

# WOMEN'S healthsource

**GETTING  
HEALTHY**  
*as a* **FAMILY**

*When  
You Need*  
**URGENT  
CARE**



*read inside*

## **PATIENT STORY: THE GENTLE C-SECTION**

A new way of giving birth that  
promotes mother-baby bonding.  
See pages 4 & 5.

**SUMMER 2016** **WARMER WEATHER MAY INCREASE  
ARTHRITIS PAIN | TIME MATTERS WHEN TREATING A STROKE |  
SAFEGUARD YOURSELF FROM DIABETIC WOUNDS**



**Main Line Health®**  
Well ahead.®

# Getting Healthy as a Family



**As a parent, you want your kids to have a bright future.** You do all you can, from helping with homework to scheduling doctor visits. But have you taught your kids how to live a healthy life?

“It’s necessary to focus on health as a family,” explains Jason Conwell, MD, family medicine physician for Main Line Health. “When parents show by example, kids are more engaged and motivated to follow. When parents don’t participate, kids have a harder time taking the instruction seriously.” Try these tips:

- **Cook more often.** Eating habits developed in childhood often last a lifetime. Don’t foster a habit of fast food or processed fare. Instead, try to cook nutritious meals at home. Picky eaters? Enlist their help planning meals. Kids are more likely to try new foods when they help choose them.
- **Rethink drinks.** Soft drinks are known for excess calories and lack of nutrition. “Parents turn to fruit juices, but in reality, if the juice isn’t low in sugar, it’s just as bad,” notes Dr. Conwell. “Whenever possible, opt for water.”
- **Turn it off.** Tablets and TVs offer easy entertainment, but the entire family can break the habit. “Turn off the devices and get outside,” recommends Dr. Conwell. “Play games. Foster a healthy spirit of competition.”
- **Make it fun!** Children need at least 60 minutes of physical activity a day, but it doesn’t have to be a chore. Shoot hoops, ride bikes, or explore a park together. Find activities that everyone enjoys.

“What you do now as a family can affect your children’s health in the future,” says Dr. Conwell. “Even small changes add up to big benefits.” ●



## Healthy, Happy Kids

Our health library offers a wealth of pediatric health information, from parenting tips to immunization schedules. Visit [healthlibrary.mainlinehealth.org/YourFamily/](http://healthlibrary.mainlinehealth.org/YourFamily/).

## Join Now! New Fitness Center Offers Personalized Workouts

The Main Line Health Fitness & Wellness Center in Concordville will have its grand opening this fall, offering professional, personalized programs for the avid exerciser, the professional athlete, those with health issues, and the everyday couch potato.

Members will have access to strength training equipment, cardio machines, group fitness studios, a lap pool and therapy pool, and a sports performance area. Every membership includes services to keep you motivated, including personal assessments by a nurse, trainer-led programs, and free child care.

The center will be located at 1020 Baltimore Pike. The sooner you become a member, the more you’ll save. Get all the details today at [mainlinehealthfitnessandwellness.com](http://mainlinehealthfitnessandwellness.com).

## PLANTING SEEDS FOR A HEALTHY FUTURE

To help keep our community healthy, Lankenau Medical Center has developed a year-round organic garden. The Delema G. Deaver Wellness Farm is one of only a few organic gardens operating on hospital grounds nationwide. In its first years, it’s expected to produce up to 2,000 pounds of vegetables, fruits, herbs, and flowers, which will be featured at Lankenau’s farmers market, served to hospital patients, and donated to local food banks. The garden will also serve as a nutrition education site for thousands of schoolchildren.

The half-acre farm will feature educational areas, a greenhouse, compost area, beehives, and tasting station. Doubling as a relaxing retreat, the farm will also have a gathering area

open to the public. As Lankenau’s President, Phil Robinson, says, “While this may appear to be an unconventional approach to serving our community, it fits squarely with our mission to improve the quality of life for the communities we serve.” The garden is also supported by the Delema G. Deaver Fund. Learn more at [mainlinehealth.org/Lankenau](http://mainlinehealth.org/Lankenau).



# What to Do When Fatigue Becomes Chronic

**Women are pulled in so many directions,** it's no wonder we often feel zapped of energy. But if you experience fatigue on a deeper level—one that changes how you go about daily life—it may be something more.

## Understanding Symptoms

Chronic fatigue syndrome (CFS) is a very real condition that affects at least twice as many women as men. Unlike high cholesterol or diabetes, there is no diagnostic test for CFS. And its symptoms can mimic other diseases such as lupus or multiple sclerosis. But getting a clear diagnosis is possible.

"People with chronic fatigue syndrome share consistent, reoccurring symptoms," explains Madeline Saldivar, MD, MPH, primary care physician with Main Line Health. "Your doctor will first exclude other underlying health issues and then check for symptom criteria."

Criteria used to diagnose CFS include:

- The (usually sudden) onset of overwhelming fatigue that lasts for six months or more
- The inability to tolerate activities that you typically did in the past

The syndrome may also cause disrupted sleep, difficulty concentrating, and dizziness when changing positions suddenly, such as standing up.

"Chronic fatigue syndrome often develops following a cold or virus and may be linked to an abnormal immune system response. But doctors still don't completely understand the cause," says Dr. Saldivar.

