

WOMEN'S healthsource



Soccer athlete Jaclyn McGlone is back on the field after an unexpected heart attack. Turn to page 4 to read her story.

SPRING/SUMMER 2015 REPLACED JOINTS PROVIDE PAIN RELIEF | INTERNIST OR FAMILY PRACTICE DOCTOR: WHO TO SEE? | HELPING KIDS MEET MILESTONES | GOING GLUTEN-FREE



Main Line Health®



Replaced Joints Provide Pain Relief

Your knee or hip has been damaged by arthritis, an injury, or simply years of use. Walking or climbing stairs is painful; it may even hurt while you're sleeping. If you've tried different treatments, but the pain just won't subside, it may be time to consider joint replacement surgery. Here's how it made the difference for two local women.

The Perfect Fit

When Diane Landis found out she needed her hip replaced, Paoli Hospital orthopaedic surgeon Jonathan Garino, MD, was at the top of her list.

"After I shattered my knee five years ago, I chose Dr. Garino to perform my knee replacement surgery. He is a top-notch surgeon," says Landis. In addition, because Landis' knee replacement had been unique, she knew that having the same surgeon for both surgeries would minimize complications.

"Diane had a distal femoral replacement, a very complicated knee replacement. The stem of the implant was placed very close to her hip," explains Dr. Garino. "As a result, when it came time for her hip to be replaced, we weren't able to use a traditional hip prosthesis. We had to develop a custom prosthesis specifically for Diane."

During joint replacement, orthopaedic surgeons strive to ensure that each prosthesis is as close as possible to a patient's normal anatomy. Hip prostheses can be manipulated to fit most patients. However, sometimes a custom-made prosthesis is needed. Besides providing a better fit, these custom pieces can reduce time spent in surgery and minimize recovery time and the risk for joint stress.

Landis underwent hip replacement surgery, and eight weeks later, the pain she had been dealing with for months was gone.

"Dr. Garino made me feel comfortable every step of the way," Landis says.

Banishing the Pain

For years, doctors had told Margaret Segner that the cartilage in her knees was breaking down. But finally, one day, she knew she had to do something.

"I was going down the stairs and all of a sudden, the pain was severe," she recalls. "That's when I thought: OK, it's time."

Segner turned to Paoli Hospital orthopaedic surgeon Andrew Frankel, MD. He had performed a hip fracture repair on her mother-in-law, and Segner had always vowed that if she ever needed an orthopaedic procedure, he'd be her choice.

"We began Margaret's treatment with anti-inflammatory medications and steroid shots to relieve the pain," says Dr. Frankel. Although they were helpful, Segner wasn't sure they were the right long-term solution.

"I knew I could only keep the pain away for so long, and then we'd have to find a new way to resolve it," she says. "I didn't want to keep trying new things."

Segner underwent a knee replacement with Dr. Frankel. She then began physical rehabilitation with Bryn Mawr Rehab Hospital's Orthopaedic Day Program, a weeklong outpatient program that follows joint replacement surgery. Now, Segner is happy to report that both she and her knee are feeling good. "Dr. Frankel is a great knee and hip surgeon. The care I received at Paoli Hospital was wonderful." ●



Take the First Step

Tired of living with joint pain? At mainlinehealth.org/orthopaedics, you can read more about joint surgery, research, and our doctors, and even make an appointment.

All in Good Time: Helping Kids Meet Milestones

Your baby's first steps. Your toddler's first words. As a parent, you eagerly anticipate each of your child's milestones. But what happens when your little one isn't meeting them when expected?

"Milestones are general guidelines. Some kids may hit them a little later, and that can be perfectly fine," says Laurie Maddesi, MS, CCC/SLP/L, a speech-language pathologist at Riddle Hospital.

However, if you have concerns about whether your child is developing appropriately, bring them up with your pediatrician. He or she can refer you to Outpatient Pediatric Therapies at Main Line Health, where physical therapists, occupational therapists, and speech-language pathologists assess kids and provide age-appropriate services.

Small Tools Build Big Skills

"If children are having difficulties with fine-motor coordination, such as holding a crayon or pencil, I'll work to find the underlying issue. It might be poor grasp due to weakness in the small muscles of

the hands," says Barbara Hetherington, OTR/L, a pediatric occupational therapist at Riddle Hospital. "For young kids, I'll use activities such as modeling with Play-Doh, putting objects in a container, and playing games that help strengthen their fine motor abilities."

