlinehealth.org/paoli.

Bryn Mawr Hospital Bryn Mawr Welcomes Two New Executives to Our Team

We're thrilled to have Marianne Harkin and Veltette Jones join our senior leadership team.

Marianne Harkin is the new vice president of patient services at BMH. She began her nursing career more than 30 years ago. Her nursing experience includes med-surg, critical care, vascular, and interventional nursing. She'll oversee all of nursing and many of our clinical service areas.

Veltette Jones is the vice president of administration at BMH. She will be responsible for support and clinical services. Her career began as a respiratory therapist in Nashville. She's served as manager of respiratory care, senior director of professional and support services, and chief operating officer.



WOMEN'S HEALTH SOURCE calendar of events



Registration is required for most programs. To register, call toll-free 1.888.876.8764, or visit mainlinehealth.org/events. Main Line Health events are FREE unless otherwise noted! ♥ We're celebrating American Heart Month! Some classes are listed below with hearts. For a complete list, visit mainlinehealth.org/GoRed.

Senior Supper Club at Paoli

Paoli Hospital presents fun, social evenings for adults ages 60 and older. The events begin at 5 p.m. and include a nutritious meal and healthy program presented by Paoli Hospital staff.

● **Nutrition and Weight Management for Seniors**, Tuesday, January 8. Presented by Judy Matusky, RD. Mac and cheese entrée provided.

♥ **Cardiac Health**, Tuesday, February 20. Presented by Dr. Donald Ferrari, cardiologist.

● **Hearing and Balance Disorders**, Wednesday, March 13. Presented by Dr. Lana Patitucci, ENT. Fee is \$7 per person. Register by calling 1.888.876.8764.

Senior Supper Club at Riddle

This monthly event features a meal and an informative presentation about healthy living for older adults. Held on the fourth Wednesday of every month at 4:30 p.m. in Java City adjacent to the Main Lobby in Riddle Hospital.

● **Mental Wellness**, January 23

♥ **Heart Health**, February 27

● **Colorectal Talk**, March 27

Cost is \$7.

To register, call 1.888.876.8764.

Diabetes Education

Janet Wendle, diabetes nurse manager at Paoli Hospital, will present three lectures related to diabetes management. Learn how diabetes is treated and diagnosed, as well as some tools you can use to control the condition:

● **Diabetes 101 at Paoli Library**, Thursday, February 7, 6:30 p.m. Register by calling the library at 610.296.7996.

● **Diabetes: The Ultimate Self-management Condition**.

Offered on two dates and two locations:

– Wegmans, Malvern, Tuesday, February 19, 6:30 p.m. Includes a healthy cooking demo.

– Paoli Hospital, Wednesday, February 27, 9:30 a.m. Register by calling 1.888.876.8764.

♥ All about Heart Health

Join Cardiologist Dr. Donald Ferrari and learn about heart disease from prevention and risk factors to diagnosis and treatment options, fitness, diet and more. Healthy cooking demonstration starts at 6:30 p.m. followed by the seminar at 7 p.m.

● Wednesday, February 13,

Wegmans, Downingtown. Register by calling 1.888.876.8764.

♥ Lankenau Medical Center AngioScreening® Program

A simple, noninvasive vascular screening designed to provide you with information about your risk for heart attack, stroke, aortic aneurysm, and peripheral artery disease. The test is offered weekly at the Main Line Health Center in Broomall this winter.

● January 8, 22, and 31

● February 7, 12, 19, and 28

● March 5, 14, and 19

Fee is \$50.

For times and registration, call 1.888.876.8764.

Wellness Wednesdays at Whole Foods Market

Join physicians and other specialists from Lankenau Medical Center for a healthy lifestyle, fitness, and nutrition series at Whole Foods Market in Wynnewood. Informative, fun, and free blood pressure screenings are offered in conjunction with each session.

♥ **Early Heart Attack Care**,

Wednesday, January 16, 6 to 8 p.m.

● **Healthy Eating in Your 20s and 30s**, Wednesday, February 20, 7 to 8 p.m.

● **Healthy Eating in Your 40s and 50s**, Wednesday, March 20, 7 to 8 p.m.

When Hearts Break

Imagine flexing a muscle every second for the rest of your life. Impossible? Not for your heart. The average adult heart beats at least 60 times a minute, or about 3 billion times in a lifetime. But even a well-built machine can break down.

