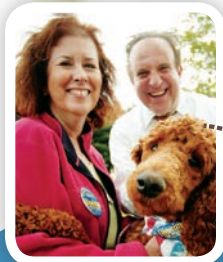


WOMEN'S healthsource

STROKE: EVERY
MINUTE MATTERS

BREAKING THE CYCLE of Depression and Obesity



read inside

SUDDEN SCARE

Main Line Health experts
teamed up to provide
lifesaving care.
See pages 4 & 5.

WINTER 2017 WHAT YOU NEED TO KNOW ABOUT
ATRIAL FIBRILLATION | EMOTIONAL WELLNESS FOR WOMEN,
BY WOMEN | STOP COLORECTAL CANCER IN ITS TRACKS



Main Line Health®
Well ahead.®

Out of Sync: What You Need to Know About Atrial Fibrillation

When you think about heart problems, you might think of a heart attack. But another risk to be aware of is atrial fibrillation (AF)—a common heart rhythm disorder that prevents the heart from pumping blood as effectively as it should.

“Women have a higher rate of atrial fibrillation than men largely because risk of the disorder increases with age. Since women typically live longer than men, more women are living with AF,” explains Matthew Goldstein, MD, electrophysiologist at Paoli Hospital, part of Main Line Health’s Lankenau Heart Institute. “Unfortunately, women tend to underestimate their symptoms or delay telling their doctor. As a result, they may not be treated as early or aggressively.”

Is Your Heart Keeping the Beat?

Symptoms of AF may include heart palpitations, shortness of breath, dizziness, and chest pain. However, some symptoms, such as fatigue, may be vague. And some people don’t notice any symptoms at all.

“If you suspect a problem, check your pulse,” advises Colin Movsowitz, MD, electrophysiologist at Paoli Hospital. “If you detect an irregular rhythm or a rhythm over 120 beats a minute, tell your doctor.”

AF can come and go, so you may not have an irregular heartbeat when you see your doctor. To help diagnose AF, Main Line Health’s Lankenau Heart Institute cardiac specialists offer heart monitoring. This includes a state-of-the-art implantable loop recorder, which is used to

monitor and record infrequent, irregular rhythms over several months.

Why Diagnosis Matters

“Even if you’re not bothered by symptoms, knowing you have AF is critical. That’s because it increases the risk of other serious health problems, such as stroke,” says Dr. Movsowitz.

Fortunately, there are ways to prevent stroke in women with AF. Your doctor may recommend taking aspirin or blood thinners. Lankenau Heart Institute also offers a new procedure using the WATCHMAN device, which closes off the heart’s left atrial appendage—a small saclike area where strokes related to AF typically form. This procedure may be appropriate for those at high risk for stroke who can’t tolerate blood thinning medication or are at high risk for bleeding.

In addition to stroke prevention, treatment for AF may be right for some women. Treatment can include medications that help control heart rate or rhythm. For those for whom medication isn’t effective or who opt not to take medication, we offer ablation therapy as an option. The minimally invasive ablation procedure involves creating scar tissue in areas of the heart that trigger abnormal electrical signals, helping block these pulses.

Life After Diagnosis

If you have AF, working closely with both your cardiologist and your primary doctor is important. Graham Vigliotta, DO, a Main Line HealthCare primary care physician,

follows many patients with rhythm disorders and coordinates care with their cardiologists. “If you have a heart issue, it’s important to take care of it,” he says. “But don’t lose sight of disease prevention and maintaining your overall health.” ●



Here for Your Heart

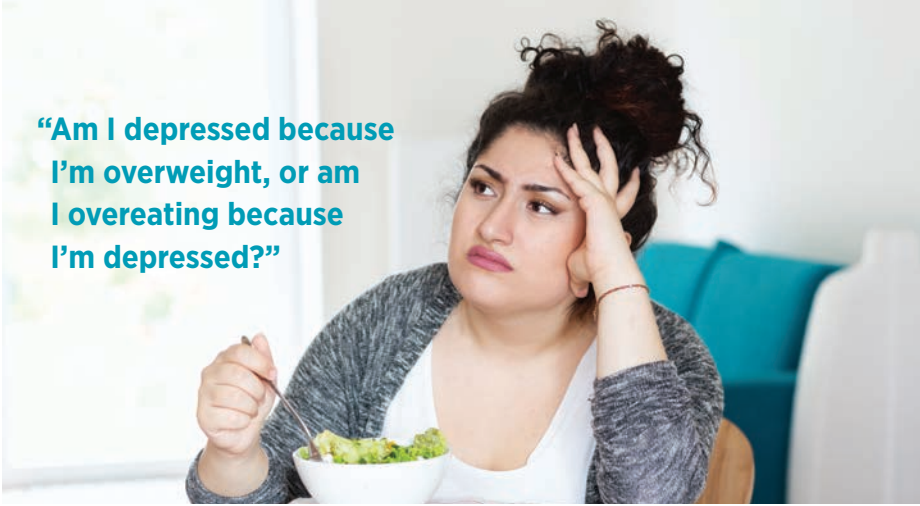
If you have symptoms of AF or are already diagnosed, you may have questions or

be looking for alternative treatment options. To schedule a consultation with a Lankenau Heart Institute specialist close to you, call **1.866.CALL.MLH**.