It Takes a Team

Some kids need to meet with only one provider, while other children work with several. "The staff at Outpatient Pediatric Therapies collaborates and discusses how each child is progressing," Maddesi says. "We work closely together to help children and families meet their goals." ●



Personalized Care for Children

To learn more about Outpatient Pediatric Therapies at Main Line Health, visit mainlinehealth.org/rehab/services/pediatric-therapy or call 484.596.5000.



Caring for Others? Don't Forget to Take Care of Yourself

Whether it's kids, grandkids, or parents, women in midlife often care for others. And when it's multiple generations with different needs—perhaps compounded by a job outside the home—caregiving stress can grow.

How can women care for themselves when faced with others' expectations and their own high standards? The question matters because unchecked caregiver stress can lead to health problems including a weaker immune system, anxiety and depression, obesity, poor memory, and even heart disease. Maria Bucco, DO, a Main Line Health primary care physician who faces work and family challenges herself, offers some suggestions.

- **Get moving.** Keep it simple: Put your child on the bus, head to the mall or park, and take a 30-minute walk, three times a week. Or try a yoga class.
- **Make time for you.** "Practice exquisite self-care: Don't skimp on sleep. Have coffee with a friend. Sit quietly for 10 minutes while you're waiting to pick up the kids. And visit your doctor for scheduled health screenings."
- **Share tasks.** "See if a girlfriend will pick up your child when she's getting hers. Or tell your siblings you're taking the kids to the zoo and ask, 'Who's taking Dad to the doctor?'"
- **Let go of nonessentials.** "Learn to accept a less rigid schedule. It's OK to have some dust in the corners."
- **Seek support.** Consider a caregiver support group. It's healing to be around others who understand.



ABOVE: Patient Jaclyn McGlone meets with Lankenau Heart Institute medical team members (left) Konstadinos Plestis, MD, system chief, Cardiothoracic and Vascular Surgery, and (right) Steven Domsy, MD, cardiologist. RIGHT: McGlone participates in cardiac rehab sessions weekly at Bryn Mawr Hospital with the assistance of exercise physiologist Olna Melnyk.

A SECOND CHANCE

Young Female Athlete Survives Massive Heart Attack

Although heart disease is the number one killer of women, it can be easy to ignore the warning signs or assume it could never happen to you. But Jaclyn McGlone, age 30, is proof that heart problems can affect anyone, at any age.

When it came to her health, McGlone did everything right. She played coed soccer, worked out five times a week, and coached a girls' soccer team. The Broomall resident's blood pressure and cholesterol levels were normal. By most standards, she was the picture of good health.

However, one evening in September 2014, McGlone began experiencing chest pain, jaw pain, and weakness in her arm. "I thought I'd overdone it playing soccer with the guys," she recalls. "Although now I know I was having the classic signs of a heart attack, that never crossed my mind."

The next morning, McGlone collapsed while coaching her soccer team.

Expert Care for a Massive Attack

With no other adults nearby, McGlone's young players raced to another field for help. When emergency personnel arrived, they resuscitated McGlone and rushed her by ambulance to Bryn Mawr Hospital. McGlone would later learn that she'd suffered a massive heart attack, which caused her heart to stop completely. The reason still isn't clear, but thankfully, she was in the right place for medical care.

"Bryn Mawr Hospital is a designated chest pain center. We have strict protocols for treatment, and everyone is well-versed in their roles," explains Francis Day, MD, interventional cardiologist.

Dr. Day and his team immediately brought

McGlone to Bryn Mawr's cardiac catheterization lab. There, he opened McGlone's coronary artery, which was completely blocked, and placed stents to keep it open. Still, her condition was highly unstable. Her lungs were having difficulty oxygenating her blood and were filling with fluid.

"Not only did Jaclyn have a massive heart attack, she went into full cardiac arrest," says Dr. Day. "A stent alone was not enough to save her life."

Coordinated Response Proves Lifesaving

Dr. Day contacted Konstadinos Plestis, MD, system chief of cardiothoracic and vascular surgery at Main Line Health to assist. Dr. Plestis and his team at Lankenau Medical Center rushed to Bryn Mawr Hospital to perform a complex procedure

that connected McGlone's heart and lungs to an extracorporeal membrane oxygenation (ECMO) machine.

"The machine acts as life support, completely taking over the functions of the heart and lungs," explains Dr. Plestis. "Without it, she would have died."

When McGlone was stable, Dr. Plestis transferred her to Lankenau Medical Center. There, he began an advanced therapy called therapeutic hypothermia, which involves cooling the body to preserve brain function. A dedicated nurse monitored McGlone in the Cardiothoracic Intensive Care Unit (CTICU).

McGlone remained on life support for about a week. During that time, Dr. Plestis slowly decreased her ECMO support until her heart and lungs were able to function on their own. Even then, it took McGlone a long time to wake up. Once she did, she struggled with mental and physical limitations. Her doctors were unsure whether she would recover completely.