“The heart can’t work if its parts are broken,” says Robert Bulgarelli, DO, cardiologist at Riddle Hospital. “Problems in the heart’s blood supply, valves, or electrical system can prevent the heart from pumping effectively, leading to symptoms or serious health conditions.” Although hearts do break down, many mechanical problems are treatable. Here’s what you should know.

Coronary Artery Disease

The coronary arteries keep heart muscle supplied with blood, but they are prone to plaque buildup that can restrict blood flow. If a plaque bursts and a blood clot forms, blood flow can be blocked entirely. This is a heart attack.

“Every minute counts during a heart attack,” says Dr. Bulgarelli. Promptly restoring blood flow to oxygen-starved heart muscle is key. Otherwise, the muscle dies.

Common treatments for coronary artery disease include:

- Bypass surgery—use of an artery or vein (graft) from elsewhere in the body to create a detour around a blocked heart vessel
- Angioplasty—a catheter-based treatment that uses a tiny balloon to widen a narrowed heart vessel; a tiny mesh tube (stent) may be placed to keep the vessel open.

Heart Valve Disease

Four valves keep blood moving in one direction through the heart and out to the body, but they need to open and close properly to do it. The most common problems are narrowing (stenosis) or leakage (regurgitation) of the mitral or aortic valve.

“A faulty mitral valve is most often repaired, which is the better option,” says Scott Goldman, MD, cardiac surgeon at Lankenau Medical Center. “If not, it can be replaced.” Dr. Goldman performs most mitral valve procedures using a minimally invasive surgical approach.

Until recently, the only option for treating severe aortic stenosis involved open-heart surgery to replace the faulty valve. The Heart Valve Clinic at Lankenau Medical Center now offers TAVR—an alternative approach to aortic valve replacement that avoids the need for open-heart surgery.

Heart Rhythm Disorders

The heart’s electrical system powers the pump and regulates rhythm, but the system can get out of sync, causing the heart to beat too slowly, too fast, or irregularly. Persistent rhythm problems can cause major symptoms or even death.

“Fortunately, we have treatments that can help people with serious heart rhythm problems live with fewer symptoms and less threat of sudden cardiac arrest,” says Peter Kowey, MD, Lankenau cardiac electrophysiologist and chief, cardiovascular disease.

In addition to medications, three catheter-based procedures are used to treat rhythm disorders:

- Ablation (destruction) of the problem areas in the heart’s electrical pathway
- Placement of a pacemaker to regulate heart rate
- Placement of cardioverter-defibrillator to detect and correct abnormal rhythms.



Free Heart Risk Assessment

Want to assess your heart health status? Go to mainlinehealth.org/heart and click on the FREE Heart Risk Assessment tool. It will help you identify medical or lifestyle conditions that could lead to heart disease. Understanding the mechanics of your heart and seeking early treatment for problems is a good way to keep your heart running smoothly. For more information go to mainlinehealth.org/heart or call 1-866-CALL-MLH to arrange an appointment with one of our cardiologists.

Checklist for a Healthy Heart



Heart disease is the No. 1 killer of women—causing one in three deaths each year. That is one woman every minute. To avoid becoming one of these statistics, I would like to offer some guidelines to help you take control of your heart health. **By Erin O'Malley Tysko, MD**

✓ **SCHEDULE YOUR ANNUAL PHYSICAL.**

Having a yearly appointment with your primary care physician for a physical exam can detect certain diseases early, such as diabetes and high blood pressure, which are risk factors for heart disease.

✓ **KNOW YOUR NUMBERS.** The values listed below are key indicators of your cardiovascular health:

- Blood pressure less than 120/80 mm Hg
- Total cholesterol less than 200 mg/dl
- LDL—"bad" cholesterol less than 100 mg/dl
- HDL—"good" cholesterol greater than 50 mg/dl
- Triglycerides less than 150 mg/dl
- Blood glucose less than 100 mg/dl
- Body mass index (BMI) between 18.5–24.9 kg/m²
- Waist circumference less than 35 inches

✓ **QUIT SMOKING.** If you have never smoked or quit smoking more than a year ago, you have already reduced your risk for cardiovascular disease by 50 percent. If you want to quit smoking, help is available. Talk with your doctor about options.

✓ **EXERCISE.** The optimal workout to improve your heart health amounts to 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week. The important thing is to get moving and aim for 30 minutes of exercising at least five days a week.