## Taking Control

If you suspect you may have CFS, be your own advocate.

"If you have persistent symptoms, you need to make those symptoms known to your doctor," urges Dr. Saldivar. "Even if you've been told it's nothing or lab tests have concluded everything is normal, keep talking. Make sure someone listens."

Once diagnosed, you and your doctor can take steps to improve your quality of life. Common treatments include adjustments in your sleep habits, a gradual increase in physical activity, and cognitive behavioral therapy, which involves learning to think differently about fatigue and becoming better able to deal with stress.

"Many people see their symptoms improve, and they return to a normal level of function," says Dr. Saldivar. "Don't give up hope." ●



## First Step

To schedule an appointment with a Main Line Health primary care physician, call 1.866.CALL.MLH.



## Juicy Ladybug Treats



**Tired of ants on a log? Here's a fun summer snack recipe you can make with your kids or grandchildren.**

### Ingredients:

- 1 ripe apple
- ½ cup chocolate chips
- 1 tablespoon peanut butter

### Directions:

1. Wash your apple.
2. Cut your apple in half and remove the core.
3. Place the apple on a plate with the skin facing up.
4. Dip the chocolate chips into the peanut butter.
5. Place the chocolate chips on the apple wherever you like to make your ladybug's spots.



## Hungry for More?

Find healthy inspirations in our recipe library at [blog.mainlinehealth.org/community/](http://blog.mainlinehealth.org/community/).



After her gentle C-section, Bridget Kavitski was the first to hold her daughter, Grace.

# The Gentle Cesarean

## New technique gives moms a more meaningful birth experience

**“The gentle cesarean gave me back a part of what I lost. It didn’t replace the experience of a vaginal birth, but it gave me the essence of it, and it created something special and sacred in a place that had been intimidating and sterile.”**

—Bridget Kavitski, Bryn Mawr Hospital obstetrics patient

**For Bridget Kavitski of Media, the only thing as exciting as being pregnant with her first child was imagining how her baby would be born.** It went this way: Kavitski, 28, would have a natural delivery, seeing the birth. Almost immediately, her newborn would be placed on her chest for skin-to-skin contact.

Unfortunately for Kavitski and her husband, Jake, their idealized birth story was not to be. Instead, medical complications forced an emergency cesarean section (C-section). Nineteen months later, the Kavitskis had a second child, also a boy and also born by C-section, this one planned.

Bridget and Jake couldn’t be more thankful for their two healthy sons. But there was no denying that the births were not what Bridget had hoped for.

“I really struggled,” she says. “I actually had to go through a grieving process, letting go of the loss of an experience I had wanted with all my heart and knew I would never have.”

### A More Intimate Birthing Experience

Then in 2015, with her third child on the way, Kavitski read an article about a new concept known as a gentle cesarean. Although a gentle C-section is performed the same way as a traditional C-section, some small changes in procedure enable mothers to be more involved in their birth experience.

During a typical C-section, solid-color drapes are put up that prevent the mother from seeing the delivery. After the birth, the newborn is taken to a warmer bed to be evaluated. Next the baby is wrapped and handed to the mother’s significant other or birthing partner. Often the mother has virtually no contact with her child until after she has been taken to the recovery room.

In comparison, during a gentle C-section, a clear drape is placed in front of the mother's abdomen so she can see her baby being born. Skin-to-skin contact starts within seconds after the birth. Experts say the new technique improves bonding in the first few minutes of life.

Kavitski was interested in trying a gentle C-section and mentioned the method to her longtime OB/GYN at Bryn Mawr Hospital, Margaret Burns, MD, during an early office visit. However, before this new technique could be used, Dr. Burns had to test its safety and feasibility. With help from her midwife, Denise Wilks, Dr. Burns staged the delivery set-up using a clear drape in her office to confirm that the mother would be able to see her baby.

Then Dr. Burns consulted with Bryn Mawr Hospital staff, including the head of the anesthesia department, several neonatologists, the OB nurse manager, and the OB administrative clinical coordinator. All gave her a thumbs-up.

On December 28, 2015, Dr. Burns and Wilks delivered Kavitski's healthy baby girl at Bryn Mawr Hospital by gentle C-section. Kavitski was able to experience, for the first time, seeing her baby being born. After the delivery, the newborn was quickly evaluated by the pediatrician and placed on her mother's chest for skin-to-skin contact. Then, while Kavitski was snuggling with her baby, the clear drape was exchanged for a solid-color drape for the remainder of the surgery.

Midwife Denise Wilks (left) and OB/GYN Margaret Burns, MD (right), with their patient Bridget Kavitski and her daughter Grace in the Bryn Mawr Hospital Nursery.



### Lasting Joy

Kavitski was the first to hold her daughter, Grace. "The skin-to-skin contact was incredible. It will forever be one of the most sacred moments of my life," she says.

The overall experience was everything Kavitski and her delivery team had hoped for. For Dr. Burns, the gentle C-section was a relatively simple matter that brought joy to a family she cares deeply about. She says, "I was honored that Bridget felt she could ask me to do this for her, and I hope that other obstetricians will embrace this technique for patients who desire a better cesarean experience."