Back on the Field

After weeks in the hospital, McGlone was transferred to Bryn Mawr Rehab Hospital, where she received physical, occupational, and speech therapy for three weeks. Slowly, she began to improve.

"I finally started feeling like myself again," she says.

Since then, McGlone's recovery has taken off. Only three months after she collapsed, McGlone was back coaching soccer and working her IT job. Her cardiologist at Lankenau Medical Center, Steven Domsy, MD, who began managing her condition

"Jaclyn's outcome speaks to the leadership, team approach, and coordination of care that allows us to provide exceptional heart care at all four of our hospitals." — Konstadinos Plestis, MD

during her hospital stay, cleared her to begin cardiac rehab, the final step in her recovery. She attends rehab weekly at Bryn Mawr Hospital.

"Jaclyn's been extremely active in her care," says Dr. Domsy. "She's always pushing to do more."

Today, McGlone is living a normal life and enjoying time with her husband, Jason.

"The fact that Jaclyn is alive—let alone that her mind is fully intact—is a miracle," says Dr. Plestis. "Her outcome distinguishes

the Lankenau Heart Institute team at each hospital who cared for her. It speaks to the leadership, team approach, and absolute coordination of care that allows us to provide exceptional heart care at all four of our acute care hospitals."

McGlone adds, "I'm getting used to life after a heart attack and feeling better in my body every day. I'm so grateful for my care. I was given this amazing gift—a second chance. I'm thankful to be here to tell my story." ●



Jaclyn McGlone with members of Lankenau Heart Institute's catheterization team: Emily Benek, RN; Mitchell Torh, RCIS; Francis Day, MD, Bryn Mawr Hospital's chief of the Division of Cardiology; and David Donnelly, RN.

4 WAYS TO KEEP YOUR HEART HEALTHY

Heart disease is the leading cause of death for both women and men. So what can you do to lower your risk?

- 1. Get regular blood pressure checks.** Eating lots of fruits and vegetables, maintaining a healthy weight, exercising, and eating less salt can help control and prevent high blood pressure.
- 2. Avoid tobacco, and drink alcohol only moderately, if at all.** Studies show that low amounts of alcohol may help your heart. But beware: Having more than two drinks a day raises your risk of high blood pressure.

- 3. Keep your diet low in saturated fat and cholesterol.**

Total fat in your diet should stay between 25 and 35 percent of total calories. Saturated fat should make up less than seven percent. Ask your doctor to monitor your cholesterol and triglycerides.

- 4. Get at least 30 minutes a day of aerobic exercise.** It keeps blood vessels healthy and increases circulation. Plus, it can help you lose excess weight so your heart doesn't work as hard.

Turn to our calendar on page 6 for details about community screenings and wellness events that will help your heart keep the beat. A simple test like AngioScreen® can help determine your level of risk; visit mainlinehealth.org/Angioscreen.

Blood Pressure Screenings

Free screenings at locations across the region. Visit mainlinehealth.org/events for the current list.

AngioScreen

A simple, six-minute, noninvasive vascular screening that gives you immediate results. Fee: \$50. Call for dates and times at Lankenau Medical Center, Paoli Hospital, and Main Line Health Center in Broomall.

Stroke and Heart Lecture

June 11, noon to 2 p.m.

Main Line Health Center in Broomall, 1991 Sproul Rd.

Diabetes & You

These programs are designed to help people better manage their diabetes. Cost is covered by most insurance companies.

Call **484.227.3769** for details.

● 12:30 p.m.:

June 3, 10, and 17

July 8, 15, and 22

August 5, 12, and 19

● 6:30 p.m.:

June 2, 9, and 16

July 7, 14, and 21

August 4, 11, and 18

Riddle Hospital, Health Center 4, Conference Room 2

Skin Cancer Screenings

Free screenings at locations across the region.

● **May 14, 6 to 8:30 p.m., Main Line Health Center at Exton Square**

● **May 14, June 11, July 15, August 5, 5 to 7 p.m., Riddle Hospital, Medical Procedure Unit**

● **May 20, 7 to 9 p.m., Main Line Health Center in Newtown Square**

● **May 27, 6 to 8:30 p.m., Lankenau Clinical Care Center**

Look Good, Feel Better

Women being treated for cancer are invited to this FREE program developed by the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Foundation; and the National Cosmetology Association. Learn about makeup, wigs, and head wraps and receive a personal beauty kit. To register, call the American Cancer Society at **1.800.227.2345**.