✓ **STOCK UP ON HEALTHY FOODS.** Many dietitians will recommend shopping the peripheral aisles of a grocery store where the fresh foods, meats, and dairy products are available. A heart-healthy diet consists of many fruits and vegetables, and whole-grain and high-fiber foods. Fish also is a heart-healthy food; eat it at least twice a week, preferably oily fish.

✓ **LIMIT OR THROW OUT THE JUNK FOODS.** Junk or processed foods tend to be high in sugar and sodium.

✓ **REACT QUICKLY TO SYMPTOMS.** Women are more likely than men to experience atypical heart attack symptoms, including:

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort
- Other signs such as breaking out in a cold sweat, nausea, or lightheadedness
- Profound weakness or fatigue, especially if it is sudden in onset.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to the hospital right away.

Power of Prevention

With all the advances in heart care and with more and more women paying closer attention to their heart health, lowering the staggering statistics of heart disease deaths is achievable.

Should you need a primary care physician for a physical or a cardiologist, please give us a call at **1.888.876.8764** during regular business hours or look up a physician on our website at **mainlinehealth.org**.

Dr. O'Malley Tysko is a cardiologist at Lankenau Medical Center and has a practice in Roxborough. She also serves as the Main Line Health spokesperson for the AHA Go Red for Women Campaign—Philadelphia Chapter.





Get Back Into An Active Lifestyle

Recovering after a major heart event happens one step at a time—quite literally—with a team dedicated to each patient’s individual physical and emotional needs.

The Outpatient Cardiac Rehabilitation Service available at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital, includes exercise, nutrition, education, and support for people who have recently had a heart attack; angina attacks; or open-heart surgery, angioplasty, and stents. According to Dianne Baker, RN,C, manager of the Outpatient Cardiac Rehab at Lankenau, the benefits of cardiac rehabilitation include:

- Reducing your risk of mortality following a heart attack
- Improving the efficiency of your heart
- Diminishing cardiac risk factors
- Improving self confidence
- Lowering heart rate at rest and with increased activity
- Decreasing blood pressure
- Enhancing your sense of well-being
- Maintaining proper weight

“People who undergo cardiac rehab cut their chance of dying of heart disease by nearly 30 percent within two to five years,” Baker adds. “We coach patients through quitting smoking, taking their medications regularly as prescribed, and managing high blood pressure—all of those key factors that are important in terms of extending the life expectancy.”

Nationally certified by the American Association Cardiovascular Pulmonary Rehabilitation, the Outpatient Cardiac Rehab Programs offered at Main Line Health hospitals takes place in three phases:

- Rehab within the hospital
- Outpatient services for up to a max of 36 visits (typically)
- Maintenance, either at the outpatient facility or another exercise facility

Most health insurance programs provide some kind of coverage for all phases.

“Our entire outpatient program and gym is dedicated to and focused on cardiac rehab,” Baker adds. “A heart condition is a life-altering event for most people. Though our team is trained in emergency care and advanced life support, I believe it’s our multidisciplinary approach that helps patients learn to cope and thrive in their recovery.”

**For more information, visit
mainlinehealth.org/heart.**



February is Heart Month

Celebrate and GO RED with Main Line Health!

Heart disease is the No.1 killer of women, causing one in three deaths each year. That's about one woman every minute. As the Philadelphia Goes Red Champion for the American Heart Association, Main Line Health invites you to join us as we celebrate February as Heart Month. We all know someone who has been impacted by heart disease or stroke, and each of us has the power to make a difference in the future. Together, we can prevent our friends and family from becoming tomorrow's heart patient. Please join Main Line Health in the fight against heart disease, and participate in the many events, education, and screenings happening throughout February. Visit us at mainlinehealth.org/GoRed for the complete list of heart events taking place, including our annual Queen of Hearts contest.

Nominate Your Queen of Hearts!

In honor of Heart Month, help Main Line Health "Go Red" to fight heart disease. For the fifth year, the Women's Heart Initiative of Main Line Health is looking for a role model—a Queen of Hearts—who embraces heart-healthy living. For contest details, a nomination form, and other heart-healthy happenings, go to mainlinehealth.org/GoRed. Deadline for nominations is Jan. 18, 2013.

Go Red Night at the 76ers

Once again, Main Line Health is the official health care provider of the Philadelphia 76ers. One of the more exciting events is the Go Red night on Friday, February 1 at 7 p.m. Bring your friends and family in support of heart disease awareness and cheer on our hometown heroes. We also will crown our Queen of Hearts winner and honor our queen for leading a heart-healthy life. To purchase tickets, visit mainlinehealth.org/GoRed.

