

# WOMEN'S healthsource

Coordinated care  
helps 'miracle'  
patient achieve  
her goals



**SPRING 2020** 5 TIPS TO KEEP YOUR MAN'S HEART HEALTHY  
HELPING A LOVED ONE WITH MENTAL HEALTH ISSUES  
CLINICAL TRIALS REVEAL NEW WAYS TO FIGHT CANCER



Main Line Health®

# 5 tips to help your man keep his heart healthy

## Heart disease is the leading cause of death among men.

But many men are unaware of the risk or how their everyday lifestyles could be affecting their heart health.

Michael A. Valentino, MD, PhD, a cardiologist at Lankenau Heart Institute, part of Main Line Health, offers five steps that men can take to protect their hearts.

- 1. Find a primary care doctor he likes—and visit every year.** An annual appointment can help him understand his risk factors and get the right screenings.
- 2. Quit smoking and vaping.** It's one of the most significant risk factors for heart disease, and men are more likely than women to smoke or vape. Keep in mind that Main Line Health offers free smoking-cessation classes. Also, if your man currently smokes or quit within the past 15 years, he may be a candidate for lung cancer screening.
- 3. Take control of high blood pressure.** Another risk factor more common among men than women is high blood pressure. "There are many reasons for this. For example, men are more likely to be inactive and overweight," explains Dr. Valentino. High blood pressure can usually be managed with lifestyle habits, such as a good diet and regular exercise.
- 4. Find healthy ways to deal with stress.** "Men have the same stressors women do—career, family, finance, health—but they are more likely to suppress their feelings and put on a strong facade to push through it," says Dr. Valentino. "Letting stress build up can affect one's mental health and raise blood pressure." Exercise, as well as mindfulness or meditation, can be a healthy outlet for stress.
- 5. Limit alcohol intake.** This can reduce the risk for diseases such as diabetes, cancer and heart disease. Men should limit alcoholic beverages to no more than two per day. For men, one drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of distilled spirits.



## TAKE YOUR HEALTH TO HEART

The best way to manage your heart disease risk is to make your health a priority—no matter what else is on your plate. Visit [mainlinehealth.org/heart](https://mainlinehealth.org/heart) to schedule an appointment with a cardiologist.

## ALTERNATIVE TREATMENT FOR AFIB MAY REDUCE STROKE RISK

Atrial fibrillation (AFib) is a condition characterized by irregular beating in the heart's upper chambers. This can cause blood to pool in the heart and form clots in a pouch called the left atrial appendage (LAA). If a clot breaks free, it can lead to a devastating stroke.

AFib patients commonly take blood-thinning medications to reduce their risk of stroke. But these often carry a significant bleeding risk. Sheetal Chandhok, MD, an electrophysiologist at Lankenau Heart Institute, part of Main Line Health, has treated patients with a left atrial appendage occlusion device as an alternative to long-term warfarin.

This device, which is the size of a quarter, closes off the

LAA to keep blood clots from entering the bloodstream. As a result, the risk of stroke may be reduced and, over time, patients may be able to stop taking blood thinning medications such as warafin or coumadin. "Our patients with AFib have more, and safer, options than ever before," says Dr. Chandhok.

## WATCH THIS

Visit [mainlinehealth.org/watchman](https://mainlinehealth.org/watchman) to watch a video about the device. Talk with your cardiologist to see whether the device is an option for you.



# When your heart's aflutter: The risks of atrial fibrillation

**It's normal for the heart to skip a beat every once in a while**—perhaps because of nerves or even falling in love. But when your heart frequently skips a beat, that's known as an arrhythmia, and it can be dangerous.

One of the most common heart arrhythmias is atrial fibrillation (AFib). With this condition, the upper chambers of the heart don't beat strongly enough. As a result, blood is not pumped forcibly into the lower chambers. "This is a lot less efficient because the top and bottom chambers of the heart are not beating in sync," explains Colleen Hanley, MD, an electrophysiologist who treats heart rhythm disorders at Lankenau Heart Institute, part of Main Line Health.

As a result, blood pools in the heart. This can lead to blood clots, which can travel to the brain and cause a stroke.

## WHO'S AT RISK FOR AFIB?

AFib can occur in anyone, but there are some common risk factors:

- Age; the older you are, the greater your risk
- High blood pressure
- Diabetes

- History of heart attacks and other heart disease
- Sleep apnea
- Excessive alcohol use
- Obesity

AFib is more common in men, but women are more likely to have a stroke because of a higher tendency to form blood clots.

