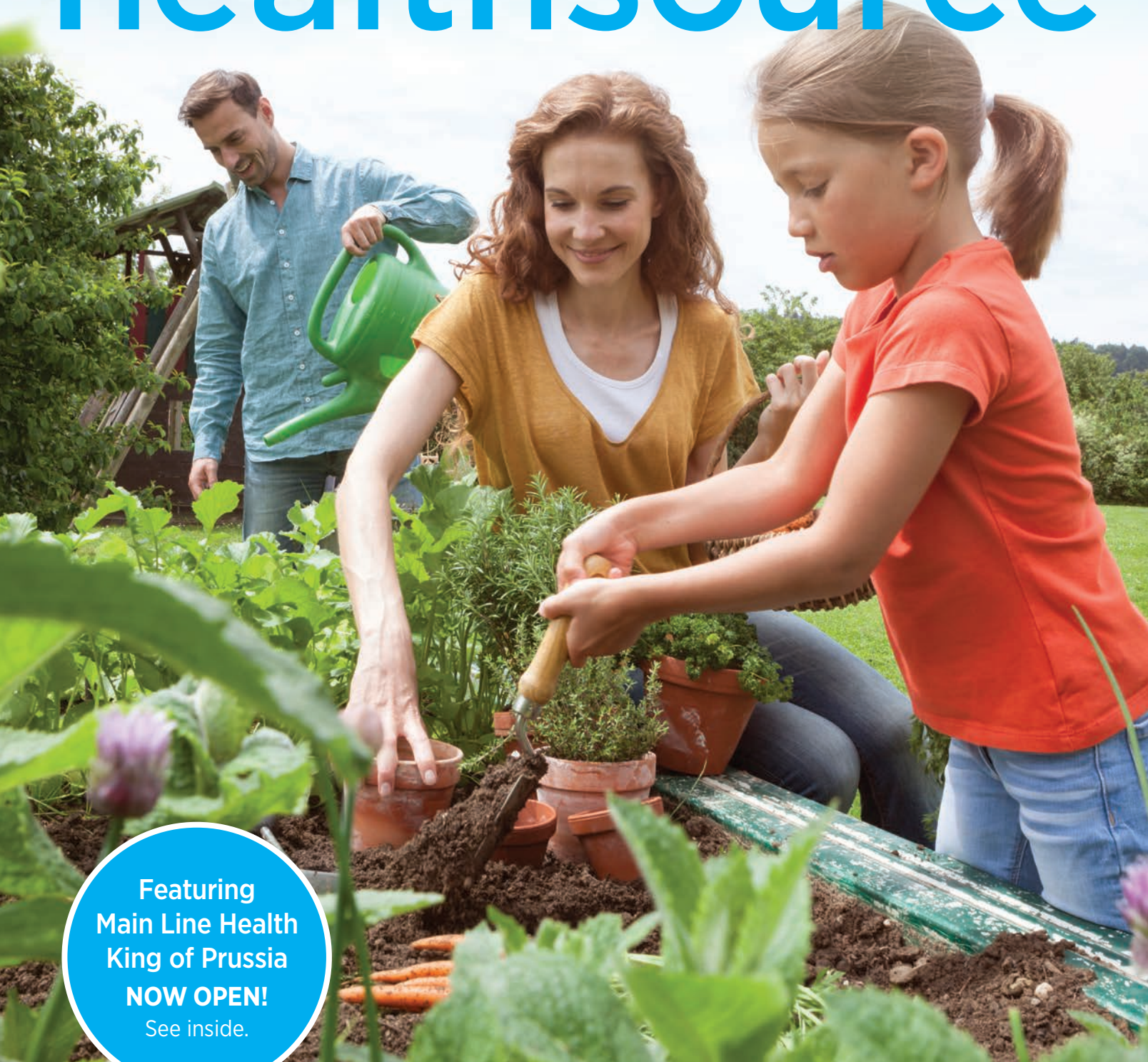


WOMEN'S healthsource

SPECIAL EDITION | SUMMER 2020



Featuring
Main Line Health
King of Prussia
NOW OPEN!
See inside.