Visit us at mainlinehealth.org/GoRed for the complete list of heart events taking place across Main Line Health.





Registration is required for most programs. To register, call toll-free 1.888.876.8764, or visit mainlinehealth.org/events, where you'll find a complete list of classes. Main Line Health events are FREE unless otherwise noted!

HOSPITAL updates

♥ Free! HeartSmart 2013

We're kicking off American Heart Month with one of Riddle's most popular events. Make plans to join us! This annual event features a cardiac seminar (10 to 11 a.m.) and a heart healthy cooking demonstration (1 to 2 p.m.). There is also an interactive health fair from 11 a.m. to 1 p.m.

● **Tuesday, February 26, 10 a.m. to 2 p.m.**

Get all the details for HeartSmart 2013 by visiting mainlinehealth.org/GoRed.

St. Joe's v. Temple Women's Basketball Game

Join Women's Health Source at the St. Joe's v. Temple game on Sunday, Feb. 17 at 2 p.m. Come out to the game and enjoy a catered lunch, pick up health information, and mingle with fellow WHS members. Main Line Health is the exclusive provider of physical rehab and imaging services of St. Joseph's Athletics. Limited tickets available.

● **Sunday, February 17, 2 p.m.**

St. Joe's University
Limited seating available.
To register, call 1.888.876.8764.

Childbirth Education

Main Line Health provides expectant moms with a full range of pregnancy-related classes. Classes include the three-week or one-day Prepared Childbirth Series, which offers students a tour of the maternity unit, Prenatal Breastfeeding, and The Happiest Baby,

MAMMOGRAMS, MOCKTAILS, and MANICURES

Prevent procrastination and reduce anxiety about one of your most important annual cancer screenings! This fun and relaxing event offers a pleasant way to get a potentially life-saving mammogram. The Breast Centers of Main Line Health will be closed to everyone except those registered, and will offer complimentary amenities like manicures and mocktails! Dexa scan screenings for bone density will also be available at most sites.

Main Line Health is offering this women's health event at the following five locations:

- **Main Line Health Center in Newtown Square:**
Tuesday, March 12, 4 to 8 p.m.
- **Main Line Health in Lawrence Park:**
Wednesday, March 13, 4 to 8 p.m.
- **Riddle Hospital:**
Thursday, March 14, 4 to 8 p.m.
- **Main Line Health Center in Collegeville:**
Monday, March 18, 4 to 8 p.m.
- **Lankenau Medical Center:**
Thursday, March 21: 4 to 8 p.m.

Registration is required and space is limited. Call 484.580.1800 to register. Note: Prescriptions are required for mammography and DEXA scan screenings. Bring your prescription and insurance cards with you.

a program about strengthening the bond between parents and their children. Class offerings vary by hospital. For a complete list, visit mainlinehealth.org/maternity or call 1.888.876.8764.

Varicose Veins Screening

Don't spend another summer self-conscious of your varicose veins.

Riddle Hospital Vascular Surgeons Dave Bigatel, MD, and Vince DiGiovanni, MD, will provide free screenings for women concerned about their varicose veins and will talk one-on-one with them about their treatment options.

For times and registration, call 1.888.876.8764.



Nominate Your Queen of Hearts!

In honor of the American Heart Association Heart Month this February, help Main Line Health "Go Red" to fight heart disease. For the fourth year, the Women's Heart Initiative of Main Line Health is looking for a role model—a Queen of Hearts—who embraces heart-healthy living to Learn. Act. Live!

Deadline for nominations is Jan. 18, 2013. For contest details, the nomination form, and other heart-healthy happenings, go to mainlinehealth.org/GoRed.



Main Line Health is the AHA Philadelphia Goes Red for Women Champion

Riddle Hospital Riddle Ranks As Top Hospital in Key Care Areas

Riddle Hospital has been named among the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of health care organizations in America. Riddle Hospital is recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, and surgical care. Riddle is one of only 244 hospitals that achieved the distinction two years in a row, placing the hospital among only seven percent of Joint Commission-accredited hospitals who are Top Performers on Key Quality Measures for 2011 and 2012.