## GETTING THE RIGHT TREATMENT

Many people aren't in tune with their heartbeat. "Often, you don't really notice your heart beating or if it's beating irregularly," Dr. Hanley says. Sometimes, AFib has no symptoms. Other times, people may feel an erratic heartbeat, lightheaded, fatigued or short of breath.

If you have AFib, there are medications that can help prevent blood clots. There are also procedures to put your heart back into its normal rhythm.

Whether or not you experience symptoms, AFib should be monitored by a heart doctor. "Proper treatment of AFib is the best way to reduce the risk of stroke," Dr. Hanley says.


Dr. Hanley recommends knowing the warning signs of a stroke (see below) and



acting as quickly as possible if you or someone around you is experiencing one. A fast response offers the best chance at a full recovery.

## HEART RHYTHM EXPERTS

To find a cardiologist who specializes in heart rhythm disorders near you, visit [mainlinehealth.org/arrhythmia](http://mainlinehealth.org/arrhythmia).



## ACT FAST at the signs of a stroke

- B** **BALANCE:** Loss of balance, headache or dizziness
- E** **EYES:** Blurred vision
- F** **FACE:** One side of the face is drooping
- A** **ARMS:** Arm or leg weakness
- S** **SPEECH:** Speech difficulty
- T** **TIME:** Time to call 911

# Coordinated care helps ‘miracle’ patient achieve her goals

The last thing 55-year-old Yana Weiser-Shenkman recalls about the day of her accident is walking out of her synagogue. She doesn't remember getting hit by a car or being rushed to Lankenau Medical Center's trauma center. And she has no memory of the coma that followed. On that day two years ago, Weiser-Shenkman suffered a significant traumatic brain injury as well as pelvic, spinal, limb and facial fractures. Thankfully, she was less than three miles from trauma experts who were awaiting her arrival.

## COMPREHENSIVE TRAUMA CARE

"Lankenau Medical Center is a designated level II trauma center, having all the resources and expertise required to care for the most serious injuries 24 hours a day, 365 days a year," explains Ehyal Shweiki, MD, director of the trauma center at Lankenau Medical Center, part of Main Line Health. "Our patient outcomes are in the top 10 percent of the country."

Weiser-Shenkman was treated by a comprehensive team of specialists in trauma surgery, neurosurgery, neurological intensive care, orthopaedic surgery, oral-maxillofacial surgery, ophthalmology and physical medicine and rehabilitation. Because of her brain injury, Weiser-Shenkman remained in a coma for 12 days. During that time, specialists monitored and controlled the abnormal swelling and pressure in her brain. When she slowly began to wake, she didn't understand the extent of her injuries.

"I knew something had happened, but I thought I was fine. I had no idea how far I had to go," recalls Weiser-Shenkman. "I'm glad I had my family at my side."

## COMPASSIONATE ENVIRONMENT

Lankenau Medical Center understands the importance of helping patients and families through their physical, emotional and spiritual journey. Lankenau was able to make this difficult time a little easier for Weiser-Shenkman's husband, mother and two daughters, who all stayed close to her in the onsite Shabbat Suite. The suite

offers a comfortable and peaceful space for Jewish families to observe Shabbat and holidays. The suite features two private bedrooms, each with two beds and a private bathroom with shower, 24/7 private kitchen and stocked pantry, and a spacious lounge and private space for minyan.

"The Shabbat Suite gives Jewish family members a respite," explains Dr. Shweiki. "They have one less thing to worry about and can focus on their loved one."

## PATIENT-CENTERED REHABILITATION

After two weeks at Lankenau Medical Center, Weiser-Shenkman was transferred to Bryn Mawr Rehab Hospital, part of Main Line Health, for intensive inpatient rehabilitation. In addition to her brain injury, she had orthopaedic trauma, which made

her case more complicated. She received physical, occupational and speech-language therapy to help overcome the physical and mental challenges caused by her accident.

"At Bryn Mawr Rehab, patients help set their own goals for therapy," explains Natalie Sibley, PT, physical therapist. "It's important for patients to choose goals that are meaningful for them and will improve their quality of life."

Weiser-Shenkman's primary goal? To participate in her daughter's wedding.

"The wedding was two months away, and I wanted to walk with my daughter down the aisle," explains Weiser-Shenkman, who entered inpatient rehabilitation unable to stand. "I wanted to be a part of everything."



David F. Long, MD, neurologist at Bryn Mawr Rehab Hospital's Brain Injury Program, led Yana Weiser-Shenkman's extensive care team and visited with her on a regular basis. Pictured with Weiser-Shenkman are Dr. Long and Lauren B. Reitano, MSPT, NCS, who served as Weiser-Shenkman's physical therapist during her inpatient stay at Bryn Mawr Rehab Hospital.