● **July 29, 5 p.m.**

Riddle Hospital, Administrative Annex, Conference Room 1



REGISTRATION is required for most programs unless otherwise noted.

To register for an upcoming event on this page, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes.

WELLNESS WEDNESDAYS

Whole Foods, Plymouth Meeting

6 to 7 p.m. Includes free blood pressure screenings.

● **June 10:** "Be Heart Smart,"

Andrea Becker, MD

● **July 8:** "Advanced Treatments for Peripheral Vascular Disease," Sarang Mangalurti, MD

Whole Foods, Wynnewood

noon to 2 p.m. Includes free blood pressure screenings.

● **May 20:** "Stroke Awareness"

● **June 17:** "Sun Safety"

● **July 15:** "Hydration, Fuel Your Drive"

● **August 19:** "Staying Heart Healthy"

Ludington Library, Bryn Mawr

● **June 3, 6 to 7 p.m.:** "Get Ready for Summer," Cheryl Clarkin, MD

● **August 5, 6 to 7 p.m.:** "Cholesterol Management," Howard Kramer, MD

Main Line Health Center in Newtown Square

● **May 20, 6 p.m.:** "Melanoma Skin Cancer Detection," Sandra Schnall, MD. Free skin cancer screening included; registration required for screening.

● June 17, 6 to 7 p.m.:

"Understanding Hypertension," John Steers, MD

● July 15, 6 to 7 p.m.:

"Options to Manage Your Atrial Fibrillation," Sheetal Chandhok, MD

Main Line Health Center in Broomall

● **May 20, 6 to 7 p.m.:** "Designer Genes—What You Might Have in Common with Celebrities," Rachael Brandt, PhD, and Cristina Nixon, MS, licensed certified genetic counselors

● **June 24, 6 to 7 p.m.:** "Cancer Symptoms that Men Ignore," Paul Gilman, MD, and Veeraiah Siripurapu, MD

Audubon YMCA

● **June 2, 12:30 to 1:30 p.m.:** "Joint Pain," Andrew Frankel, MD

Haverford Area YMCA

● **May 20, 7 to 8 p.m.:** "Fighting Fatigue," Damaris S. Wessel, DO

● **July 15, 7 to 8 p.m.:** "Fit and Healthy Pregnancy," Rachel Kramer, MD

Roxborough YMCA

● **May 20, 1 to 2 p.m.:** "Keeping Your Heart Healthy," Michael DeAngelis, MD

Main Line Health Center at Exton Square Summer Community Programs

Main Line Health Center at Exton Square, 154 Exton Square Parkway

"A Breath of Fresh Air: Living with Seasonal Allergies," with Corinna Bowser, MD

● **May 18, 7 to 8 p.m.**

● **May 27, 10 to 11 a.m.**

"Navigating Your Breast Health," with Meghan Walker, RN, breast nurse navigator, Sara Ashworth, RN, oncology nurse navigator, and Sandra Urtishak, MD, medical oncologist

● **May 20, 11 a.m. to noon**

"Sleep and Your Health: What Difference Could an Extra Hour of Sleep Make?," with Michael Montanye, clinical coordinator of sleep medicine

● **June 2, 6:30 to 7:30 p.m.**

"Understanding Your Risk for Cancer: How Knowing Your Family History Helps," with Michael Dabrow, DO, medical oncologist, and Kallyn Stumm, certified genetic counselor

● **June 10, 6:30 to 8 p.m.**

"Hip and Knee Pain Seminar," with Donna Levan, DPT, orthopaedic program manager

● **June 22, 6:30 to 7:30 p.m.**



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or visit mainlinehealth.org/events, where you'll find a complete list of classes.



“Leakproof Laughter and Other Great News for Women,” with C. Sage Claydon, MD
 ● **July 9, 6:30 to 7:30 p.m.**

“Sun Safety,” with Susan Zuk, RN
 ● **July 15, 6:30 to 8 p.m.**

“Achy Joints,” with Donna Levan, DPT, orthopaedic program manager
 ● **July 21, 1 to 2 p.m.**

Where Delicious Meets Fast and Healthy

Cooking demo and taste-testing for delicious, fresh, family-friendly meals. Led by Judy Matusky, RD.
 ● **June 11, 6:30 to 8 p.m.**
933 Haverford Rd., Bryn Mawr, Lower Level Conference Room A

Senior Suppers

For the “over 60” crowd, an evening of food, fun, and learning. Fee: \$7.