Lankenau Medical Center

Lankenau Awarded Cancer Support Community Grant

At Lankenau, we recognize the importance of caring for the whole cancer patient, both physically and emotionally. We are pleased to announce that Lankenau has earned the LIVESTRONG® Community Impact Project Grant, an initiative to bring cancer support to communities. With this grant, Lankenau is implementing an innovative web-based support program called Pillars4Life. This program helps patients and caregivers achieve personal empowerment, reduce stress, and find inner peace. Contact Eucharía Borden, outpatient oncology social worker, at 484.476.8503 or bordene@mlhs.org for more information.

Improving Women's Health with Interventional Radiology

Imagine being treated for a condition through an incision the size of a pencil point. Sound unbelievable? Welcome to the world of interventional radiology.

Interventional radiology—available at Main Line Health hospitals—uses imaging techniques and small tools to diagnose and treat many conditions, such as varicose veins, uterine fibroids, and compression fractures in the spine.

“The beauty of these procedures is that they are nonsurgical,” says Atul Gupta, MD, director of Interventional Radiology at Paoli Hospital. “For patients, this means no stitches, no scarring, and no blood loss.”

Main Line Health interventional radiologists perform several minimally invasive procedures, including:

Varicose vein treatment. Varicose veins are twisted, swollen veins that can cause pain and swelling in the legs. “We can now treat varicose veins as an

outpatient procedure that takes about 45 minutes,” says Joan Bennett, a physician assistant at Paoli Hospital.

Using ultrasound technology, doctors guide a catheter, or thin tube, into the vein. A laser at the tip of the catheter heats the vein and closes it off. Most patients return to work and other activities the next day.

Uterine fibroid treatment. Uterine fibroids are noncancerous growths in the uterus. They can cause heavy bleeding and pain. In the past, fibroids were often treated with hysterectomy, or removal of the uterus. Now doctors can treat fibroids with fibroid embolization.

“We place a catheter in the groin and use imaging technology to locate the arteries that are supplying blood to the fibroids,” says Bennett. “Through the catheter, we inject particles to stop the blood supply to the fibroids, which makes them shrink.”

Most women fully recover in seven to 10 days. “That’s much less downtime than a surgical recovery,” says Bennett.

Compression fractures in the spine.

Kyphoplasty is a treatment for compression fractures in the spine that can occur with osteoporosis. Interventional radiologists use imaging to direct a needle into the fractured part of the spine and inject bone cement, which helps stabilize the fracture and relieve pain.

“Although these fractures will eventually heal on their own, they can be quite painful,” says Bennett. “This procedure helps patients get back to their activities more quickly.” ●

Get Relief

If you are concerned about any of the above conditions, talk to your physician about the options that are right for you. For a physician referral, call **1.888.876.8764**.

Italian Sausage Bean Soup

This hearty soup will help keep the winter chills away.

- 1 teaspoon olive oil
- Italian sausage link (about ¼ pound.)
- 1 stalk celery, sliced
- 1 onion, chopped (about 1 cup)
- 2 cloves garlic, peeled and crushed
- 3 cups cooked white beans
- 4 cups low-sodium chicken broth
- 1 bay leaf
- 1 14.5-ounce can diced tomatoes, no salt added
- 2 cups shredded fresh escarole or spinach



1. Remove the sausage casing. Heat olive oil in a soup pot and add sausage, stirring to break the meat into small crumbles. Brown the meat and remove some of the sausage fat by blotting with a paper towel.
 2. Add celery, onion, and garlic. Sauté briefly.
 3. Add beans, chicken broth, bay leaf, and tomatoes. Heat thoroughly.
 4. Just before serving, add the escarole or spinach and serve.
- Each bowl will contain about 1¼ cups of soup.

Makes six servings. Each serving contains 214 calories, 5 g fat, 6 mg cholesterol, 203 mg sodium, 32 g carbohydrates, 16 g protein, 8 g fiber.



Get Cooking

Visit our Well Ahead Community Recipe Blog for more healthy dishes: community.mainlinehealth.org.





Tackling Tough Topics with Older Loved Ones

Caring for an aging parent can be a full-time job—and it isn't always easy. Your parent might not be open to your advice about his or her health and safety.

“Many caregivers may feel frustrated,” explains Michele Boornazian, DO, family medicine physician and geriatrician at Main Line Health. “It’s important to know that you are not alone. But it’s also important to face issues and take steps to ensure your loved one is safe and healthy.”