## New technology helps patients walk again

Bryn Mawr Rehab Hospital offers the most cutting-edge technology to assist physicians and therapists in helping patients reach their goals. One example is the exoskeleton—a robotic walking device that helps patients who have had a neurological event, such as a stroke or spinal cord injury, stand and walk during their rehabilitation.

“The exoskeleton is essentially a robotic device that is fitted to the patient. Through robotic movement, it facilitates lower extremity mobility, helping advance the patient’s legs while they walk,” explains Clare Small-McEvoy, director of Therapy Services at Bryn Mawr Rehab Hospital. “With verbal and hands-on assistance from the physical therapist, patients are able to take more steps during therapy, improving their balance, distance walked and walking quality.”

She continues, “This kind of advanced technology helps our therapy team optimize the patient’s overall care during their rehabilitation, both inpatient and outpatient.”



After months of hard work in physical therapy, Yana Weiser-Shenkman was able to participate in and enjoy her daughter’s wedding.

### ACHIEVING HER GOALS

Weiser-Shenkman worked with her physical therapist on improving her balance, endurance and, eventually, her walk. Her occupational therapist helped her relearn life skills using the wedding as motivation. For example, Weiser-Shenkman practiced activities of daily living by trying on dresses for the event. In addition, using Bryn Mawr Rehab Hospital’s Reo-Go upper extremity robotic device helped to improve her range of motion, muscle strength, muscle tone, movement smoothness and accuracy of movements.

As a physical therapist by training, Weiser-Shenkman understood the hard work it took for recovery. And she never gave up. After two months in inpatient rehabilitation, she began outpatient rehabilitation at Bryn Mawr Rehab Hospital using a walker. Then, just one month later, she successfully walked with her daughter down the aisle using a cane and her daughter’s arm, and as part of her custom, walked seven times around the groom as part of the ceremony.

Weiser-Shenkman also worked with her speech-language pathologist to help recover small abilities she lost because of the accident, such as completing chores, making lists and staying organized.

“Many people aren’t aware that speech-language pathologists help

patients with cognitive processing, attention, problem solving, memory and other issues,” explains Jolynn Thomas, MS, CCC-SLP, CBIS, speech-language pathologist at Bryn Mawr Rehab Hospital. “I helped Yana relearn cognitive skills that were weakened or lost by her brain injury and compensate for some of her deficits. With her hard work, she not only made progress in everyday life activities, but was able to be part of the planning process for her daughter’s wedding.”

### SECOND CHANCE AT LIFE

Today, two years after the accident and following 10 months of outpatient rehabilitation, Weiser-Shenkman has made incredible strides. She continues to complete therapy exercises at home and is looking forward to becoming a grandmother. But more than anything, she is happy to be alive and grateful for her care.

“I can’t say enough about my doctors, nurses and therapists. They were so compassionate, so amazing,” says Weiser-Shenkman. “Everyone called me a miracle, but it hasn’t been easy. I continue to reframe who I am today and look forward to the future.”

To learn more about Shabbat services at Lankenau Medical Center, call 484.476.2020 or visit [mainlinehealth.org/shabbat](http://mainlinehealth.org/shabbat).



### WATCH ONE PATIENT’S JOURNEY

Bryn Mawr Rehab Hospital provides expert clinical care from physicians, nurses and therapists all while using advanced technology for patients. Watch a video about the recovery of Alexandria Warner, one of our patients, and learn about her journey today at [mainlinehealth.org/alexrehabstory](http://mainlinehealth.org/alexrehabstory).





# 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 with their dates, times and locations.

## WELLNESS & PREVENTION

### WHAT'S ON THE HORIZON: EMERGING TRENDS IN THE PREVENTION OF HEART DISEASE

Join the Women's Heart Initiative for an informative morning led by our dynamic team of physicians and specialists at Main Line Health. Our experts will discuss new trends in the prevention of heart disease in women.

- September 19, 9:00 am, Desmond Hotel, Malvern

### BACK PAIN SEMINAR

This is a free one-hour community education seminar for those experiencing back pain.

- April 30, 2:00 pm, Haverford Library

### COMMON GI ISSUES

Join a Main Line Health expert to zoom in on common GI health concerns.

- July 6, 6:00 pm, Main Line Health Exton Square

### WOMEN AND FITNESS

Donna Merkel, PT, MPT will explain that strategies for women aren't different than for men; it's the perceptions that need to change.

- August 19, 6:00 pm, Main Line Health Center Concordville

## BALANCE WORKSHOP

Do you have a fear of falling or are you concerned about maximizing your balance skills to maintain your independence? Join Deborah D. Bosley, PT, BS to learn about fall risk factors and what to do about them.