JOIN OUR NEW CARDIAC SUPPORT GROUP

The Women’s Heart Initiative at Lankenau Heart Institute is pleased to introduce **Heart-to-Heart**, a free cardiac support group for women with heart disease and those concerned about their risk. Led by clinical staff who have experience treating and educating women with heart disease, the group is open to all women, no matter where they receive treatment. Kicking off on February 16, sessions will be held the third Thursday of every month from 4:30 to 5:30 p.m. at Lankenau Medical Center’s Heart Pavilion. To register, call **484.476.3WHI** or email **MLHWomensheart@mlhs.org**.

“Am I depressed because I’m overweight, or am I overeating because I’m depressed?”



Depression and Obesity: Can Weight-Loss Surgery Break the Cycle?

If the questions above describe you, you’re not alone. Depression may contribute to obesity—and vice versa—in a vicious cycle that’s hard to break.

“Obesity truly can be both a cause and a result of depression,” says Lynn Freda, MSN, nurse practitioner at Bryn Mawr Hospital’s Bariatric Program.

It’s also a cause for concern. Obesity is associated with poorer mental health outcomes, and it’s one of the leading causes of death in the U.S., contributing to diabetes, heart disease, stroke, and even cancer. Women may be especially at risk. They have less muscle mass than men, which makes it harder to burn calories. Women also are more susceptible to emotional eating. And weight gain is even more likely after menopause. “Decreased estrogen, lower metabolic rates, and lower activity levels all play a part,” says Freda.

For some people struggling with obesity, bariatric (weight-loss) surgery may be part of the solution. By aiding weight loss, it may also ease depression. Freda cautions that surgery isn’t a cure-all, but a tool that works in combination with long-term lifestyle changes, including proper nutrition and exercise.

Bryn Mawr Hospital, part of Main Line Health, offers four types of surgical procedures that reduce the size of the stomach and restrict the amount of food that can be consumed. You may be a candidate if you have a body mass index (BMI) of 35 with one or more obesity-related health problems, or a BMI of 40 without these

conditions. Main Line Health also offers medical weight-loss options such as support groups and low-caloric nutritional meal plans.

After surgery, patients are monitored with medical and nutritional counseling and multidisciplinary support groups, “to make sure old habits don’t creep back,” says Stacey Weatherbee, registered dietitian at Bryn Mawr Hospital. All patients also receive a recipe book created by the bariatric team.

“It’s important to eat a good balance of foods that control your blood sugar and help you avoid peaks and valleys of hunger,” Weatherbee adds. “That means a balance of lean protein, nutrient-dense vegetables, and complex carbohydrates.” She recommends a meal plan that includes brown rice, chicken, eggs, and nuts, plus B vitamins and folic acid.

The road back to good health is challenging, says Freda. But the results may be life-changing. “In cases where depression was related to obesity, people who have successful bariatric surgery tend to live happier lives—losing weight, becoming more active, and having improved self-esteem.” ●



Take the First Step

To find out more about bariatric surgery options

and to register for a free informational session, visit mainlinehealth.org/bariatrics.

THE ROAD TO WELLNESS STARTS WITH WELLNESS IN MIND

Your wellness is at the foundation of the new Main Line Health Center in Concordville. The center includes primary and specialty care, urgent care, diagnostic imaging and lab services, Nemours duPont pediatrics primary care, and Bryn Mawr Rehab Hospital rehabilitation services and concussion program.

At the heart of the health center is the new Fitness & Wellness Center. The new year is the perfect time to form some healthy new habits, and the fitness center will keep you motivated with a variety of classes, strength training and cardio machines, and three pools. Membership includes personal assessments by a nurse and free child care. In addition, Main Line Health doctors are collaborating with personal trainers to design workouts for members with medical issues.

The health center is located at 1020 Baltimore Pike in Glen Mills. For more information, visit mainlinehealth.org or call 484.227.7999.



Long Journey Home

When Margo Dinniman faced a sudden life-threatening illness, the experts from three Main Line Health facilities teamed up to provide exceptional care.



After weeks of treatment for multiple organ failure, Margo Dinniman appreciates the gift of life more than ever.

One Friday evening a few years ago, Margo Dinniman was enjoying a pizza with her husband, Pennsylvania state senator Andy Dinniman, at their home in Exton. That's when the trouble started.

"I had one slice and was fine," Margo says. "I took a bite of the second piece and all hell broke loose."