Paoli Hospital, Potter Room, 5 p.m.
 ● **June 17:** “Senior Medications and Pharmacy”
 ● **July 8:** “Senior Urology Issues”

Riddle Hospital, Administrative Annex, Conference Room 1, 4:30 to 6 p.m.
 ● **May 27:** “Understanding Dementia,” with David A. Thomas, DO, and Terri Gervase, CNRN
 ● **June 24:** “Cooking for One or Two,” with Mitch Small, Aramark Production Manager, and Kim Leonowitz, RD, LDN

Bariatric Information Session

Learn about the benefits of this weight-loss procedure and find out if you qualify. With Richard D. Ing, MD, bariatric surgeon.
 ● **May 18, 6:30 to 7:30 p.m.**
Main Line Health Center in Newtown Square

CPR Heartsaver AED

Teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification upon completion. Fee: \$65.

● **June 22 and 23, 6:30 p.m.**
Riddle Hospital, Administrative Annex, Conference Room 1

Basic First Aid Class

Covers bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification upon completion. Fee: \$40.
 ● **June 16, 7 p.m.**

Riddle Hospital, Administrative Annex, Conference Room 1

CPR Healthcare Provider

Two-night course for licensed or certified providers covers CPR and obstructed airway care for adults, children, and infants. Fee: \$75.
 ● **August 24 and 25, 6:30 p.m.**

Riddle Hospital, Administrative Annex, Conference Room 1

CPR Healthcare Provider Recertification

Bring your unexpired CPR card with you. Fee: \$50.
 ● **June 15, 6:30 p.m.**
 ● **July 13, 6:30 p.m.**

Riddle Hospital, Administrative Annex, Conference Room 1

Mature Driving AARP

This driver safety program addresses the challenges of drivers older than 55. Renewal course only. Fee: \$12 for AARP members; \$14 for nonmembers.

● **May 14, noon**
 ● **July 15, noon**
Riddle Hospital, Administrative Annex, Conference Room 1

MAKE WAY FOR BABY

We're here to help you prepare for your newest addition, with classes including:

- Pregnancy 101
- Preparing for Childbirth Series
- One-Day Prepared Childbirth
- Happiest Baby
- Preparing for Multiples
- Advanced Comfort Measures
- Welcoming Baby: A Family Affair
- Sibling Preparation
- Baby & You
- Prenatal Breastfeeding
- Keeping Baby Safe

Visit mainlinehealth.org/events to register for classes today.

Preparing for Childbirth Series and One-Day Classes

Preparation for labor and delivery is offered in this Lamaze-type class. A tour of the hospital maternity unit is included. Schedule this class at approximately eight months of pregnancy. Class size is limited; please enroll early. Classes are available at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital.

Baby & You Series

The goal of this class is to increase confidence in new parents in caring for their baby. Class includes a visit from a practicing pediatrician affiliated with Main Line Health. Please enroll early.

Prenatal Breastfeeding

Learn the steps to successful breastfeeding. Partners encouraged to attend.

After-Baby Connections

Post-Baby Adjustment Group at the Women's Emotional Wellness Center

- Weekly group therapy supports women in:
- Adjusting to motherhood, whether your first baby or your tenth
 - Developing coping techniques for depression, anxiety, and adjustment
 - Learning helpful communication techniques
 - Using regular self-care techniques and positive self-talk
 - Meeting other local parents to increase social support

The Women's Emotional Wellness Center (WEWC) provides outpatient mental health services to women and their families, specializing in the period before, during, and after pregnancy. Learn more at mainlinehealth.org/WEWC.



Clearer Detection with 3D Mammography

We know that annual mammograms are the best way to detect breast cancer at its earliest, most treatable stage. As part of Main Line Health's ongoing commitment to you, we are proud to offer a revolutionary new breast cancer screening and diagnostic tool, 3D mammography. It's similar to a conventional mammogram except that it uses multiple images to create a 3D view of the breast. These 3D images allow a radiologist to gain a better understanding of your breast tissue during screening, significantly improving early breast cancer detection.

Call us today at 484.580.1800 to learn more and schedule your annual test. You can also visit mainlinehealth.org/3Dmammography to view locations and hours and request an appointment online.

Targeted Treatment Offers Hope to Cancer Patients

Greg Ochsner, MD, medical director

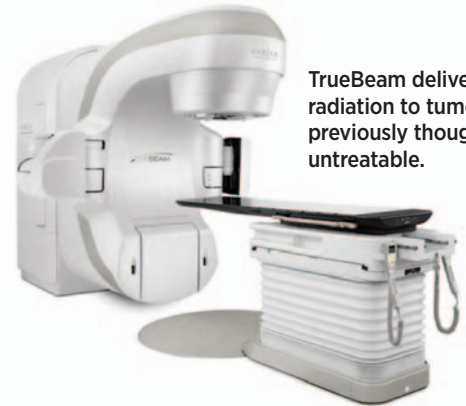
of Radiation Oncology at Paoli Hospital, is amazed at how far cancer treatments have advanced. "What we can accomplish today is an absolute marvel," says Dr. Ochsner.