- September 22, 2:00 pm, Main Line Health Center Concordville

## PRESCRIBE-A-TRAIL FREE COMMUNITY WALKS

Join our health practitioners to learn how to achieve maximum health during a brisk walk. In inclement weather, the walk will be cancelled. Learn more at [mainlinehealth.org/prescribeatrail](http://mainlinehealth.org/prescribeatrail).

- Radnor Trail, 9:00 am: April 24, May 29
- Bala Cynwyd Heritage Trail, 9:00 am: April 25
- Valley Forge Park Alliance, 10:00 am: April 28, May 12, June 30
- Arlington Cemetery, Drexel Hill, 9:00 am: May 2
- Stoneleigh: a natural garden, 11:00 am: May 16, June 20
- Drexel Hill Trail, 9:00 am: June 6

## MAIN LINE HEALTH KING OF PRUSSIA OFFERS FREE EVENTS FOR A HEALTHIER YOU

At Main Line Health King of Prussia, you'll find expert physicians and a variety of medical specialties, including our new Women's Specialty Center. Plus, sign up for cooking demonstrations, nutrition classes and informative sessions on cancer, pregnancy, pain, diabetes and more. Browse our calendar and get all the details at [mainlinehealth.org/kopevents](http://mainlinehealth.org/kopevents).

## HIP AND KNEE PAIN SEMINARS

Keep the spring in your step! Learn about hip and knee anatomy, common causes of joint pain, the latest treatments, and how to prevent a hip or knee injury. For locations, dates and to register, visit [mainlinehealth.org/hipandknee](http://mainlinehealth.org/hipandknee).

## SMOKEFREE

Main Line Health's FREE six-week behavior modification program is designed to help smokers quit. Participants may be eligible for free nicotine-replacement therapy. For locations and dates, visit [mainlinehealth.org/smokefree](http://mainlinehealth.org/smokefree) or to register, call 484.227.FREE.

## BLOOD PRESSURE SCREENINGS

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

## AMERICAN RED CROSS BLOOD DRIVES

Be part of a lifesaving team. Donate at our upcoming blood drives. Someone in need will be thankful you did. For locations and dates, visit [mainlinehealth.org/blooddrives](http://mainlinehealth.org/blooddrives).

## HEART-TO-HEART CONVERSATIONS

The Women's Heart Initiative at Lankenau Heart Institute hosts this cardiac support group for women with heart disease or those at risk. The group is open to all women no matter where they received treatment. To register, call 484.476.3WHI or email [mlhwomensheart@mlhs.org](mailto:mlhwomensheart@mlhs.org).

## DISEASE MANAGEMENT

### DIABETES AND YOU

This program, held at all Main Line Health hospitals, will help you manage your diabetes. Cost is covered by most insurance companies. To register, call 484.565.8031.

### FREE WIG PROGRAM

This program is for female cancer patients preparing to undergo or currently undergoing chemotherapy or radiation treatment. For more information or to schedule a free wig fitting, please call Bryn Mawr Hospital at 484.337.5215, Paoli Hospital at 484.565.1600 or Riddle Hospital at 484.227.4480.



## QUEEN OF PRUSSIA 10K

**Discount for you!** Main Line Health is proud to be the presenting sponsor of the Queen of Prussia 10k in the Fall of 2020. Exact date TBD. Stay tuned for details. This is a race for women, organized by local women. Visit [bit.ly/MLHQOP1](http://bit.ly/MLHQOP1) for \$5 off your race registration (limited offer).



In light of the coronavirus outbreak: In an abundance of caution, and to protect the safety of our community and staff members, we may be cancelling community and group events held within our facilities. If you are interested in an event, please call ahead to make sure it is happening.

## FOR OLDER ADULTS

### A MATTER OF BALANCE

This eight-session, evidence-based program provides strategies to reduce the risk of falling and remain active and independent. Registration required.

- **Wednesdays and Thursdays, April 22–May 14, 10:00 am, Main Line Health Concordville**
- **Tuesdays and Thursdays, May 5–May 28, 10:00 am, Main Line Health Newtown Square**
- **Fridays, March 6–April 24, 1:00 pm, Lankenau Medical Center**
- **Fridays, July 10–August 28, 1:00 pm, Lankenau Medical Center**
- **Thursdays, August 20–October 8, 12:30 pm, 1201 North Chester Road, East Goshen**
- **Tuesdays, September 1–October 20, 10:00 am, 933 Haverford Road, Bryn Mawr**
- **Wednesdays, September 23–November 11, 9:30 am, 60 Surrey Way, Devon**
- **Fridays, September 25–November 13, 1:00 pm, Lankenau Medical Center**

### SAFER STEPS

Learn how to stay independent by preventing falls. This class points out common safety hazards in the home and teaches the importance of exercise.