Margo suddenly felt nauseous. She had pains in her stomach and began throwing up. She wondered if it was the pizza. "But after a few minutes, I realized this was worse than food poisoning," she says. "There was something really strange going on."

No Time to Lose

Andy rushed his wife to Paoli Hospital. Margo recalls being placed in a wheelchair, then she fell unconscious. Doctors quickly diagnosed a severe case of acute pancreatitis—sudden inflammation of the pancreas. The pancreas is a gland behind the stomach that secretes enzymes that help with digestion and hormones that help regulate blood sugar levels.

The damage to Margo's pancreas set off a firestorm of complications over the next two weeks. There were neurological problems; Margo suffered from delirium, which caused her to fall in and out of consciousness, and other problems with her mental state. She was on a ventilator and received her nutrition through a feeding tube. Margo also had problems with her kidneys. The doctors and nurses in the Intensive Care Unit at Paoli Hospital managed Margo's multiple organ failure with aggressive round-the-clock care.

Another Challenge Ahead

In the hospital, Margo had no real idea what had happened—only "little flashes of memory" and what people told her. She knew she was lucky to be alive, but she wasn't out of danger yet. The damage to her pancreas caused a blockage in its ducts, which in turn caused a large fluid-filled sac to form on her pancreas. If this "pseudocyst," which was the size of a small

watermelon, became infected, it could cause severe internal bleeding. It needed treatment right away.

Fortunately, Margo was in the right health system at the right time. Bob Etemad, MD, a gastroenterologist at Lankenau Medical Center and Director of Endoscopy for all of Main Line Health, was able to offer Margo a minimally invasive option to surgery. She was transferred by ambulance to Lankenau, where Dr. Etemad performed the procedure. He inserted a small instrument called an endoscope through Margo's mouth and made a hole where the pseudocyst met the stomach wall. Then he placed stents that allowed the pseudocyst to drain into the stomach.

"It's like the controlled popping of a balloon," Dr. Etemad says. "This allows the fluid to drain into the stomach, and the pseudocyst shrinks over time."

With Dr. Etemad's help, Margo was able to avoid open surgery, which would have required weeks of recuperation.

Getting Her Life Back

After about a month at Lankenau, Margo was transferred to Bryn Mawr Rehab Hospital to continue recovering from her long ordeal. She had lost about 50 pounds and was extremely weak. Margo spent three weeks working with therapists to rebuild her strength and stamina. After she was discharged, she continued to attend outpatient rehab for a year, gradually regaining her ability to walk, drive, and get her life back on track.

Years after that Friday night scare, Margo still doesn't know what triggered her pancreatitis. The most common causes—gallstones, elevated lipids in the blood, longtime use of alcohol—don't seem to apply, Dr. Etemad says. In about a third of cases, there is no obvious cause, he says.



Margo is enjoying life with her husband, Andy, and their rescue poodle, Jagger.

‘Each day is like a gift, they’re like bonus days’

No matter the cause, Margo is grateful to her entire Main Line Health team for their lifesaving care, especially Dr. Etemad.

“I would trust my life to Dr. Etemad,” she says. “He’s obviously a talented doctor, but he’s also an amazingly kind person. There’s something very soothing about him. You can talk to him about anything.”

Margo, now 71, says her illness was a “watershed” that’s helped her reaffirm her priorities: family, friends, and her volunteer work helping to find homes for rescue poodles. Jagger, the Dinnimans’ gentle rescue standard poodle, is one of their greatest joys.

“You have to take what life hands you, and I was very lucky I survived,” Margo says. “Something like this makes you realize how fragile life is. Each day is like a gift, they’re like bonus days.”

“My daughter was wonderful, flying in from Boston a number of times to help. My husband came to the hospital every single day. You realize the importance of being with family—and appreciating all the good things you have.” ●

Here for You

To learn more about gastroenterology services and providers near you, visit mainlinehealth.org/specialties/gastroenterology.



With the help of Bob Etemad, MD, Margo was able to avoid open surgery, which would have required weeks of recovery.

WHAT YOU CAN DO TO PREVENT PANCREATITIS

What is pancreatitis? The pancreas is a gland located behind the stomach. It makes enzymes that help break down food, as well as hormones that control your blood sugar level. Pancreatitis occurs when digestive juices or enzymes attack the pancreas, causing inflammation.

What causes it? The most common causes of pancreatitis include alcohol abuse and having gallstones in the gallbladder. Other causes include certain medications, cigarette smoking, and high levels of calcium or triglycerides in your blood.

What are the risks? Pancreatitis may be acute or chronic. Acute pancreatitis is a sudden inflammation that usually lasts for a short time. Chronic pancreatitis is long-lasting and can cause permanent damage to the pancreas. It also carries a risk of long-term problems such as diabetes, chronic pain, and pancreatic cancer.