"The gentle cesarean gave me back a part of what I lost," says Kavitski, now 34. "It didn't replace the experience of a vaginal birth, but it gave me the essence of it, and created something special and sacred in a place that had been intimidating and sterile.

"I wouldn't trade my daughter's birth for anything." ●



### For a Happy Birth Day

The gentle C-section procedure is available at

Bryn Mawr Hospital, with plans to implement this birthing option across all Main Line Health hospitals. To learn more, visit [mainlinehealth.org/maternity](http://mainlinehealth.org/maternity). And turn to page 6 of this issue for a full list of our maternity and child care classes.

## 4 WAYS TO CARE FOR YOURSELF WHEN YOU HAVE A NEWBORN

While you get used to taking care of your new baby, don't forget to take care of yourself. Here's how:

- **Let friends and family members help you with chores.** And lower your housekeeping standards to concentrate on the basics: eating, sleeping, and tending to your baby.
- **To conquer constipation—a common after-pregnancy complaint—drink plenty of water and fruit juice.** Avoid caffeine and alcohol, which can make constipation worse. In addition, eat plenty of fruits, vegetables, and high-fiber, whole-grain breads and cereals, and get regular exercise.
- **Return to your exercise routine as soon as your doctor gives the green light.** In addition to relieving constipation, exercise like brisk walking can melt away pregnancy pounds and boost your energy and mood. Begin slowly and gradually increase intensity. Drink enough water to avoid dehydration. And wear a supportive sports bra.
- **Be aware of your mood.** Many new moms feel a little blue for up to two weeks after childbirth. If you experience extreme sadness or irritability, or you are unable to eat, sleep, or care for the baby, call your doctor. You could have postpartum depression, a serious but treatable condition.

All new moms who deliver at a Main Line Health hospital can take the Edinburgh Postnatal Depression Scale, a questionnaire to identify their risk of postpartum depression. They can also talk with a social worker before leaving the hospital.

After new mothers return home, a therapist from the Women's Emotional Wellness Center (WEWC) will call to check in. The WEWC provides outpatient therapy and psychiatric services for women and their families—including fathers and other caregivers—before, during, and after pregnancy. Call 484.337.6300 or visit [mainlinehealth.org/WEWC](http://mainlinehealth.org/WEWC).

## WELLNESS AND PREVENTION

### American Red Cross Blood Drives

To make an appointment, go to [redcrossblood.org](http://redcrossblood.org) and use sponsor code "paolihospital."

• May 31, 7 a.m. to 5 p.m.

• June 1, 7 a.m. to 5 p.m.

Bryn Mawr Hospital, Conference Room F

• June 17, 7 a.m. to 5 p.m.

• July 22, 7 a.m. to 5 p.m.

Paoli Hospital, Potter Room, 255 West Lancaster Ave.

### Blood Pressure Screenings

Main Line Health regularly provides free screenings at locations across the region. Visit [mainlinehealth.org/events](http://mainlinehealth.org/events) for the entire list.

At the Haverford YMCA, 891 N. Eagle Rd.:

• May 21, 9 to 11 a.m.:

Blood pressure screening with hydration booth and exercise info

• June 6, 5 to 7 p.m.:

Blood pressure screening with safety and exercise info

• June 15, 9 to 11 a.m.:

Blood pressure screening with sun safety booth and exercise info

### Skin Cancer Screenings

• May 10, Paoli Hospital, Cancer Center, 6 to 8:30 p.m.

• May 17, Main Line Health Center in Newtown Square, Cancer Center, 6 to 8:30 p.m.

• May 19, June 9, July 21, August 11, Riddle Hospital, 5 to 7 p.m.

• May 24, Lankenau Medical Center, Lankenau Clinical Care Center, 6 to 8:30 p.m.

• May 25, Main Line Health Center in Collegeville, 6 to 8:30 p.m.

### Stroke/Heart Lecture and Stroke Screening

• June 30, noon to 2 p.m.

Main Line Health Center in Broomall Lawrence Park Shopping Center, 1991 Sprout Road, Broomall

### SmokeFREE

Main Line Health's free behavior management program designed to help smokers quit. Participants may be eligible to receive free nicotine replacement therapy.

• May 18, 25, and June 1, 8, 6 p.m. Paoli Hospital, Paoli Room



# calendar



Registration is required for most programs unless otherwise noted.

To register for an upcoming event in this calendar, call toll-free 1.888.876.8764 or visit [mainlinehealth.org/events](http://mainlinehealth.org/events), where you'll find a complete list of classes.

- July 6, 13, 20, 27, and August 3, 10, 6 p.m. Lankenau Medical Center, Health Education Center
- July 7, 14, 21, 28, and August 4, 11, 6 p.m. Riddle Hospital, Administrative Annex, Conference Room 2

### Where Delicious Meets Fast and Healthy

In this cooking class, enjoy a sensational summer sampler of lighter, seasonal recipes. Fee: \$5.

• June 23, 6:30 to 8 p.m.

Main Line Health, Community Health Services, 933 Haverford Road, Bryn Mawr, Lower Level

### Wellness Wednesdays at Whole Foods, Wynnewood

Includes a blood pressure screening. No registration needed. 339 East Lancaster Ave., noon to 2 p.m.