At Main Line Health King of Prussia, you'll find expert physicians and a vast offering of specialties right in your community. Offering primary care, specialty care, specialized care and services for women, lab, radiology, physical therapy and more. Visit mainlinehealth.org/kop to learn more.



Main Line Health®

Don't be a superwoman: Take on less, get more out of life

Superwoman doesn't exist outside of comic books and movies. Yet the pressure on women to achieve superhuman ideals is all too real in today's world. "As women, we simply tend to take on too much," says Liz Bland, MSW, LCSW, division director of the Main Line Health Women's Emotional Wellness Center (WEWC). "We try to be everything to everybody. As a result, our own needs often go to the bottom of the list."

This can be especially true for mothers. After a baby is born, the demands of infant care, combined with hormone shifts and the pressure of other people's expectations, can leave a mom feeling overwhelmed and inadequate. And as kids get older, maternal pressures don't go away. "Today's kids are scheduled to the max," explains Bland. "As moms, we're trying to give them good experiences. But overbooking ourselves and our children can be unhealthy, especially when women are also managing so many responsibilities within and outside the home."

UNREALISTIC EXPECTATIONS

Social media sites may intensify women's feelings that they're falling short. "It's so easy for a picture to look perfect and then to feel your life should be that perfect, too," Bland notes.

The cost of trying to meet unrealistic expectations is high: social withdrawal, guilt, anxiety and low mood. And these feelings can contribute to physical concerns, such as poor sleep, low energy, headaches and unhealthy behaviors such as misusing alcohol or eating too much or too little, explains Linda Ryan, MD, medical director at the WEWC.

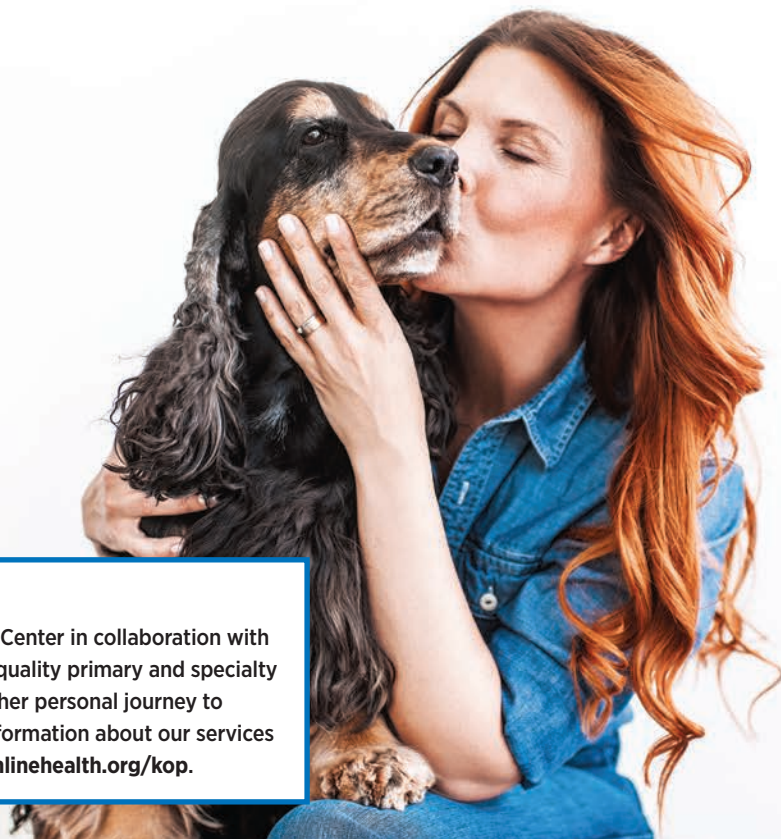
HERE FOR THE JOURNEY

Main Line Health King of Prussia, featuring the Women's Specialty Center in collaboration with Axia Women's Health, delivers an innovative combination of high-quality primary and specialty care amenities and programs to advance each individual on his or her personal journey to health and wellness. For an appointment with a physician or for information about our services at Main Line Health King of Prussia, call 484.324.7100 or visit mainlinehealth.org/kop.