- **May 6, 11:00 am, Norristown Public Library**
- **May 15, 1:00 pm, Lankenau Medical Center**
- **May 20, 10:00 am, Main Line Health Exton Square**
- **May 27, 10:30 am, 60 Surrey Way, Devon**
- **July 23, 12:30 pm, 1201 North Chester Road, East Goshen**
- **September 16, 1:00 pm, Lankenau Medical Center**

### STRETCH YOUR LIMITS

This exercise program for adults older than 55 includes strength training with elastic tubing and dumbbells and balance training and stretching with modified yoga and chair tai chi. Fee: \$5/class; pay as you go. Class is held year-round at Bryn Mawr Hospital. For details, call **484.337.5206**.

### AARP 55 SMART DRIVER COURSE

This driver safety program addresses the challenges of drivers older than 50. We offer both full and renewal courses. For the renewal course, you must bring proof that you have attended the full course. Fee: \$20/person AARP members; \$25/person non-members. View upcoming dates and locations at [mainlinehealth.org/aarp](http://mainlinehealth.org/aarp).

### SENIOR ENTERTAINMENT

Fun and informative evenings for the over-60 crowd. Led by Ross Kershey, local historian and educator. Held 5:00 pm at Paoli Hospital. Fee: \$5/person.

- **May 27: The treason of Benedict Arnold**

### SENIOR SUPPERS

An evening of dinner, conversation and a healthy living seminar for the over-60 crowd. Fee: \$7/person.

*At Paoli Hospital, 5:00 pm:*

- **May 11: Cancer**
- **June 11: Main Line Health King of Prussia**
- **July 7: Sleep disorders**

*At Riddle Hospital, 4:30 pm:*

- **May 27: Hear life fully**
- **June 24: Sexuality and aging**
- **July 22: Oral health**
- **August 26: Treatment options for ankle arthritis**
- **September 23: Alternative approaches to prevent Alzheimer's**



### THRIVING DURING AND AFTER CANCER TREATMENT: SELF-CARE AND FEMALE SEXUAL HEALTH

Panel discussion and Q&A with Lynn Wang, MD, gynecologist and certified sexuality counselor, and Margaret Stroz, MD, acupuncturist. Female sexual health and holistic treatment to improve overall health. Register by April 23 at **866.225.5654**. **April 30, 5:00 pm, Lankenau Medical Center**

### STRENGTH TRAINING FOR SENIORS

Join Deborah D. Bosley, PT, BS and John A. Pron, DPM for a strength training information class.

- **May 19, 2:00 pm, Main Line Health Concordville**

### GI DISORDERS IN THE AGING

Join a Main Line Health expert to zoom in on common GI health concerns in aging people.

- **June 25, 10:00 am, Main Line Health Exton Square**

### CPR & FIRST AID

#### BLS PROVIDER CPR COURSE

This two-day course, designed for any licensed or certified BLS (basic life support) provider, covers CPR and obstructed airway care for adults, children and infants and includes one- and two-person CPR. Held at Riddle Hospital. Fee: \$75. We also offer a one-night recertification course for \$50.

#### HEARTSAVER AED COURSE

This two-session American Heart Association course 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 valid for two years. Held at Riddle Hospital. Fee: \$65.

### FAMILY AND FRIENDS CPR

This course is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. Ideal for community groups, parents, grandparents, babysitters and others interested in learning how to save a life. Held at Riddle Hospital. Fee: \$30/person, \$50/couple.

### SAFE SITTER BABYSITTING

An intensive one-day training program for boys and girls ages 11 through 14. Participants learn to care for younger children and prevent avoidable injuries while babysitting. Held at Riddle Hospital. Fee: \$60.

### GRANDPARENTS AS SITTERS

This course, designed for grandparents, nannies or anyone who cares for children ages newborn to 6 years old, will cover safety, electronics, childcare equipment, CPR and choking. Held at Riddle Hospital. Fee: \$40.

- **May 2, 8:30 am**

### STOP THE BLEED

Do you know what to do if someone has a life-threatening injury with uncontrolled bleeding? That knowledge can make the difference between life and death. Get trained to stop the bleed and save a life. To register for this free training at Lankenau Medical Center and Paoli Hospital, visit [mainlinehealth.org/stopthebleedtraining](http://mainlinehealth.org/stopthebleedtraining).