One of the newer oncology treatments offered at Paoli Hospital's Cancer Center, as well as at Lankenau Medical Center and Riddle Hospital, is stereotactic body radiation therapy (SBRT) using TrueBeam™. Instead of surgically removing a cancerous tumor, SBRT removes it with radiation in a process known as radiosurgery. TrueBeam delivers radiation to cancerous tumors that were previously considered untreatable because of their location (such as the lung) or because prior regimens proved unsuccessful.

Main Line Health is one of the few medical systems in the region offering TrueBeam. "This incredible technology illustrates that Main Line Health is a leader in radiation oncology," says Dr. Ochsner. "We deliver pioneering therapy that saves lives."

Unparalleled Precision

TrueBeam is engineered to provide sophisticated imaging and four-dimensional technology while moving in an arc around a patient's body. With respiration synchronization capabilities, the radiation beam remains focused on tumors that may shift ever so slightly while the patient breathes during treatments.



TrueBeam delivers radiation to tumors previously thought untreatable.

The precise targeting ability of TrueBeam minimizes radiation exposure to surrounding normal tissue as much as possible. While SBRT is painless for patients, it's powerful enough to reduce the number of treatments needed.

"We can eradicate tumors in five or fewer sessions, instead of the 30 to 40 sessions typically required when using conventional radiology," says Won S. Chang, MD, a radiation oncologist at Paoli.

"This is an incredible machine, but it's essential to have the collaboration of experienced radiologists, physicists, and radiology technicians to use it effectively against cancer," says Dr. Ochsner. Omer Nawaz, chief physicist in Radiation Oncology at Paoli, works with the radiology team to analyze tumors and design an individual plan for each patient.

Saving Lives

Stereotactic body radiation therapy is appropriate for people with various types of cancer, including prostate, brain, liver, pancreatic, lung, head, and neck, as well as people with tumors that have metastasized to other areas of the body.

"Although many of our patients have already tried other therapies or been told there is nothing more that can be done, TrueBeam is often an effective treatment option for them," says Dr. Chang. ●



Expert Care

Main Line Health offers advanced technology in the fight against cancer—in

convenient, comfortable settings close to home. From specialists to support groups, learn all you need to know at mainlinehealth.org/cancer.





Internist or Family Practice Doctor: Who Should I See?

Do you need a new primary care provider? That’s a medical practitioner who takes care of most of your health care needs. Your choices can include an internist, a family practice doctor, an OB/GYN, a nurse practitioner, or a physician assistant. Most women opt for an internist or a family practice doctor.

“Both internal medicine and family practice require rigorous medical training,” says Michael Shank, DO, a family practitioner at Riddle Hospital. “Either specialty can offer excellent care to an adult.” In fact, they share many similarities.

Family practice doctors and internists both attend four years of medical school, followed by a three-year residency. Both types of physicians must take a

comprehensive test to become board certified in their particular specialty. Board certification guarantees that a doctor is well-trained and committed to providing high-quality care.

Further education may allow internists and family practitioners to gain expertise in other related areas. For example, Dr. Shank, who is board certified in family practice, later received board certification in geriatrics.

So, what’s the difference between a family practice doctor and an internist? During residency training, a family practice doctor learns to care for the whole family, gaining knowledge in the areas of pediatrics, obstetrics, and gynecology. In contrast, an internal medicine doctor

focuses exclusively on medical care for adults. Internists don’t treat newborns or children, and they don’t deliver babies. They may, however, see older teenagers.

Dr. Shank notes, “Family physicians provide care for the entire family, so this type of doctor could offer one-stop shopping and continuity of care.” The good news is that with either type of doctor, you’re in capable hands. ●



Looking for a Doctor?

Look no further than mainlinehealth.org/our-doctors, where you can search health care providers by specialty and even request an appointment.

YOU’RE INVITED: FREE HEALTH SEMINARS AT THE YMCA

Main Line Health is part of your community and we’re committed to your health. That’s why we’re partnering with the Philadelphia Freedom Valley YMCA. Together, we’re offering you more opportunities to improve your overall wellness with a new blend of member and non-member services.

Opportunities open to the public include a series of health talks, called Wellness Wednesdays, offered twice a month. These free talks rotate among

currently participating Y locations—Audubon, Haverford, Roxborough, and West Philadelphia—and area Main Line Health facilities.