How do you prevent it? Focus on the two common causes. Limit how much alcohol you drink, and take these steps to prevent gallstones:

- **Eat wisely.** A high-fat, high-cholesterol, or low-fiber diet raises your risk. Instead, focus on high-fiber foods (such as whole-grain bread and oatmeal) and healthy fats (such as those in olive oil and fish). Limit refined grains and sugar.
- **Maintain a healthy weight.** Obesity is a major risk factor for gallstones, especially in women. If you need to shed some pounds, aim to lose them at a slow, steady rate of ½ to 2 pounds per week. Rapid weight loss and yo-yo dieting actually increase your chance of developing gallstones.

WELLNESS AND PREVENTION

Heart-to-Heart: Cardiac Support Group for Women

The Women's Heart Initiative at Lankenau Heart Institute introduces this free cardiac support group for women with heart disease and those concerned about their risk. Led by clinical staff that have treated and educated women with heart disease, the group is open to all women, no matter where they received treatment. Kicking off in February, sessions will be held the third Thursday of every month from 4:30 to 5:30 p.m. at Lankenau Medical Center's Heart Pavilion, Mezzanine Conference room. To register, call 484.476.3WHI or email MLHWomensheart@mlhs.org.

- February 16
- March 16
- April 20

Blood Pressure Screenings

Main Line Health regularly provides free screenings at locations across the region. Visit mainlinehealth.org/events for the current list.

American Red Cross Blood Drive

To make an appointment, go to redcrossblood.org and use sponsor code "paolihospital."

March 10, 7 a.m. to 5 p.m.
Paoli Hospital Potter Room, 255 W. Lancaster Avenue

Healthy Women Program

A program for uninsured and underinsured women, ages 40 and older, offering free mammograms, clinical breast exams, Pap tests, and pelvic exams. Registration and appointments required. Call 484.476.8554.

Hip and Knee Pain Seminars

Learn about the causes of hip and knee problems and the latest treatment options to relieve your pain. All seminars held from noon to 1 p.m. at Lankenau Medical Center.
January 26, February 23, March 23, April 27, May 25

A Matter of Balance

Learn practical strategies to reduce fear of falling and increase your



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, where you'll find a complete list of classes.

activity levels, balance, and flexibility.
Tuesdays, March 14 to May 2
Noon to 2 p.m.

Community Recreation and Environmental Center at Haverford Reserve, Evergreen Room
9000 Park View Drive, Haverford

Fighting Cancer with a Fork and a Spoon

Join us for a cooking demo featuring delicious, antioxidant-rich recipes as well as nutrition recommendations to reduce cancer risk. Fee: \$5.

January 31, 6 to 7:30 p.m.
Bryn Mawr Hospital Community Health Services, 933 Haverford Road

Eat More but Weigh Less

Cooking demo and taste-testing featuring delicious, fiber-rich foods that promote satiety while helping you reach your weight-loss goals. Fee: \$5.

April 25, 6 to 7:30 p.m.
Bryn Mawr Hospital Community Health Services, 933 Haverford Road

SmokeFREE

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

Wednesdays, January 25 through March 1, 6:30 to 8 p.m.
Lankenau Medical Center, Annenberg 101C

February 1, 8, 15, 22, March 1 and 8
2 to 3:30 p.m.

Bryn Mawr Hospital Community Health Services, 933 Haverford Road, Conference Room A, Lower Level
March 2, 9, 16, 23, 30, and April 6
6 to 7:30 p.m.

Bryn Mawr Hospital Community Health Services, 933 Haverford Road, Conference Room A, Lower Level
April 5, 12, 19, 26, May 3 and 10
6 to 7:30 p.m.

Paoli Hospital, 255 W. Lancaster Avenue, Paoli Room
April 6, 13, 20, 27, May 4 and 11
6 p.m.

Riddle Hospital, Administrative Annex, Conference Room 2

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 babies. Class includes a visit from a pediatrician affiliated with Main Line Health. Please enroll early. Fee: \$90.



Preparing for Multiples

For those expecting multiples, learn about birth and postpartum. Fee: \$45.



Advanced Comfort Measures

Beyond breathing and relaxation. Fee: \$45.



Sibling Preparation

For 3- to 7-year-old siblings to learn about becoming a big sister or brother. 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.



Grandparents as Sitters

Designed for grandparents caring for their grandchildren ages newborn to 6 years old. This course covers safety, child care equipment, CPR, and choking. Fee: \$40.

March 4, 8:30 a.m.
Riddle Hospital, Administrative Annex, Conference Room 1

Women's Heart Initiative presents...

PAINT THE TOWN RED

Join us for an evening devoted to inspiring women to make heart-healthy choices.

Wednesday, April 5, 6 p.m.

Aronimink Golf Club, 3600 St. Davids Rd., Newtown Square
To learn more, visit mainlinehealth.org/paintthetownred.