### CHILDBIRTH AND CHILD CARE CLASSES

We're here to help you and your family prepare for your newest addition with a variety of classes. For locations and dates, visit [mainlinehealth.org/childbirthclasses](http://mainlinehealth.org/childbirthclasses).





## TIPS TO TAKE CARE OF YOUR VOICE

A healthy voice isn't just for professional singers. Dr. Sataloff offers these tips that can benefit anyone:

- Don't smoke or vape.
- Stay well hydrated.
- Avoid sustained talking in very dry or noisy places, such as on airplanes or in loud restaurants, where your voice may be strained.
- Consider taking a few voice lessons. You'll learn how to use your voice properly so you don't injure it.
- Don't take your voice for granted. If something doesn't seem right, see an ENT or voice specialist.

## Singer and surgeon cares for all voices

**Robert Sataloff, MD, DMA, FACS, FCCP, is an ear, nose and throat (ENT) specialist, or otolaryngologist, practicing at Main Line Health.** He is the director of otolaryngology and communication sciences research at Lankenau Institute for Medical Research. Dr. Sataloff's interest in medicine began at a young age, but a professional voice career shifted his focus. He started studying voice at age 13 and decided to major in music before going to medical school. That interest sparked the foundation of a new specialty in otolaryngology: voice care.

"When I got to my residency, my music colleagues wanted advice on taking care of their voices," Dr. Sataloff recalls. But the research simply wasn't there. "In the early 1980s, laryngology, or care of the larynx, consisted of vocal cord stripping and cancer care."

Armed with the vocabulary of both medicine and the singing world, Dr. Sataloff was in an ideal position to help develop the field of voice care. He wrote the first comprehensive paper teaching doctors how to care for singers and authored the first voice care textbook, now in its fourth edition. He also co-edited the first book on arts medicine.

"When you're working with a professional opera singer or pianist, normal range is not good enough," says Dr. Sataloff. "The field of arts medicine enables physicians to recognize, quantify and restore a more precise degree of perfection."

Dr. Sataloff also understands the specific needs of female singers, whose voices can change because of aging and hormonal fluctuations. "There are many gender-specific issues in voice, and most are unknown by many ENTs and other physicians," says

Dr. Sataloff. He says that most women's voices drop decade by decade and can be affected by menstruation, ovulation, pregnancy and menopause.

Today, the field of voice care is a recognized specialty practiced around the world. Dr. Sataloff has cared for rock stars, international opera singers and even a professional basketball player who needed to strengthen his voice after several laryngeal injuries.

Dr. Sataloff sang professionally until about six years ago, when thyroid cancer caused vocal fold paralysis. He had eight voice operations, some of which he invented, so that he could speak again, but he can no longer sing. However, music and voice remain a big part of his life. "I still take care of lots of singers, and I teach singing and conduct a university choir."

Although he limits his practice to voice and ear patients, he doesn't limit it to performers. "I consider everyone's voice a treasure and will see anyone who needs help."

### SPECIALIZED CARE

For those with an ear, nose or throat problem, look to Main Line Health for a range of ENT options including medical, surgical, rehabilitation and research. Make an appointment with a Main Line Health ENT or otolaryngology specialist by visiting [mainlinehealth.org/otolaryngology](http://mainlinehealth.org/otolaryngology) or calling 866.225.5654.





# Helping loved ones seek treatment for mental health issues

**Friends and family members may be the first to notice signs of mental illness in a loved one.** If you do, expressing your worry and support can make all the difference.

“Sometimes, the person who is struggling doesn’t notice changes in his or her own behavior. But you might,” says Erin O’Brien, LPC, a therapist at Mirmont Outpatient Center in Broomall, part of Main Line Health. “Keep an eye out for shifts in eating and sleeping habits, as well as other changes, such as extreme mood swings. Your loved one may not want to spend time with friends or participate in usual activities. Some may have trouble at work or school. Substance abuse can also be an early warning sign of a mental health problem.”

Only trained experts can diagnose mental health conditions. But you can help a person get the services they need:

- First, find a safe, comfortable place to communicate your concerns.
- If they are willing to talk, begin by saying you have worries. Ask questions—and truly listen to the answers. Some good ones to start

with are: What can I help you with? What do you want me to know about how you’re feeling? “Remind your loved one that you care and emphasize how treatment can help,” says O’Brien.

- Stop the discussion if your loved one seems confused or angry. Treat the person with the same respect and compassion you would when discussing a physical illness.