• May 18: Arthritis

• June 15: Men's Health

### The Healthy Woman Program at Lankenau Medical Center

Provides free health screenings for women who are uninsured or underinsured and whose income qualifies. Screenings include free mammograms, breast exams, pelvic exams, and Pap tests. For more information, call 484.476.8554.

## CHILDBIRTH AND CHILD CARE

We're here to help you prepare for your newest addition with a variety of classes available at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital.

### 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. Fee: \$110.

### Prenatal Breastfeeding

Learn the steps to successful breastfeeding. Partners encouraged to attend. Fee: \$45.

### Baby & You Series

This class increases confidence in new parents in caring for their baby. Class includes a visit from a pediatrician affiliated with Main Line Health. Please enroll early. Fee: \$90.

### Welcoming Baby: A Family Affair

Learn what to expect from your newborn. Fee: \$45 for expectant couple; \$10 for accompanying grandparents.

### Preparing for Multiples

Birth and postpartum for those expecting multiples. Fee: \$45.

### Advanced Comfort Measures

Beyond breathing and relaxation. Fee: \$45.

### Sibling Preparation

For 3- to 7-year-old siblings. Fee: \$30 for one child; \$10 for each additional child.

### Keeping Baby Safe

Creating a safe and healthy environment. Fee: \$45.

### The Happiest Baby

Learn ways to calm a crying baby. Fee: \$90.

### Safe Sitter Babysitting

An intensive one-day training program for boys and girls ages 11 to 14. The goal is for adolescents to safely care for younger children in a nurturing way as well as to prevent unintentional injuries while babysitting. All sessions held at 9 a.m. Fee: \$60.

• May 14

• July 26

• June 28

• August 9

• July 12

• August 23

Riddle Hospital, Administrative Annex, Conference Room 1

## **Grandparents as Sitters**


Designed for grandparents who are or will be caring for their grandchildren ages newborn to 6 years old. Course will cover safety, electronics, child care equipment, CPR, and choking. Ideas for playtime activities and outings will be shared. Fee: \$40.

- June 4, 8:30 a.m.


Riddle Hospital, Administrative Annex, Conference Room 1

## SUMMER COMMUNITY PROGRAMS IN EXTON


At Exton Main Line Health Center, 154 Exton Square Pkwy., Exton Square Mall, Lower Level:

 **“Stroke: What You Need to Know,”** with Donald Ferrari, DO. Stroke is the #4 killer in America. Learn how you can prevent, treat, and diagnose stroke.


- May 24, 6:30 to 7:30 p.m.

 **“Menu Planning 411.”** Stop the takeout and start eating in! Join us to get some simple, fast, and better-for-you summer meal ideas.


- June 15, 6:30 to 7:30 p.m.

 **“Prediabetes,”** with Janet Wendle, Main Line Health Diabetes Program Manager. What is prediabetes, and what you can do about it?

- June 21, 6:30 to 7:30 p.m.

 **“Sleeping for Beauty: Sleep Health for Women,”** with Main Line Health sleep specialists.


- June 28, 6:30 to 7:30 p.m.

 **“Diabetes 101,”** with Janet Wendle, Main Line Health Diabetes Program Manager. Learn the symptoms, causes, treatments, and tests for Type 2 diabetes.

- July 12, 6:30 to 7:30 p.m.

 **“Hip and Knee Pain Seminar,”** with Donna Levan, Orthopaedic Pro-gram Manager, Paoli Hospital. Keep the spring in your step. Learn about common causes of hip and knee pain and simple steps you can take to lessen the likelihood of injury. Find out about the latest effective treatments as well as innovative joint replacement

- August 9, 6:30 to 7:30 p.m.

 **“Back to School, Back to Sleep,”** with Main Line Health sleep specialists. A discussion on the importance of sleep in school-age children.

- August 16, 6:30 to 7:30 p.m.

## CPR AND FIRST AID

### **Basic First Aid Class**

This Emergency Care & Safety Institute course covers bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification upon completion. Fee: \$40. Preregistration with payment is required.

- June 14, 7 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

## DISEASE MANAGEMENT

### **Diabetes & You: Daytime and Evening Programs**

Designed to help members of the community gain better management of their diabetes. Cost is covered by most insurance companies. For more details, call 484.227.3769.

At 12:30 p.m.:

- June 8, 15, and 22
- July 13, 20, and 27
- August 3, 10, and 17

At 6:30 p.m.:

- May 10, 17, and 25
- June 14, 21, and 29
- July 12, 29, and 26
- August 9, 16, and 24

Riddle Hospital, Health Center 4, Conference Room 2

### **Look Good, Feel Better**

Women undergoing treatment for cancer are invited to this program developed by the American Cancer Society; the Cosmetic, Toiletry, and Fragrance Foundation; and the National Cosmetology Association. Learn the latest makeup tips as well as information on wigs, head wraps, and more! Each participant receives a personal beauty kit to take home. This is a free program, but registration is required. Call the American Cancer Society at 1.800.227.2345.