CPR AND FIRST AID

♥ Basic First Aid Class

This Emergency Care & Safety Institute course covers basic first aid including bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification. Fee: \$40. Registration required.

March 25, 9 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

♥ CPR Heartsaver AED

This 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. Fee: \$65. Registration required.

● February 6 and 7, 6:30 p.m.

● April 8, 9 a.m.

Riddle Hospital, Administrative Annex, Conference Room 1

CPR certification and recertification courses for health care providers are also offered. For details, call 1.888.876.8764 or visit mainlinehealth.org/events.

DISEASE MANAGEMENT

📅 Diabetes & You Daytime and Evening Programs

Designed to help you gain better management of diabetes. Cost is covered by most insurance companies. Call 484.227.3769.

12:30 to 3:30 p.m.:

● January 11, 18, 25

● February 1, 8, 15

● March 15, 22, 29

● April 12, 19, 26

6 to 9 p.m.:

● February 7, 21, 22

● March 7, 14, 22

● April 11, 18, 26

Riddle Hospital, Health Center 4, Conference Room 2

📅 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. Get information on makeup, wigs, head wraps, and more! Registration required. Call 1.800.227.2345.

● January 30, 11 a.m. to 1 p.m.

● April 4, 5 to 7 p.m.

Riddle Hospital, Administrative Annex, Conference Room 1

FOR OLDER ADULTS

☀️ Mature Driving AARP

Driver safety program covering the challenges of drivers older than 55. Full and renewal courses offered. Fee: \$15/person for AARP members; \$20/person for nonmembers. Courses start at 9 a.m.

● Full course: April 6 and 7

● Renewal courses: January 12, February 9, March 9

☀️ AARP Safe Driving

Drivers age 50 and older will learn how to operate a vehicle safely in

today's driving environment and deal with age-related changes in vision, hearing, and reaction time. This two-day, eight-hour course is offered several times a year at Lankenau Medical Center.

☀️ Senior Entertainment Tonight

A fun and informative evening for the over-60 crowd. Light snacks served. Reservations required.

March 29, 5 to 6:30 p.m.:

Ross Kershey, local historian, will speak on the Lindbergh Kidnapping. Paoli Hospital, Potter Room

☀️ Senior Supper Club at Paoli Hospital

An evening of dinner, conversation, and a health seminar for the over-60 crowd. Held from 5 to 7 p.m. in the Paoli Hospital Potter Room. Fee: \$7/person. Reservations required.

● January 11: Respiratory Concerns for Seniors

● February 9: Cardiac Health

● March 22: Wound Healing

● April 25: Fall Prevention/Trauma

☀️ Senior Suppers at Riddle Hospital

This monthly event features dinner and a presentation about healthy living for older adults. Held at 4:30 p.m. in the Administrative Annex Conference Room 1, located around the back of the Thrift Shop on the ground floor. Fee: \$7/person.

● January 25: Senior Vaccination Update, with AnneMarie Casey-Glatts, RN, BSN, MSN



- February 22: Heart Disease and Stroke, with Rich McCurdy, Jr., MD
- March 22: The ABCs of Social Security, with attorney Christina Breslin Roberts
- April 26: Senior Services, with Brian Duke

WINTER COMMUNITY PROGRAMS IN EXTON

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

🗨️ "Take Charge of Your Weight," with Gretchen Skwer, RD. Jump-start the New Year with a balanced eating plan to help you lose weight.

● January 24, 6:30 to 7:30 p.m.

🗨️ "Hip and Knee Pain Seminar," with Donna Levan, Orthopaedic Program Manager. Learn about common causes of hip and knee pain, the latest treatments, and how to avoid injury.

● January 30, 6:30 to 7:30 p.m.

🗨️ "Taking Care of Your Heart," with Donald Ferrari, MD

● February 22, 6:30 to 7:30 p.m.

🗨️ "Prediabetes," with Janet Wendle, Diabetes Program Manager. This diagnosis is a wakeup call that you're on a path to diabetes. But it's not too late to turn things around.

● February 7, 6:30 to 7:30 p.m.

🗨️ "Back Pain Seminar," with Donna Levan, Orthopaedic Program Manager. Learn some simple steps to prevent back injury. Program will cover body mechanics, anatomy, treatment options, and posture.

● March 20, 6:30 to 7:30 p.m.

🗨️ "Diabetes 101," with Janet Wendle, Diabetes Program Manager. Learn the symptoms, causes, treatments, and tests for Type 2 diabetes.

● April 11, 6:30 to 7:30 p.m.



EMPOWERING YOU HEALTH FAIR

Saturday, April 1
Lankenau Medical Center
Sponsored by the Junior League of Philadelphia

Emotional Wellness for Women, by Women

Since opening in 2013, the Women's Emotional Wellness Center (WEWC), located at Main Line Health Center in Newtown Square, has helped women in our community by providing outpatient behavioral health services, including counseling and psychiatric care. The WEWC also offers several treatment groups and has more than 800 followers on Facebook, where it shares encouraging and supportive information for women every day.