Tips for Facing Not-So-Easy Issues

Caregiver concerns involving aging parents may include incontinence, memory problems, bathing and grooming, driving safety, advance directives, and the move to a nursing facility. When discussing tough issues, these steps can help:

- **Get involved early.** “Older adults may feel defensive if you suddenly start asking questions about their bathing habits or ability to balance their checkbook,” says Dr. Boornazian. “Start a dialogue about day-to-day issues before they become a problem.”
- **Listen and show respect.** Find a quiet time when your loved one isn’t distracted to share your concerns. Understand that the discussion might embarrass or even anger your loved one.
- **Partner with your parent’s physician.** Talk with your loved one’s doctor about any concerns. “Oftentimes, we see

patients when they look and act their best,” says Dr. Boornazian. “Let your loved one’s doctor know what to investigate by calling the office before an appointment.”

During appointments, the doctor can hand out advice that may be hard for an older adult to hear.

“Doctors can broach difficult topics like the need to write advance directives from a less emotional and more factual standpoint,” Dr. Boornazian explains. “Some people don’t understand that advance directives are just a guide for family members ... to be used only when patients are completely unable to make medical decisions for themselves.”

- **Give it time.** Dr. Boornazian notes that all issues can’t be addressed at once. “Caring for your loved one is a process,” she says. “Try to tackle issues one step at a time.” ●

Riddle’s Lifeline Personal Response

Riddle Hospital offers several services for older adults, including the popular Senior Supper Club, which includes monthly dinners and health lectures, and Mature Driving Classes, an AARP program. To learn more about programs for older adults, call Riddle Community Health Services at 484-227-3560 or visit us online at mainlinehealth.org/riddlecommunity.

Take Steps to Avoid Winter Falls

Winter means snowfall, which can also increase the risk of falls—which can have devastating effects for older adults.

1 If you have to go out after it has snowed, make sure you are wearing shoes with good traction, a heavy jacket, coat and gloves to keep you warm in case of a fall. Carry a cell phone, and have a plan in place to call for help in case of a fall.

2 Keep your salt and shovel inside the house, so you don’t have to walk to a detached garage in slippery conditions. Ideally, put salt on driveways before it starts snowing.

3 Do not walk carrying heavy grocery packets on icy or slippery conditions, and try and keep your hands free for balance. Do not hesitate to ask for help, especially if you have pre-existing balance problems. Or, avoid going out altogether in bad weather if possible.

4 If you have a hand rail outside your house, check it and make sure it is sturdy. And finally, work on strengthening your legs before the onset of winter.

Service For Seniors

Lifeline gives older adults the freedom to remain independent. A press of a button calls Riddle Hospital’s Lifeline communicator, 24/7, who helps the person find help. For fee information and registration, call Riddle’s Lifeline Program at 484.227.3525.

Millions of Americans Face a Hefty Health Risk: Obesity

If you're like many Americans, shedding those extra pounds is high on your list of goals for the new year. Research suggests there are good reasons to keep trying. Even a modest weight loss, such as 5 to 10 percent of your body weight, can result in improvements in such factors as blood pressure, cholesterol, and blood sugars.

The New Weigh-Less Rules

Eating less and exercising remain the foundations of healthy weight loss. But in some cases, bariatric surgery may be a viable option. This procedure is designed to make the stomach smaller so that the person eats less. It's typically reserved for those who are 100 pounds or more overweight (with a BMI of 40 or greater) and who have not had success with other weight loss therapies such as diet, exercise, medications, and so forth. A person with a BMI of 35 or greater and one or more co-morbid conditions also may qualify for bariatric surgery.

The Bariatric Center at Bryn Mawr Hospital offers three types of bariatric surgery:

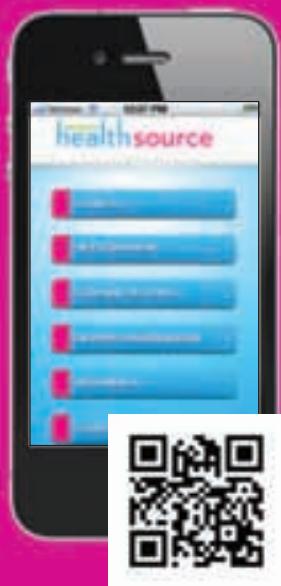
1. Laparoscopic adjustable gastric band
2. Laparoscopic gastric bypass
3. Laparoscopic sleeve gastrectomy

"Most bariatric procedures are performed minimally invasive so that the patient will experience less pain and fewer risks of complications, as well as having a shorter hospital stay," says Richard Ing, MD, FACS, FASMBS, Bariatric Center medical director. "The selection of each procedure is individualized to meet the patient's needs."