- July 14, 5 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

## FOR OLDER ADULTS

### **Mature Driving**

This driver safety program addresses the specific challenges of drivers older than 55. Both full and renewal courses offered. For the renewal course, you must bring proof that you've attended an eight-hour course previously. Fee: \$15 per person for AARP members; \$20 per person for nonmembers.

- May 18, 9 a.m.
- June 7, 9 a.m.
- July 7 and 8, 9 a.m.
- August 11, 9 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

### **AARP Safe Driving Classes**

Refresh your driving skills, save money on your car insurance, and learn useful tips for getting around on the road. Register by calling 1.866.225.5654.

- June 6: One-Day Refresher Class
- July 18 and 19
- September 12 and 13

Lankenau Medical Center

### **Senior Suppers at Riddle Hospital**

This monthly event features dinner and an informative presentation about healthy living for older adults. Fee: \$7 per person. Held at 4:30 p.m.

- May 25: “Audiology,” with Catherine Marino, AuD
- June 22: “Peripheral Vascular Disease: The Hidden Danger to Your Heart,” with Daniel Tsyvine, MD
- July 27: “Sleep as We Age,” with Peter Allen, BSRC, RRT-NPS-SDS, RST, RPSGT
- August 24: “Osteoporosis,” with Peter Dahl, MD

Riddle Hospital, Administrative Annex, Conference Room 1 (located around the back of the Thrift Shop on the ground floor)

### **Senior Supper Club at Paoli Hospital**

For the “over 60” crowd, an evening of dinner, conversation, and a healthy living seminar. Fee: \$7 per person. Held from 5 to 7 p.m.

- June 15: “Senior Care Transitions: Assisted, Home Care, Skilled, Observation, Inpatient”
- July 6: “Cancer Updates”

Paoli Hospital, Potter Room



# Warmer Weather May Increase Arthritis Pain

**Many people associate the aching joints of arthritis with cold weather.** Surprisingly, the heat and humidity of summer can also worsen joint pain and inflammation.

“Changes in weather lead to changes in barometric pressure, which increases pressure in the joints and can also increase pain,” explains Allyson Fleischman, PT, DPT, physical therapist at Bryn Mawr Rehab Hospital. She notes that some patients can predict when a storm or rain is coming because of increased joint pressure.

In addition, heat can make cells “vasodilate,” or open and allow more fluid in, which may cause swelling and make joints more sensitive to the touch.



But don't use discomfort as a reason to be idle. “People think that if they have pain, they shouldn't exercise,” says Fleischman. “It isn't true. Being inactive also can lead to increased stiffness and discomfort. Just be smart about your activity. Talk with your doctor about what to do if you're in the midst of an arthritis flare-up.”

To be safely active this season:

- Balance cardiovascular exercise, such as biking or swimming, with strength training and stretching. Be sure to stretch both parts of a joint—front and back—for maximum flexibility. And remember to always warm up and cool down.
- To avoid injury, ask a physical therapist or trainer to explain the basics of any equipment you use. He or she can also help you develop a balanced exercise program that's appropriate for your fitness level and your overall health.
- Ask your doctor about pain medications. “It's important to ‘stay ahead of the pain,’ to treat it before it becomes unbearable,” advises Fleischman.
- Consider hot or cold packs for pain, as well as stress-relieving activities like yoga to stretch muscles and joints.

Respect your limits. During flare-ups, it's okay to dial back the activity for a day. But keep in mind, regular activity can delay the progression of some types of arthritis. Talk with your doctor about an exercise program that works for you. ●



## Keeping You in Motion

At Bryn Mawr Rehab Hospital, our team of

experts develops a customized plan for each patient. Learn more at [mainlinehealth.org/rehab](http://mainlinehealth.org/rehab).

## Healing Through Psychodrama

Mere words aren't enough for some people to communicate about painful experiences. Another option for healing is psychodrama. This technique explores a person's relationship with herself and others through creative tools such as role-playing and role reversal, which allow people to learn new ways of relating to others.

“Psychodrama allows us to talk directly to the issue at hand—whether it be interacting with God, a parent, shame, or addiction,” says Scott Giacomucci, MSS, LSW, CCTP, Mirmont Treatment Center. “Psychodramatists empower people to create change in their lives.”

The following describes a psychodrama experienced by Maria, a survivor of trauma and addiction, while she was an inpatient at Mirmont. The Mirmont team designated one side of the room as “the past” and had a group member role-play as Maria's 7-year-old self. When Maria was invited to “role reverse” with her younger self, 7-year-old Maria found a safe space to have a voice. She expressed the terror of living in an abusive home and how she escaped her sadness through drug use.

Maria was able to honor her 7-year-old self and give her the love she craved in her childhood. She was invited to choose an object in the room to represent her resilience; she chose a blue marker. Empowered, Maria held her resilience in the air and exclaimed, “I get to write my own future!”

**Mirmont is dedicated to empowering people to make peace with their pasts and write their own futures. Call us at 484.227.1453 or visit [mainlinehealth.org/mirmont](http://mainlinehealth.org/mirmont).**



# Preventing Stroke in People with Atrial Fibrillation

**If you have atrial fibrillation (A-fib),** it's unsettling to know that it greatly increases the risk for stroke. Lankenau Heart Institute experts are on the forefront of new treatment options that dramatically reduce that risk—empowering people to prevent stroke and take control of their lives.