For those who need support beyond weekly treatment, the WEWC offers the Women's Intensive Outpatient Program for women ages 18 and older. The program consists of group therapy four days a week and is unique to area programs in that it is exclusively for women.

"I am tremendously proud of the service we offer to the community—a safe place for women to delve into group work with experienced female therapists, and a mindfulness-based intensive curriculum developed and executed for women, by women," says Liz Bland, WEWC Director. Participants in the program are in treatment along with women of all backgrounds, ages, ethnicities, and experiences. Together with guidance from the group leader, this diversity fosters learning, sharing, and growing.

"Being a woman is hard work. We juggle so many stressors, from taking care of others, to societal pressure, to the

physical and emotional transformations we undergo throughout our lives," says Bland. Yet, she adds, the strength women possess as they navigate it all is undeniable. The WEWC encourages women to use the same strength they put into caring for others into caring for themselves. Women need to ask for help and advocate for their own physical and emotional needs.

"The feedback we've received from patients has been remarkable," Bland notes. "As one woman commented, 'This program saved my life.' I consider myself honored to get to witness the strength women possess each day." ●

Mirmont Outpatient Center Offers Day Treatment Program

For individuals with psychiatric and emotional disorders who don't require 24-hour inpatient care, Mirmont Outpatient Center (formerly American Day Treatment Center) is a cost-effective option. Although it's a day program, Mirmont Outpatient Center provides the structure and intensity typical of an inpatient program. The treatment team is led by a board-certified psychiatrist and provides a multifaceted therapeutic experience on a daily basis. We offer two locations to serve you, in Broomall and Exton. Learn more at mainlinehealth.org/DayTreatment.



Help Is Here

Learn more about the WEWC at mainlinehealth.org/WEWC.

And find daily support

on Facebook by searching for "Main Line Health Women's Emotional Wellness Center."



HELP FOR OLDER ADULTS IS A PHONE CALL AWAY

Americans are living longer than ever. And they want to live independently for as long as possible. But sometimes, they need a helping hand.

Now, help for older adults is just a phone call away.

"Main Line Health's Senior Care Navigation Line is a free service that helps older people, their families, and their caregivers by providing information about Main Line Health services as well as other resources in their communities," says Brian Duke, System Director of Senior Services for Main Line Health.

A licensed social worker is on hand Monday through Friday, 9 a.m. to 5 p.m., to offer support and guidance in areas including:

- Medical needs
- Health and wellness
- Social services
- Transportation
- In-home assistance

Contact the Senior Care Navigation Line at **484.580.1234** or mlhseniors@mlhs.org.

Stopping Colorectal Cancer in Its Tracks

Colorectal cancer has something going for it that many other cancers don't: It's both highly preventable and treatable.

"Unlike in breast cancer, lung cancer, and prostate cancer, there's a precancerous condition called a polyp that forms in the colon," explains John Marks, MD, Chief of Colorectal Surgery for Main Line Health. "If you take it out, 95 out of 100 times, you won't get cancer."

How do you get to those polyps before they turn into something more sinister? The answer is a colonoscopy. A person in good health with no risk factors should start getting screened at age 50, while anyone with a family history of colon cancer should be screened at age 40 or at least 10 years before the age a relative was diagnosed, whichever is younger. "Twenty minutes in 2017 can save your life in 2019," Dr. Marks says. "It's a small investment with a big return."

If you have cancer, there's no better place to go than the new state-of-the-art Colorectal Center at Lankenau Medical Center, part of Main Line Health. Dr. Marks and his team are worldwide leaders in minimally invasive treatment. Patients from around the globe come to them for care.

In the U.S., about 40 percent of people who have surgery for rectal cancer need a colostomy bag. At Lankenau, that stat is just seven percent. The survival rate for colorectal cancer has also climbed above 90 percent at Lankenau, compared to about 68 percent nationwide.

"We have a multidisciplinary team that discusses all our cases," Dr. Marks says. "When creating a treatment plan for each patient, we have many options available to us—in the operating room, with radiation oncology, and through clinical trials."

Last June, Lankenau opened a new 6,000-square-foot colorectal unit, complete with state-of-the-art technology and specially trained nurses just for colorectal patients. "We're working to create a five-star experience to match the world-class care at Lankenau," Dr. Marks says. ●



World-Renowned Care Right Here at Home

To learn more about diagnosis, treatment, and research at Lankenau Medical Center, visit mainlinehealth.org/lankenau/colorectal-cancer. To make an appointment, call 1.866.CALL.MLH.