Through physician-led support groups, pre-surgery educational sessions, and follow-up care, Dr. Ing and the team at the Bariatric Center ensure patients fully understand the risks and benefits of surgery and how to manage their new lifestyle. ●

Time to Lose?

If you have been thinking about bariatric surgery and losing weight in the new year, find out about your eligibility through the Bariatric Center's many educational sessions. Sign up today by calling 1.888.876.8764 or visiting mainlinehealth.org/bariatrics.



WOMEN'S HEALTH SOURCE IS MOBILE!

Connect with women's health resources from your smart phone! The Women's Health Source FREE mobile app gives you access to:

- Coupons to more than 70 local businesses and services of interest to women
- Facebook page providing health news, tips, recipes, invitations to events, and more
- Events calendar listing health screenings, special seminars, webinars, and other programs
- Women's Health Source articles about achieving optimal health and wellness
- Ask a Nurse form to submit your personal health question to the nurse counselor
- Physician referral link to find a doctor from a wide range of specialties

Here's how to sign up.

- Search "Women's Health Source" in your app store.
- After the app is installed, select the "I'm a WHS Member" button
- You will be prompted to enter the Women's Health Source username and password. This is a one-time log-in.
Username: WHS
Password: member

How else can Women's Health Source better connect you with health resources? Email whs@mlhs.org with your ideas.



Your Room-by-Room Guide to Keeping Kids Safe

Toddlerhood inevitably comes with some bumps, bruises, and scrapes. Fortunately, there's much you can do to protect your little ones. Here's a simple guide from Hazel S. Guinto-Ocampo, MD, director of Pediatric Emergency Medicine Services, Bryn Mawr Hospital.

Playroom

The danger: Small and shiny, batteries often prove irresistible to children. About every three hours, a child visits an ER after putting a battery in his or her mouth, nose, or ear.
The safeguard: Tape shut the battery compartments of toys, remote controls, and other devices. Store extra batteries out of reach of children.

Kitchen

The danger: You likely use bottles, cups, and pacifiers for your little ones. But a new study finds that many children age 3 and younger are treated for injuries caused by these products every year. Most children suffer cuts to their mouth because they fall while sipping or sucking.
The safeguard: Have your toddler sit while drinking out of a bottle or cup.

Living Room

The danger: Tipped-over television sets can cause serious injury and even death.

The safeguard: Install your TV on a stand specifically designed for the size of your set. Secure it to the wall or floor. When attaching, make sure your TV is as low and as far back as possible.

Bathroom

The danger: Slips, trips, and falls in the tub or shower hurt more than 40,000 children. These falls contribute to scalding from hot water, cuts, bruises, broken bones, and drowning.
The safeguard: Never let a small child bathe alone. Consider installing slip-resistant surfaces and child-size grab bars to the shower or tub. Check tubs and shower stalls for sharp edges or pinching doors and remove or pad pinching doors when possible. ●



Pediatric Partnership

Bryn Mawr Hospital has expanded our Pediatric

Emergency Department to add dedicated Nemours specialists as part of our emergency care team. We are working together so that kids do better. To make an appointment with a pediatrician, call **1.888.876.8764**.

5 Tips for Winter Sports Safety

Sledding accidents injure about 20,000 kids a year. Thousands more hurt themselves during skiing, snowboarding, and other winter sports. Yet six simple safety tips can prevent most accidents and injuries, says Swati Sanghani, physical therapist, MLH Outpatient Rehab Network:

1 TOP KIDS OFF SAFELY Children should wear helmets while skiing, snowboarding, sledding, and skating.

2 GEAR UP Before kids go out, they must don properly fitting warm clothes, goggles or wrap-around sunglasses, and gloves or mittens. Skiers and snowboarders should wear wrist guards to reduce the risk for broken bones.

3 SIZE UP SLEDDING SITES Stay clear of obstacles like trees, poles, or benches. "More than half of sledding injuries happen when children crash into objects. Ensure that the path doesn't lead to streets or highways, either," says Sanghani.

4 SKATE ON SAFE ICE Children should only skate on surfaces approved by police or recreation departments. They should also heed all warning signs about ice conditions. They shouldn't chew gum or eat while skating: Food, candy, or gum can get stuck in the throat.