PUTTING YOURSELF FIRST

Becoming more mindful of your own needs and learning to put yourself first are important steps toward better well-being and a happier life. The WEWC offers caring and professional treatment for women, with a range of counseling and therapy programs for individuals and groups. Covered by several insurance plans, these services are available at Main Line Health Newtown Square and now at our new location, Main Line Health King of Prussia.

"Many women are struggling on some level with these pressures. It's important to know that help is available and you can get back to your healthy self," says Dr. Ryan.



THE WOMEN'S EMOTIONAL WELLNESS CENTER

The Women's Emotional Wellness Center (WEWC) provides outpatient mental health services to women ages 18 and older. Main Line Health opened a second WEWC in King of Prussia, joining our already established WEWC in Newtown Square. The WEWC offers Women's Intensive Outpatient Programming (IOP), individual and group psychotherapy, psychiatric evaluation and medication management, and—coming soon—a Women's Partial Hospitalization Program. Common issues addressed at the WEWC include depression, anxiety and mood issues; trauma; adjustment to life's transitions; family- and work-related stressors; relationship challenges; parenting issues; grief and loss; unexpected medical outcomes; and more.

The WEWC team is a highly skilled and experienced team of psychiatrists, nurses and psychotherapists who work together to

deliver the best care to women and their families. WEWC services are being offered virtually at this time using our easy-to-use telehealth platform, including our outpatient groups:

- Mindfulness & Meditation
- Mindfulness Meditation & Movement
- Blossom & Become
- After Baby Connections
- WEWC Women's IOP Graduate Group

We are caring for current patients and accepting new patients. Our staff can provide information on insurance plans we accept. To schedule an appointment, call 1.888.CARE.898 (1.888.227.3898). Join our WEWC community on Facebook @[Facebook.com/groups/MLHWEWC](https://www.facebook.com/groups/MLHWEWC).



An annual checkup is easy—and important—to schedule

Main Line Health King of Prussia offers two primary care practices with a focus on your health: Main Line HealthCare Primary Care (now open) and Women's Primary Care, opening this August.

Primary care providers (PCPs) are doctors and other health care providers, such as nurse practitioners, who treat common medical problems and provide preventive care. Consider these three reasons to schedule an annual checkup with a PCP:

1. Your medical records will stay current. Your medical history changes over time, which may affect your risk for conditions like heart disease and cancer.

2. You'll stay up to date on exams. Your PCP can notify you about screenings you need, such as a mammogram or cholesterol test.

3. You'll get a look inside your body. Some conditions, like high blood pressure, may have no symptoms. Your PCP will perform exams that may alert you to hidden health problems.

It is important not to delay your care. During your annual checkup, make sure to mention any illnesses, injuries or health issues that have emerged since your last

appointment. A written list of your daily medications and vitamins is also helpful. Your doctor will want to know your sleeping, exercise and drinking habits, among others.

If you're seeing a new doctor, bring a copy of your medical records with you. "These provide a quick-reference guide to past medical procedures, immunizations and risk for health issues," explains Lauren Baker, DO, primary care provider.

OUR PRIMARY CARE STAFF ARE HERE FOR YOU

Main Line HealthCare Primary Care in King of Prussia

- Lauren Baker, DO
- Graham Vigliotta, DO
- Elizabeth Ziegler, MD
- Brooke Capetola, CRNP

Main Line HealthCare Women's Primary Care

- Samantha Flanagan, DO
- Allison L. Rhodes, MD

Same-day appointments are available.

New patients are welcome. To schedule an appointment, call **484.324.7100**.

How we care: Keeping you safe

This past March, we were excited to bring you Main Line Health King of Prussia, offering a host of medical specialties, community events, holistic wellness services and a notable Women's Specialty Center.

Unfortunately, due to the onset of the coronavirus (COVID-19) pandemic, we needed to postpone the official opening of our newest Main Line Health facility.

As the world begins to recover from the widespread effects of the COVID-19 pandemic, Main Line Health remains committed to delivering the best care possible.