THE LOWDOWN ON AT-HOME SCREENING KITS

At-home screening tests are available for all kinds of conditions, including colon cancer. One of the latest is Cologuard, which requires a stool sample but no prep beforehand. As colon cancer grows, it sloughs off little pieces of itself, which can show up in your stool. The lab looks for DNA evidence of this, as well as for blood, another potential sign of cancer.

"It's a brand-new test, but we don't really know how to fit it into the overall screening program for colon cancer," says Philip Pearson, MD, a colon and rectal surgeon with Bryn Mawr Hospital, part of Main Line Health. "Although the technology is cool, and the test is much simpler than a colonoscopy, often these tests aren't valuable because they pick up signs that don't have to do with cancer at all. Colonoscopy remains the gold standard, but maybe some of these tests will get more people screened."

If you're interested in trying at-home screening, talk with your doctor.

"What it comes down to for me is this: If one of these at-home tests rings a bell to you, you need a colonoscopy," Dr. Pearson says. "I understand the desire to avoid it, but colonoscopy is the only way to truly determine if something is going on and fix the problem on the spot."



John Marks, MD, consults with a patient during a follow-up visit.

New Knees Can Provide a New Lease on Life

If you're living with knee problems, there may be a way to put the spring back in your step.

Main Line Health Orthopedics offers state-of-the-art knee replacement surgery designed to keep patients moving. When arthritis, injury, or wear-and-tear lead to knee deterioration, the joint replacement team provides solutions that improve your mobility while minimizing pain, inflammation, and stiffness.

Hundreds of Surgeries Annually

Main Line Health has orthopaedic experts across the system who have extensive experience in joint replacement surgery and offer the latest technological advances in the field.

"We perform about a thousand knee replacement surgeries annually," says Robert P. Good, MD, Chief of Orthopaedic Surgery at Bryn Mawr Hospital, part of Main Line Health. "Doing this procedure on a regular basis enhances our ability to work well as a team and streamlines the surgical process."

The team uses a variety of approaches to restore patients' knee function. These include minimally invasive techniques, computer-assisted tools, and robotic-assisted technology.

"Knee replacement surgery can make a huge difference in someone's life," says Jonathan P. Garino, MD, Chief of Orthopaedic Surgery at Paoli Hospital, part of Main Line Health. "If you're a 65-year-old who can't play golf because of knee problems, this surgery can help you stay active."

The Knees Are the Key

In addition to offering clinical expertise, the orthopaedic team focuses on each patient's individual needs.

"Our hospitals have phenomenal ratings because of our team's caring attitude," says Dr. Garino. "We treat every patient like family, and our goal is to make everyone feel as comfortable as possible."

To keep knees intact, the team urges patients—especially older adults—to follow basic steps to prevent falls and other common injuries.

"Ask your doctor if any of your medications cause dizziness. Do leg exercises to improve your balance. Make sure your home is well lit, and avoid tripping hazards like throw rugs," says Dr. Good. "Be good to your knees, because they are key to your independence." ●



Take the Next Step

Main Line Health offers free educational seminars. Join us to learn more about the conditions and causes of hip and knee pain and the latest treatment options. See page 6 of this issue, visit mainlinehealth.org/hipandknee, or call 484.580.1000.



HEARING LOSS CAN TRIP YOU UP

Did you know that hearing loss can contribute to your risk of falling?

"Research indicates that people older than 65 with mild hearing loss are three times more likely to fall," says Jessica M. Bell, AuD, an audiologist at Main Line Health's Audiology and Hearing Aid Center at Riddle Hospital.

What's the connection? Some studies show that hearing loss increases the risk of falling because the brain may become overwhelmed with multiple tasks while maintaining balance and struggling to hear.

If you have hearing concerns, schedule a test with a licensed audiologist. Don't delay—it's estimated that people who suspect they may have hearing loss wait an average of seven years before finally seeking help.

"If you worry about falling or about hearing loss in general, speak with your doctor," says Dr. Bell. "We offer advanced services and provide customized treatment plans to suit each person's unique hearing needs."

Now Hear This

To schedule a hearing test, call Riddle Hospital's Audiology and Hearing Aid Center at 484.227.3200. You can also take a hearing loss assessment at mainlinehealth.org/specialties/audiology-and-hearing-aid-center.



New Mom's Stroke Care Has Family Focus

Beth Keeley and her husband had just welcomed their first child, Delaney. With a healthy pregnancy behind her and a new baby to care for, the last thing on 35-year-old Keeley's mind was her own health. But that all changed just a few weeks after Delaney's arrival.

As the family pulled into a store parking lot, Keeley began to feel a sharp pain. "It was this stabbing pain that went through my head and to the top of my eye," she explains.

Keeley continued inside the store. But as she struggled to steer Delaney's stroller in a straight line, she knew something was wrong. "It got so bad that we had to leave. And as we were walking back to the car, I kept bumping into things."