5 KEEP AN EYE ON KIDS Watch your children while they're playing in the snow. Even older kids can benefit from adult supervision, depending on their maturity.

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Bryn Mawr Hospital
Paoli Hospital
Riddle Hospital
Bryn Mawr Rehab Hospital
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NAVIGATING YOUR HEALTH CARE

Health Literacy: Improve Your Health and Happiness

Do you leave the doctor's office feeling confused? The answer could impact not only your health, but also your happiness.

The ability to understand health information and use it to make decisions about your personal health is called health literacy. A recent study in the journal *Social Indicators Research* found that adults with higher health literacy were happier than those with lower levels of literacy. Researchers believe that people with greater health literacy feel more in control, which could boost happiness.

Roughly one-third of U.S. adults have limited health literacy. As a result, they may have difficulty:

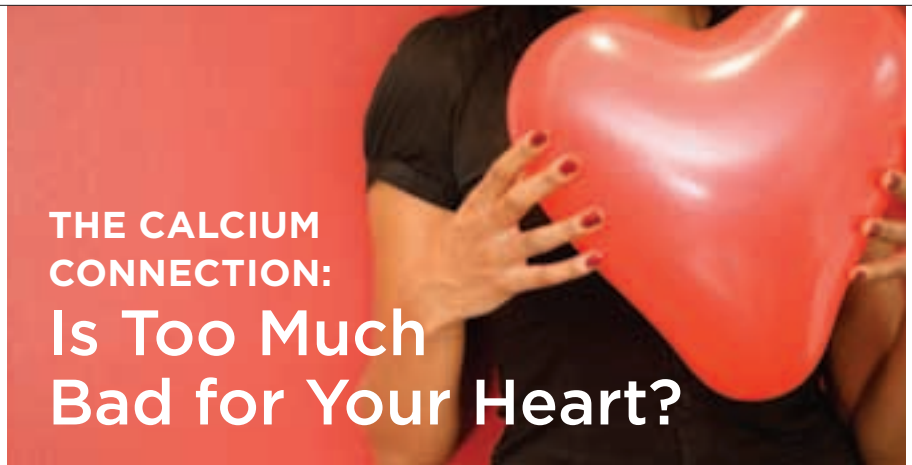
- Sharing health history with their doctor
- Understanding how to take medications
- Managing a chronic condition

Improving your health literacy could result in better health, lower rates of hospitalization, and greater use of preventive services.

"Do not hesitate to ask your doctor for further explanations of any confusing or unclear issues," says Levelle Drose-Bigatel, MD, board-certified physician in family medicine at Main Line HealthCare in Westtown. "By asking questions, you'll increase your health literacy and feel empowered to be a vital part of your healthcare team."

Ask a Nurse

Our Nurse Counselor is here to answer your health questions. Submit them online at mainlinehealth.org/askanurse.



If you pop a calcium pill every morning, you aren't alone. Women have been urged for years to protect their bones. Main Line Health physicians weigh in.

The Heart Link

The study, published in the journal *Heart*, found that those who regularly took calcium supplements (1,000 mg or more a day) were 86 percent more likely to have a heart attack than those who didn't. But why?

Erin O'Malley Tysko, MD, a cardiologist at Lankenau Medical Center, explains it's believed that the supplement releases in the bloodstream so quickly that the body is unable to absorb it. As a result, calcium builds up in the arteries, which can lead to a heart attack.

"It's important to note that this study only analyzed the risk of taking calcium-only supplements. It did not look at calcium with vitamin D, which is often added to help with calcium absorption," says Dr. Tysko.

Weighing the Risks

Deebianne Tavani, DO, an endocrinologist at Lankenau, says "calcium is still important. It would be an injustice to a patient who is at risk for osteoporosis to ignore the benefits of taking calcium," says Dr. Tavani. "Some women are at greater risk for bone loss than heart attack.

"The best form of calcium is through your diet, which is naturally absorbed in the body," explains Dr. Tavani.

Eat calcium-rich foods such as dairy, spinach, and calcium-fortified bread, cereal, and juices. Exercise and strength training also have been shown to build bone mass.

"This study is a reminder that pills do not solve everything," Dr. Tavani says. ●



Heart Smarts

Schedule an appointment with your doctor for a physical to learn more about

heart health and bone density. If you need to find a doctor, visit mainlinehealth.org or call 1.888.876.8764.