A-fib is characterized by irregular beating in the heart's upper chambers, which causes blood to pool in the heart. This pooled blood can form clots in a pouch called the left atrial appendage (LAA). If a clot breaks free, it can lead to a devastating stroke.

"Typically, patients with A-fib take blood-thinning medications to reduce their stroke risk. But not everyone likes or can tolerate these drugs, which can carry a significant bleeding risk," says William Gray, MD, System Chief of cardiovascular disease for Main Line Health, who has been involved with the study of these devices for the past decade. "Now, we have new treatment options that eliminate the need for long-term blood thinners."

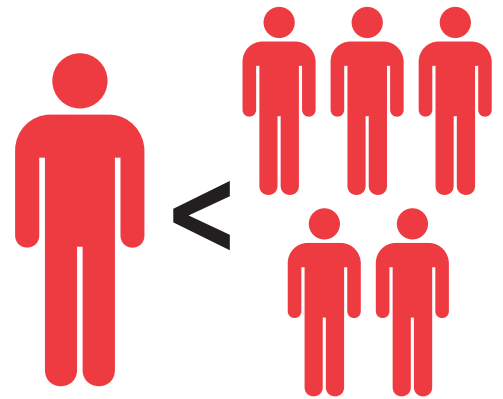
Sheetal Chandhok, MD, cardiologist at Bryn Mawr Hospital, part of Lankenau

Heart Institute, has treated patients with the new Watchman™ Left Atrial Appendage Exclusion Device. The device, which is the size of a quarter, is used to seal off the LAA.

"Studies show the Watchman works as well as blood-thinning medication to reduce the risk for stroke," explains Dr. Chandhok. "For patients who can't tolerate lifelong medications, this can be an excellent alternative."

In addition to the Watchman, Lankenau Heart Institute provides other closure devices and new medications to reduce stroke in patients with A-fib. The health system is also committed to further research on the benefits of these alternatives. For example, Bryn Mawr Hospital is one of only 15 sites nationwide involved in the aMAZE trial. The site, led by Dr. Chandhok, is testing whether a new LAA closure system may reduce incidence of A-fib after catheter ablation in some patients.

"This is an exciting time," says Dr. Gray. "Our patients with A-fib have more, and safer, options than ever before." ●



People with atrial fibrillation have a 5 times greater risk of stroke.



## Promising Treatments

Research and clinical trials play a vital role in the

Lankenau Heart Institute's efforts to prevent, diagnose, and treat the full range of cardiovascular conditions. These trials often lead the way for new and promising treatments for people with heart disease. For additional information on cardiovascular clinical trials or to learn more about treatment options, visit [mainlinehealth.org/heart](http://mainlinehealth.org/heart).

## LESBIAN AND BISEXUAL WOMEN NEED TO BE PROACTIVE ABOUT THEIR HEALTH

Did you know that women who are sexually intimate with women require screening for sexually transmitted infections (STIs)? If not, you may not be getting health care that's tailored to you, says Joanne Glusman, Bryn Mawr Hospital social worker and cochair of the Bryn Mawr Hospital Diversity, Respect, and Inclusion Committee. "First and foremost, if you're lesbian or bisexual, or if you have a child who identifies as such, it's important to find a physician who welcomes you and your family and whom you can open up to," Glusman says. Your doctor should address these issues:

- **STIs.** Lesbian and bisexual (LGB) women need pelvic exams and Pap tests, just like straight women.
- **Cancer risk.** Because fewer lesbian women become pregnant, their risk for some reproductive cancers may be elevated.

- **Depression/substance abuse.** LGB women may have less social support and be at higher risk for these issues.
- **Obesity/heart disease.** Similarly, lack of support can evolve into higher risk for heart disease and other obesity-related illnesses.

On a positive note, if you're of childbearing age, you should be offered the latest in family planning, says Deanna Brasile, DO, a fertility specialist with Main Line Health. "We offer state-of-the-art services to all women. We can even help with legal consent for innovative options such as retrieving an egg from one partner, fertilizing it with donor sperm, and transferring to the other partner so both can share in the pregnancy."

To learn more about health issues that affect LGB women, visit [blog.mainlinehealth.org/community](http://blog.mainlinehealth.org/community) and search for "LGB."



## Diabetic Wounds: Steps to Safeguard Your Health

**If you have diabetes, even minor cuts or scrapes can develop into serious wounds.** These wounds, which are most common on the feet, can limit your mobility, cause extreme pain, and even lead to amputation.

Several complications of diabetes increase the risk for wounds:

- Poor circulation, which inhibits the flow of blood throughout the body
- Nerve damage, which makes it harder to feel pain and may cause wounds to go unnoticed
- Compromised immune system, which makes it harder to fight infection

### Preventing Wounds

Peter Dahl, MD, endocrinologist at Riddle Hospital, part of Main Line Health, recommends these steps to prevent diabetic wounds.