Rest assured that our COVID-19 response includes rigorous procedures to protect you:

- We are screening all patients, visitors and staff for COVID-19 symptoms.
- We require a mask or face covering to be worn at all times.
- Lobbies and waiting areas are rearranged to promote social distancing.
- We are staggering appointments and offering extended hours at some locations.
- Telemedicine services are available for your non-urgent medical needs.
- Extensive cleaning processes are in place at all our facilities.

We invite you to learn more about safety measures at Main Line Health King of Prussia and all our hospitals, health care centers and practices; appointment information; and COVID-19 updates by contacting your health care provider's office directly, calling the Main Line Health Contact Center at **1.866.225.5654** or visiting [mainlinehealth.org](https://www.mainlinehealth.org).



ASK A DOCTOR:

‘What’s one thing I can do today to make a difference in my health?’



First and foremost, we encourage you not to dismiss or delay your health care needs. Learn more about the patient safety measures at Main Line Health King of Prussia, appointment options and COVID-19 updates by contacting your health care provider. To schedule an appointment with a Main Line Health King of Prussia provider, call **484.324.7100** or visit mainlinehealth.org/kop.



Rachael Brandt, PhD, MS, LCGC
manager, Genetics and Risk Assessment

Know your family history of cancer, cardiovascular disease and other conditions.

Information about your relatives can serve as a guide for your health and whether genetic testing might be right for you. Knowing your health risks based on your family history or genetic profile may help your doctors take better care of you by offering personalized options for screening and prevention.

If you’re planning to start a family, genetic evaluation may provide useful information. From a parent being a carrier of a recessive genetic condition to the presence of certain abnormalities seen by ultrasound, women can meet with a genetic counselor to learn about their options.



Robyn Massa, MD
neurologist

We know exercise is beneficial in many ways, and that includes neurological health.

Neurodegenerative disorders are those in which there is progressive loss of nerve cells. The two most common neurodegenerative disorders are Alzheimer’s disease and Parkinson’s disease. There is ongoing research designed to prevent these disorders or to slow down the degeneration. Current research suggests that regular exercise reduces the risk of developing these disorders and may improve symptoms in those already diagnosed. The key is to find an exercise regimen that you enjoy and will keep doing!



Kate Hawthorne, MD
cardiologist

Exercise. Even just a little is better than nothing.

A little exercise goes a long way in making a difference in your heart health. A walking routine can be a great start and is generally safe for people who have heart disease. Start with 10-minute walks two to three times per day. The benefit of a walking routine is that you can fit in a walk wherever you are and at a time that’s convenient for you. A sedentary lifestyle significantly increases your risk of cardiovascular disease. People who are physically active live healthier and longer lives.



Robin Ciocca, DO, FACS
breast surgical oncologist

One of the most important things women can do for their health is to get recommended health screenings.

See your primary care doctor and gynecologist for annual wellness visits and follow their recommendations for breast, colorectal and cervical cancer screening. I also recommend scheduling a full-body exam for skin cancer with your doctor or dermatologist every year. Staying on top of these important screenings can help your doctor find problems early, when they’re easier to treat.



Samantha Witte, MD
bariatric surgeon

It’s important to remember to take care of yourself, even if it’s only for a few minutes a day.

Many women struggle with the idea of self-care. We spend so much time and effort taking care of other people that we sometimes neglect our own needs. Regular exercise is one way to relieve stress and help declutter the day’s thoughts, in addition to the numerous cardiovascular and endocrine benefits it provides. Exercise can also be a great social outlet, which is why I encourage people to join a walking group or club sport.

5 myths and misconceptions about your pelvic floor



Jose Maceda, MD
urogynecologist

You may have heard about “the pelvic floor,” but you’re not really sure what it is.

Well, you’re not alone. There are many misconceptions related to pelvic muscles and the bladder.

The pelvic floor is a collection of muscles that both support the pelvic organs and contribute to proper bladder and bowel function. When these muscles aren’t functioning properly, women can develop symptoms that negatively affect their quality of life at home, at work and socially.