## HELP IS HERE

**Mirmont Outpatient Centers provide personalized Partial Hospitalization Programs and Intensive Outpatient Programs to treat psychiatric and emotional disorders. They also offer intensive outpatient services and therapy for individuals with substance use disorders. With locations in Broomall, Exton and Media, our team is here to help. To schedule an evaluation for yourself or a loved one, call 1.888.227.3898 or visit [mainlinehealth.org/behavioral](http://mainlinehealth.org/behavioral).**



## Listen up! Is it time to consider hearing aids?

Early signs of hearing loss are easy to ignore. You ask people to repeat what they’ve said. You turn up the volume on the TV. You start avoiding restaurants because it’s hard to hear in noisy places.

“It takes most people seven to 10 years to admit they have a hearing problem,” explains Jessica Bell, Au.D., FAAA, director of audiology of Riddle Audiology and Hearing Aid Center.

Unfortunately, about four out of every five Americans who could benefit from hearing aids don’t use them. Many people think hearing aids are a sign of being “over the hill.” But today’s hearing aids are typically much less visible and more effective than your grandpa’s were. Most people probably won’t even know you’re wearing them.

Some people fear cost will be an obstacle. “In fact, there’s a big price range. Not everybody needs a premium model,” says Dr. Bell. Some insurance plans also offer coverage.

“Making do” with hearing loss can be a big mistake. More and more, you’ll miss out on things that make life enjoyable. Studies have linked hearing loss to greater risk for accidents and even dementia. And the longer you wait, the harder successful treatment may be.

## HEAR MORE CLEARLY

If you suspect a problem, ask your doctor to prescribe a hearing test at the Riddle Hospital Audiology and Hearing Aid Center. Then make an appointment by visiting [mainlinehealth.org/audiology](http://mainlinehealth.org/audiology) or calling 484.227.3200.







## Clinical trials reveal new ways to fight cancer

### Many commonly used cancer treatments were first proven to be safe and effective in clinical trials.

A clinical trial tests how new medications, diagnostic tools or medical devices work in humans.

At the Lankenau Institute for Medical Research (LIMR), the research division of Main Line Health, about 30 cancer clinical trials are recruiting participants. Researchers are studying new treatments and diagnostic tests for a variety of cancers.

“Our goal is to give Main Line Health patients access to more state-of-the-art tools to fight the disease,” says Paul Gilman, MD, director of the Clinical Research Center at LIMR.

Patients who participate in clinical trials may gain access to new treatments before they are widely available. Their participation can also advance medical knowledge.

That was the case for Maxine Ostroff of Norristown. She was diagnosed with metastatic non-small cell lung cancer in 2017 by Erik Zeger, MD, an oncologist at Main Line Health. Six weeks of radiation shrank her tumors. Then, as part of her treatment plan, Dr. Zeger proposed she

participate in a clinical trial examining whether the FDA-approved lung cancer medication, afatinib, was also effective for people ages 70 and older.

“Dr. Zeger explained that people in clinical trials are closely monitored and evaluated,” Ostroff says. “The only things I had to do were take the pill every day and keep a diary of my symptoms and any side effects. I also received CT scans every four weeks. I figured I could help someone else with this cancer down the road, perhaps helping them live longer.”

Ostroff’s cancer has not spread further, her tumors have not grown, and today her life is busy with work and family. “I’m grateful to Dr. Zeger and my clinical trial nurse, Sandy Lyon,” she says. “I still take the medication daily. It is saving my life. And it’s all because I went to Main Line Health for my treatment.”

### LEARN MORE

For a list of current cancer trials, visit [mainlinehealth.org/cancertrials](https://mainlinehealth.org/cancertrials). You can also email [cancertrials@mlhs.org](mailto:cancertrials@mlhs.org) or call 484.476.2649.



## LIMR scientists uncover potential new therapy for IBD and Alzheimer’s

Three investigators at the Lankenau Institute for Medical Research (LIMR), the research division of Main Line Health, were awarded a U.S. patent for a new therapy that may prevent or treat inflammatory bowel disease (IBD) and Alzheimer’s disease.

IBD is an autoimmune disorder that causes significant symptoms such as abdominal pain and frequent diarrhea. It affects about 3 million Americans.

Alzheimer’s disease, affecting about 5.7 million Americans, is a brain disorder that causes dementia. Symptoms include memory loss, changes in behavior, and, ultimately, problems with speaking and walking. Currently, there is no cure.

“Finding a way to prevent or treat these debilitating disorders is a high priority,” says George Prendergast, PhD, president and CEO of LIMR and one of the investigators awarded the new patent. “Our new approach targets a gene product called BIN1. BIN1 was originally discovered by scientists at LIMR, and it was found more recently to be an important genetic risk factor in developing Alzheimer’s disease. Our work also links it to IBD. Now, we look forward to working with biopharmaceutical firms to help advance this potential new treatment to clinical trials.”