- **Regularly examine your feet.** Keep a mirror at floor level, and check your feet every day.
- **Choose sturdy footwear.** Close-toed, hard-soled shoes, properly fitted, will protect your feet and avoid pressure injuries. “Even at home,” says Dr. Dahl, “don’t go barefooted, and avoid wearing flip-flops or sandals.”
- **Eat a nutritious diet.** “Proper proteins, balanced with carbohydrates and the right kinds of fats, are the building blocks to help you fight infection,” says Dr. Dahl. Focus on monounsaturated fats, such as olive oil, avocados, and nuts, and polyunsaturated fats, found in fish, leafy greens, and some nuts and seeds.

### What to Do if a Wound Occurs

First, keep the area clean. Use a soft cloth and mild soap, and rinse with cool water before drying. Apply antibiotic ointment and a nonstick gauze pad. Change the dressing daily, and be alert for signs of infection: swelling, discharge, a foul odor, or fever. Seek help for wounds that haven’t begun to heal in five days.

“Underlying infections can be treated with antibiotic therapy and debridement, the removal of devitalized or infected tissue,” says Guy Nardella, MD, Director of the Wound Healing and Hyperbaric Centers of Main Line Health.

For hard-to-heal wounds, hyperbaric oxygen therapy may be prescribed. In a series of hour-long sessions, patients enter a special chamber flooded with 100 percent oxygen at greater than atmospheric pressure, which speeds the healing process. “The results are significant,” says Dr. Nardella. “Studies show that hyperbaric oxygen therapy increases the healing rate and decreases the rate of amputations.”

Above all, work to manage your diabetes. The better your blood sugar is controlled, the less likely you are to develop wounds. ●

### Head-to-Toe Care

The Wound Healing and Hyperbaric Centers of Main Line Health provide advanced wound therapies at Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital. For more information, including FAQs about hyperbaric oxygen therapy, visit [mainlinehealth.org/wound](http://mainlinehealth.org/wound).

## 3 Facts About Prediabetes

**1. More than one in three adults in the United States have prediabetes.**

This means they have higher than normal blood sugar, but not high enough to be true diabetes. Within 10 years, many people with prediabetes will develop Type 2 diabetes. The good news: A healthy lifestyle can make a difference. Research shows that people with prediabetes can reduce their risk for full diabetes by more than half when they lose five to seven percent of their body weight through exercise and diet.

**2. Prediabetes puts the heart at risk.**

People with prediabetes are more likely to have atherosclerosis than those with normal blood sugar levels. That puts them at higher risk for heart disease.

**3. People with prediabetes rarely have symptoms.**

It’s a good idea to get your blood sugar tested if you’re age 45 or older. Younger people may need testing if they are overweight and have at least one other risk factor for diabetes:

- Not exercising regularly
- Being African-American, Asian-American, or Hispanic
- Having low HDL, or “good,” cholesterol or high triglyceride levels

# Time Matters When Treating a Stroke

**When a patient arrives** at Bryn Mawr Hospital's Emergency Department (ED) with stroke symptoms, the Fast Alert is sounded. The goal: to mobilize the ED physicians and nurses to provide rapid care, starting with a CT scan of the head, which is done in a matter of minutes. That's because the speed with which a patient is treated reduces the stroke's impact on the brain and saves brain tissue.

The CT scan quickly produces information about blood vessels in the brain that may be blocked or ruptured. With this information, the ED stroke team coordinates care with radiologists, neurologists, and neurosurgeons to provide emergency treatment designed to prevent permanent disability or death.

"Our goal is to start appropriate treatment as soon as possible, recognizing that earlier treatment provides for best outcomes," says Steven Gamburg, MD, Chair, Department of Emergency Medicine, Main Line Health.

Designated by The Joint Commission as a Primary Stroke Center and affiliated with the Jefferson Hospital Neuroscience Network, Bryn Mawr Hospital offers advanced interventional services for the treatment of stroke, including innovative nonsurgical

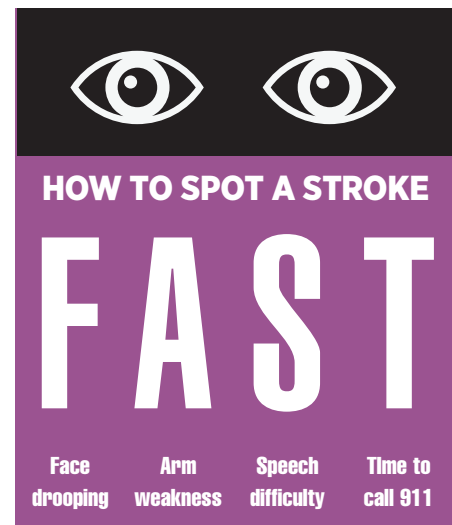
procedures in the only neurointerventional lab on the Main Line.

There are two primary types of stroke: ischemic (clot) and hemorrhagic (bleed). For patients who are candidates for the drug tPA, they must arrive at the hospital within a three-hour window after the onset of symptoms to receive the drug. If tPA does not work, patients with ischemic stroke may be eligible for a minimally invasive neurointerventional procedure to remove the blood clot. For patients with hemorrhagic stroke, tPA may worsen the bleed and so may not be given. The Bryn Mawr Hospital neurointerventional lab treats ischemic strokes with a clip or removal of the clot, while hemorrhagic strokes are treated by coiling the weakened veins that caused the bleed.