“Led by Main Line Health experts, these sessions will give you insight into critical health topics,” says Chinwe Onyekere, associate administrator, Lankenau Medical Center. You can also receive certain free health screenings.

“We’re excited to work with Main Line Health to explore new ways to get

you on the road to good health—starting in your own neighborhood,” says Aimee Smith, association director of Healthy Living at Philadelphia Freedom Valley YMCA.

Overcoming joint pain, fighting fatigue, keeping your heart healthy: Turn to page 6 in this issue for details about our upcoming Wellness Wednesday events.

Weight-Loss Program Brings Rapid Results

The New Direction System at Paoli Hospital offers a comprehensive weight management program that delivers rapid—yet sustainable—results. It's designed for those with a body mass index (BMI) over 30 and is appropriate for women with at least 40 pounds to lose.

Unlike other weight-loss programs, this one is medically managed. It requires your doctor's consent and involves the help of various medical professionals. The program works in four phases:

- 1. Screening.** Includes a physical exam, review of your medical history, and lab testing to check for issues such as diabetes.
- 2. Reducing.** Active weight loss with meal replacement products and education on exercise, behavior, and nutrition.
- 3. Adapting.** Transitioning back to grocery meals.
- 4. Maintenance.** "In this phase, you have the opportunity to work with a dietitian if you start to backslide," says Janet Wendle, RN, CDE, director of the Diabetes Management Program at Main Line Health.

The program lasts as long as needed, and women can expect to lose 3 to 5 pounds per week. Certain fees apply, but some costs may be covered by your health insurance.

Ready for a new direction?
Call 484.565.8023 to get started.
Information sessions are held multiple times a month.



The Best Exercises for Arthritis Pain

Arthritis treatment doesn't stop with medication. Following an individualized exercise program can help relieve pain and improve your daily function. That way you can keep doing the things you love, whether it's playing with your grandchildren or playing a round of golf.

"People with arthritis have joint stiffness and a reduced range of motion," says Josh Davidson, PT, DPT, SCS, CSCS, outpatient therapy supervisor at Bryn Mawr Rehab Hospital and the Main Line Health Center in Exton Square. "But this doesn't have to be an excuse not to exercise. It's an opportunity to find the right exercise for your condition."

Besides relieving pain, exercise can increase flexibility, build strength, and help protect your joints from additional damage. The more you exercise, the easier it becomes. Like a car engine with oil, the parts need to be moving to get lubricated.

To get started, visit a physical therapist or other licensed medical professional who can develop a safe and effective exercise program for you. Davidson recommends these activities:

- **Biking.** If you have joint pain in your knees, feet, or ankles, try biking, as it puts less pressure on those joints than other aerobic activities. You can also try walking, low-impact dancing, yoga, tai chi, or Pilates.
- **Swimming.** Simple stretching movements like knee bends done in the pool help lessen pain and stress on the joints. The warmth of a heated pool is good for muscles, tendons, and ligaments.
- **Stretching.** If you have hand or wrist pain, try simple, repetitive movements. "Flexing and extending your fingers a little more each day or straightening and bending your wrist can help with pain and flexibility," explains Davidson. ●

When It's a Stroke, Time Is of the Essence

It was the worst headache of Elizabeth Croner's life, or so she thought. But at Bryn Mawr Hospital's highly specialized Neurovascular Lab, Croner learned that it was something more serious—a brain aneurysm, which is a life-threatening type of stroke. After Croner was rushed in from Paoli Hospital's Emergency Department, neurointerventionalist Grahame Gould, MD, performed an endovascular embolization, a nonsurgical procedure that uses coils to control the burst blood vessel. Today, Croner has no physical or cognitive effects from the experience.

What contributed to this positive outcome? A crucial factor was time. Because Croner's family took her to the ER immediately, she received fast treatment. Unfortunately, most stroke victims—78 percent—don't seek help quickly enough.

"Time is brain, so lost time is lost brain," Dr. Gould says. "Be vigilant about any symptoms of stroke, even symptoms that come and go."

In Croner's case, her stroke involved a vessel bleeding, which caused pain. However, the majority of strokes are ischemic, which means a clot cuts off blood flow to the brain. This is usually painless. That's why it's important to pay attention to symptoms;

with ischemic stroke, being treated within a three-hour "golden window" minimizes damage to the brain. Use the mnemonic FAST to know what to look for:

- **F**ace drooping
- **A**rm weakness
- **S**peech difficulty
- **T**ime to call 911

A drug called tissue plasminogen activator (tPA) has been proven effective when used in the golden window—the earlier, the better. "It contributes to 'chewing up' blood clots, which lessens poor neurologic outcomes," Dr. Gould says.