To learn more about current clinical trials, visit [mainlinehealth.org/limr](https://mainlinehealth.org/limr).



# Get help for the pain of endometriosis

**Endometriosis is a condition that causes some of the tissue that normally grows inside a woman's uterus to grow outside of it.** This out-of-place tissue may grow on the ovaries, fallopian tubes, bladder, or other areas of the uterus or abdomen.

## **THE MOST COMMON SYMPTOM: PAIN**

Endometriosis is relatively common. About one in 10 women has the condition during her childbearing years. However, according to Joseph Govern, MD, system chair OB/GYN and a minimally invasive gynecologic surgeon at Main Line Health, the condition may not be diagnosed right away.

"Endometriosis is a common source of pelvic pain, but patients may see several providers before they receive a diagnosis," he says. "This is because symptoms can vary and may change over time."

Other symptoms can include:

- Lower back pain
- Pain during intercourse
- Heavy periods or bleeding between periods
- Pain when urinating or during bowel movements when menstruating
- Trouble becoming pregnant

## **WHAT ARE THE RISK FACTORS?**

The cause of endometriosis is still unknown. Some experts say menstrual blood backflow is the culprit. Estrogen levels and genetics are also possible causes.

What is known are the factors that make women more likely to develop endometriosis. These include:

- Never having children
- Having menstrual periods that last more than seven days
- Having short menstrual cycles (27 days or fewer)
- Having a family member with endometriosis

## **MANY OPTIONS TO BEAT THE DISCOMFORT**

There are a wide range of treatment options for endometriosis, from medications to surgery, depending on a woman's symptoms.

"Many women find relief with medications that help suppress or treat symptoms. These include birth control and pain medications, like over-the-counter naproxen or ibuprofen," says Dr. Govern. "Other medications, such as

gonadotropin-releasing hormone [GnRH] agonists and antagonists, can also help manage endometriosis pain. These options work well for some women."

For others, surgery may be the best choice. "At Main Line Health, we use the most minimally invasive techniques available," says Dr. Govern. "These techniques reduce recovery time, blood loss and the need for pain medication."

Dr. Govern says the most common surgery for endometriosis is a diagnostic laparoscopy, which is done through a small incision in the bellybutton. The surgeon uses a scope to evaluate and remove the areas of abnormal tissue growth.

"It's a same-day surgery, and within two weeks most patients are back to their normal routines," says Dr. Govern. "After surgery, we generally prescribe a course of GnRH medications to minimize the chance of tissue regrowth."

## **TREATING THE WHOLE PATIENT**

Dr. Govern believes it's vital to look at each patient's goals for treatment, whether it's being more active or improving intimate relationships. To address a patient's full range of symptoms, he coordinates care with an array of other specialists, including an obstetrician-gynecologist; a colorectal surgeon; and specialists in pelvic floor health, sexual health and behavioral health.

"Our goal is to help patients achieve realistic goals so they can live their lives without the pain of endometriosis," he says.

## **LOOKING FOR A DOCTOR?**

To learn more about endometriosis or to find a Main Line Health gynecologist, visit [mainlinehealth.org/gynecology](https://mainlinehealth.org/gynecology).





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## HELPING TO BUILD HEALTHIER COMMUNITIES

### Bryn Mawr Hospital completes \$253 million renovations

Bryn Mawr Hospital will open the new Warden Lobby entrance, completing the three-year, \$253 million, 253,000-square-foot new patient-centered pavilion. The pavilion, which opened February 2019, has private patient rooms, 12 operating rooms, an all-new neonatal intensive care unit, and expansive labor and delivery rooms and new maternity suites. Bryn Mawr Hospital offers two dedicated concierge rooms along with maternity concierge services.

### Lifesaving care at Lankenau Medical Center and Paoli Hospital

For residents of Philadelphia's western suburbs, the Trauma Centers at Lankenau Medical Center and Paoli Hospital, in partnership with Emergency Medical Services, are greatly increasing the possibility of receiving lifesaving treatment within the "golden hour"—the first 60 minutes after a trauma occurs, during which a trauma victim has the best chance of survival.



### Riddle Hospital launching modernization project

This project will include a new patient pavilion and renovations to existing care units and support areas. Once completed in 2024, Riddle Hospital's new inpatient environment will include all private medical/surgical and maternity patient rooms and advanced surgical suites. The contemporary facilities and advanced technology will support the evolving needs of our community.



**MAIN LINE HEALTH KING OF PRUSSIA IS NOW OPEN! Visit [mainlinehealth.org/kop](http://mainlinehealth.org/kop).**