Keeley's husband brought her to a local ER in New Jersey. After a CT scan and blood work, clinicians concluded that she had a migraine and sent her home. But a

few hours later, Keeley lost control of her leg, so she returned to the ER. An MRI revealed that she'd had an ischemic stroke, and she was admitted.

Keeley stayed in the hospital for two weeks before moving to Bryn Mawr Rehab Hospital for rehabilitation. She'd heard positive reviews of Bryn Mawr Rehab from family members who had been treated there. She enrolled in the hospital's Young Stroke Program for patients younger than age 50. Keeley participated in three hours of therapy per day, five days per week, including physical, occupational, and speech therapy.

"As a therapy team, we tailor treatment plans to each patient," explains Dana Hughes, inpatient physical therapist at Bryn Mawr Rehab. "Ms. Keeley was young and healthy before her stroke, so we were able to be more aggressive and use a wide range of therapies with her."

Keeley's husband and infant daughter visited her every day, and she appreciated the hospital's willingness to allow her family to be part of her recovery. Today, she's grateful that Bryn Mawr Rehab helped her get back to her life as a new mom.

"Ms. Keeley set the bar high for herself, and we are so proud of her determination and motivation," says Hughes. "She's a true success story." ●



Getting You Back to What Matters

Bryn Mawr Rehab Hospital delivers innovative services for patients in the Philadelphia region and western suburbs. Visit mainlinehealth.org/rehab to learn more about our services and the types of conditions we treat.

WHEN EVERY MINUTE MATTERS

Five minutes into your morning, your face and arm go numb, and your hand seems clumsy. Your four coworkers don't seem to notice. Just three more meetings and then you'll call your doctor, you say. But that'll be too late. Because when it comes to stroke, you get one chance to save your brain.

Main Line Health offers four primary stroke centers: Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital, and Riddle Hospital. Our expert team can stop a stroke in its tracks, thanks to minimally invasive brain treatments and our collaboration with Jefferson Hospital for Neuroscience.

"Mechanical thrombectomy, a minimally invasive procedure to remove a clot from brain vessels, is proven to reverse stroke symptoms in many people who would otherwise be severely disabled or die," says Michelle Smith, MD, neurointerventionist with Main Line Health. But remember: The faster you seek treatment, the less damage to your brain. Call 911 if you have any of these symptoms:

- Your face feels numb or frozen on one side.
- Your smile appears uneven.
- You have arm weakness on one side.
- You can't speak or understand properly.

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Making Sense of the Zika Virus

The Zika virus has captured headlines, but in many ways, the panic over the disease has spread faster than the actual virus. Fight fear with facts and learn more about this global health threat.

Zika Virus, Explained

The Zika virus is related to other mosquito-borne illnesses, such as dengue, yellow fever, and West Nile. Most commonly, the Zika virus is spread by mosquitoes, by sexual intercourse with an infected person, and from an infected pregnant woman to her fetus.

Only about 20 percent of people infected with Zika become sick, and they usually experience only mild illness. However, women infected with the Zika virus while pregnant, or who become pregnant after infection, may have babies with severe birth defects. These include microcephaly, a birth defect involving an abnormally small head; hydrocephalus, which causes extra fluid within the brain; and intracranial calcifications, all of which cause serious, permanent problems with brain development.

How to Spot Zika

Of those who become sick from Zika virus infection, most show only mild symptoms, including fever, headache, joint or muscle pain, rash, and red eyes. These symptoms may last from several days to a week. Most people don't feel bad enough to go to the hospital. That means many recover without knowing what infected them.

Anyone who travels to affected countries can contract the disease from an infected mosquito. Check www.cdc.gov/zika/geo for the latest list of countries where Zika virus is known to exist. Doctors believe sexual transmission can occur before, during, and after a person has symptoms, so see your doctor if you've recently traveled to a place with Zika. He or she will likely order a blood test.

Protecting Against Zika

Currently, there is no treatment for Zika. Vaccines are being developed but are not ready for general use. However, there are still ways to stay safe. Andrew Gerson, MD, Chief of Maternal and Fetal Medicine at Main Line Health, suggests all pregnant women and their partners, and anyone who may be considering pregnancy in the next six months, avoid any place where Zika virus has been reported. "If you do travel to a place where Zika is known to be present, wear long-sleeved shirts and long pants, sleep indoors or under a mosquito net, and use insect repellents registered by the Environmental Protection Agency," Dr. Gerson says. (Find details at www.epa.gov/insect-repellents.) DEET-containing mosquito repellents are recommended for pregnant women. ●

Are You Expecting?

If you're pregnant and your partner has traveled to an area with Zika, either abstain from sexual intercourse or use condoms for protection. Any pregnant woman who has recently been in a Zika-infected country or is experiencing symptoms should check in with her doctor. Looking for a doctor? Call 1.866.CALL.MLH or visit mainlinehealth.org.