"At Bryn Mawr Hospital, we have the expertise and technologies to provide prompt, comprehensive care for even the most complicated strokes," says neurointerventional neurologist Qaisar A. Shah, MD.

Main Line Health is planning to roll out the Fast Alert system to its other three acute care hospitals. If you or a loved one shows signs of stroke (see image at right), do not hesitate to seek treatment.

"Stroke requires the same rapid response as a heart attack," says Dr. Gamburg. "The quicker a patient gets to our ED, the quicker we can sound the Fast Alert, signaling our team of experienced stroke experts to provide tPA or neurointerventional treatments." ●



## Protect Yourself

Did you know that 80 percent of strokes are preventable? Learn how at [mainlinehealth.org/stroke/prevention](http://mainlinehealth.org/stroke/prevention).

## 3 TIPS TO MANAGE MIGRAINES

Migraine headaches can make it tough to enjoy the activities of daily life. While medication plays a role in prevention and treatment, migraine sufferers who combine drug and nondrug treatments are likely to see the most improvement.

If you're ready for some migraine relief, tap into these three self-care strategies.

**1. Keep a headache diary.** It's one of the best ways to identify your migraine triggers. Track the following:

- When your migraines occur and if they're mild, moderate, or severe
- What you ate or drank before the headache
- How much sleep you had the night before
- Specific symptoms
- Possible hormonal factors, such as the stage of a woman's menstrual cycle
- Exposure to other possible triggers, such as bright lights, stress, odors, tobacco smoke, hunger, or loud noise

- 2. Focus on food triggers.** Migraine attacks often occur in response to foods. Common culprits include foods that are processed, fermented, pickled, or marinated, as well as red wine, aged cheese, salami, cured meats, nuts, and chocolate. You can tell if a food triggers your migraines if you experience a headache within 12 to 24 hours after eating it.
- 3. Practice relaxation.** Learning ways to relax has been proven to reduce the number and severity of headaches. Deep-relaxation techniques work by changing your body's response to stress hormones. They also slow your heart rate and the expansion and contraction of blood vessels. Deep breathing and progressive muscle relaxation are the two main techniques recommended for migraine sufferers. Learning these techniques can teach you to spot signs of stress in your body and reduce them before they cause a headache. Using these relaxation tricks as soon as a migraine begins may reduce its severity.

Lankenau Medical Center  
Bryn Mawr Hospital  
Paoli Hospital  
Riddle Hospital  
Bryn Mawr Rehab Hospital  
Mirmont Treatment Center  
HomeCare & Hospice  
Lankenau Institute for Medical Research



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# Care When You Need It: Main Line Health Provides Convenient Treatment Close to Home

**It's amazing how much women can get done in a day:** work appointments, social commitments, family responsibilities. Our calendars are full and then some. But what happens if you or a family member becomes sick or injured?

Main Line Health understands that unexpected health issues occur at inconvenient times. And sometimes care can't wait. That's why our two urgent care centers provide exceptional medical care at times when your doctor may not be available.

"Main Line Health's urgent care centers treat minor health issues in people of all ages—from infants to older adults," explains Christine Stallkamp, MD, FAAFP, Medical Director of Main Line Health's Urgent Care and Occupational Health. "Because we're open seven days a week with extended hours, we can offer the convenience patients need."

## Now in Broomall

In addition to the Urgent Care Center at the Main Line Health Center at Exton Square, you can now access quality physicians and services at our new Broomall location. You'll find the same high level of care you've come to expect from Main Line Health for viruses, flu, cuts and burns, muscle sprains, ear infections, strep throat, stomach ailments, and allergic reactions. Both centers also provide X-ray imaging, EKGs, laboratory services, splinting and casting, sutures, and more.

## Access to a Network of Care

Some conditions, such as chest pain or trouble breathing, are best served by the emergency

department (ED). If a patient in urgent care requires emergency services, the urgent care staff can coordinate a quick transfer to ED physicians at one of Main Line Health's four regional hospitals.

"As part of Main Line Health's esteemed physician group, our urgent care providers also have relationships with medical specialists and can refer patients if they need specialized follow-up care," says Dr. Stallkamp. "When you seek urgent care services with Main Line Health in Broomall or Exton Square, you have access to the strength of the entire health system to ensure you receive the best care possible." ●

## Two Locations to Better Serve You

Main Line Health's two urgent care centers provide expert care when you need it most. Visit us at:

● **Main Line Health Center at Exton Square**  
154 Exton Square Pkwy.  
Exton, PA 19341  
**484.565.8600**

### Hours

Monday–Friday: 9 a.m.–9 p.m.  
Saturday: 9 a.m.–4 p.m.  
Sunday: 9 a.m.–2 p.m.  
Holidays\*: 9 a.m.–1 p.m.

● **Main Line Health Center in Broomall**  
1991 Sproul Rd.  
Lawrence Park Shopping Center  
Broomall, PA 19008  
**484.421.1669**

### Hours

Monday–Friday: 9 a.m.–9 p.m.  
Saturday: 9 a.m.–4 p.m.  
Sunday: 9 a.m.–2 p.m.  
Holidays\*: 9 a.m.–1 p.m.

\*New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving, and Christmas