Of course, the best way to manage a stroke is to prevent it. Eating a heart-healthy diet; exercising regularly; keeping blood pressure, blood sugar, and cholesterol in check; and undergoing screenings if you have a family history of stroke can all help. ●



Know the Facts

Main Line Health urges you to recognize the symptoms of a stroke. Find a doctor and learn more about risk factors at mainlinehealth.org/stroke.



Farro with Walnut Pesto and Lacinato Kale

For more bright and healthy recipes like this one, visit blog.mainlinehealth.org/community and click on "Recipes."

- 4 cups water
- 2 cups farro
- 1 cup baby arugula
- 1 cup fresh basil leaves
- 2 cloves garlic
- 1/3 cup extra-virgin olive oil
- 1/4 cup walnuts
- 1 lemon, juiced
- 1 tsp. lemon zest
- 2 cups lacinato kale, chopped
- 1 cup grape tomatoes, halved

1. Combine farro and water in a medium-sized saucepan. Bring to a boil, then cover and simmer for 20 to 25 minutes. Drain.
2. Meanwhile, in a food processor, combine the arugula, basil, garlic, oil, walnuts, lemon juice, and zest. Puree, thinning with water to desired consistency. Season with salt and pepper.
3. Toss the farro with the pesto, kale, and tomatoes. Serve warm or cold.

HOW TO SPOT A STROKE

FAST



Ask the person to smile. Does one side of his or her **FACE** droop?



Ask the person to raise his or her **ARMS**. Does one arm hang lower?



Does the person's **SPEECH** sound labored or slurred?



TIME is crucial. If you suspect a stroke, call 911 immediately.

Lydia Hammer Senior Vice President, Marketing & Business Development

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You're Not Alone The Women's Emotional Wellness Center

A new baby, a job loss, family illness—sometimes the ups and downs of life become too much to handle. The Women's Emotional Wellness Center (WEWC) provides outpatient mental health therapy and psychiatric services for women and their families. The WEWC specializes in the period before, during, and after pregnancy or adoption, also welcoming fathers, grandparents, and other caregivers for counseling and psychiatric services.

Common issues addressed include:

- Depression, anxiety, and adjustment to life's stressors
- Marital difficulties
- Depression and anxiety during pregnancy
- Postpartum depression, anxiety, and adjustment issues
- Infertility
- Bereavement
- Unexpected medical outcomes
- Neonatal intensive care hospitalizations
- Special health care needs
- Adoption issues

The WEWC offers individual, family, and group therapy; marital counseling; and psychiatric evaluation and medication management. Our team of experienced psychiatrists and therapists work together to deliver the best possible care in a safe, supportive environment.

To learn how our team can help you, visit mainlinehealth.org/WEWC or call **484.337.6300**. Follow us on Facebook by searching for Main Line Health Women's Emotional Wellness Center.

* The WEWC accepts most commercial insurance plans and Medicare.



Going Gluten-Free? See Your Doctor First

Most of us don't think twice before we eat bread, cookies, or pizza. But for those who have celiac disease, these foods can wreak havoc on the digestive system. The culprit is a protein called gluten.

People with celiac disease cannot properly digest foods that contain gluten. For them, doctors suggest a gluten-free diet to ease symptoms, which may include:

- Abdominal pain and bloating
- Chronic diarrhea
- Skin rash
- Tingling hands and feet
- Headaches
- Joint pain

Unfortunately, many people put themselves on a gluten-free eating plan without first visiting their doctors—only to find later that gluten wasn't the problem, says Lisa Freedman, MD, a family physician at Main Line Health.

"Gluten may not be the culprit, or it may be only one of many," Dr. Freedman says. "The patient may have other food sensitivities causing symptoms. That's why it's important to see your doctor and be tested for all sensitivities. And if your doctor is unable to perform that

testing, he or she can refer you to another doctor who can."

A food sensitivity test is a blood test that measures the amount of antibodies in the blood known as immunoglobulin G (IgG). These antibodies are produced during an allergic response to certain foods.

"Because food sensitivities can take hours, days, or weeks to develop after the food was eaten, they can be difficult to pinpoint without food sensitivity testing," Dr. Freedman says. "This testing is very comprehensive. Gluten is one of up to 200 foods that can be tested with a single blood draw."

If the testing does reveal food sensitivities, don't be discouraged; there is help. For example, an effective strategy for overcoming a mild sensitivity is to simply eat the offending food less often, Dr. Freedman says. "Having a food sensitivity doesn't mean you'll have to avoid that food forever," she adds. "The whole idea is putting variety in your diet." ●