Nearly one-third of women in the U.S. deal with these symptoms, which include incontinence and overactive bladder, as well as pressure from a dropped bladder or uterus (called “vaginal prolapse”) and even painful sex. Because of embarrassment or a lack of understanding, many women delay seeking treatment. That’s why it’s so important to debunk the common myths around these problems.

MYTH: Urinary incontinence or frequent urination affects only elderly women.

FACT: Urinary incontinence affects women of all age groups. For example, a National Health and Nutrition Examination Survey reported that 17% of women ages 40 to 59 deal with these problems, as do 23% of women ages 60 to 79. Actual numbers may be even higher, since so many women don’t talk about their symptoms.

MYTH: I’ve tried Kegels and they didn’t work, so exercising those muscles is pointless.

FACT: A recent study that assessed women performing Kegel exercises discovered that just under half were performing them properly. About 25% of women did the exact opposite maneuver and were bearing down instead of contracting. If you’ve tried Kegels without results, it’s possible the muscles were not contracted correctly. There are definite benefits to retraining these muscles, and a physical therapist or other health care provider can help you do so correctly.

MYTH: Holding your bladder for long periods of time is harmful.

FACT: Contrary to popular belief, there is no information to support that holding one’s bladder increases the risk of urinary tract infections or issues with urinary frequency or incontinence. Holding your bladder isn’t harmful unless you have urinary retention or a condition called bladder-ureter reflux.

MYTH: I use bladder leak pads all the time; it’s just something that happens as you get older.

FACT: While urinary incontinence is more common as women age, it isn’t “normal” or an inevitable part of growing older. Urinary frequency or incontinence should be addressed when it starts to affect quality of life. You shouldn’t need to wear pads every day, change clothes daily or empty your bladder frequently to minimize incontinence episodes.

MYTH: After giving birth, it’s normal to leak urine with physical activity.

FACT: False! The loss of urine with physical activity when there is no urge to empty the bladder is called stress incontinence. Stress incontinence can cause a loss of urine when coughing, sneezing, laughing, running or exercising. These problems can be alleviated by strengthening and retraining the pelvic floor muscles or by outpatient surgery.

If you or someone you know is struggling with a pelvic floor issue, call to schedule an appointment with an Axia Women’s Health physician at our new Women’s Specialty Center to address your concerns.



Lifting the mystery of in vitro fertilization



Jennifer Nichols, DO
*reproductive
endocrinologist and
infertility specialist*

more than 72,000 babies were born out of more than 260,000 IVF cycles in the U.S. in 2017 alone.

Statistics show that 10% to 20% of couples will experience infertility. While it's sometimes viewed as taboo to speak about, a growing number of hopeful parents are turning to fertility specialists for help. These numbers demonstrate that infertility treatment should not be something that women lack knowledge about or hide from others.

WHAT IS IVF?

Simply stated, IVF is taking the sperm and egg outside of the body and growing an embryo in the lab.

In a natural pregnancy, several actions must align to result in conception. For example, the egg must release and be of good quality. The sperm must find the egg and fertilize it. The embryo must then travel down the fallopian tube and continue to grow and divide. After all this, the embryo must reach the uterine cavity and implant. Because so much must occur perfectly, the chance of achieving pregnancy even in a healthy, young woman is only about 20% to 25% per cycle.

IVF works to increase the chance of a positive outcome at nearly every step of this reproductive process:

- We remove mature eggs from the woman and examine their quality.
- The sperm is manually exposed to the eggs so that we can observe which ones fertilize.
- We are able to watch the embryos grow and divide.
- We are able to pick the best-quality embryo(s) to transfer into a woman's uterus for the highest chance of success.

Science truly amazed everyone when the first in vitro fertilization (IVF) baby was born in 1978. Since then, IVF has become an excellent option to help women achieve pregnancy. In fact,



WHO NEEDS IVF?

Couples who struggle with infertility due to blocked tubes, male (sperm) factor, diminished ovarian reserve or the diagnosis of unexplained infertility may be candidates for IVF. IVF is also recommended if a couple does not achieve pregnancy with intrauterine insemination.

Others who benefit from IVF are same-sex couples, single women, older women with poorly functioning ovaries, as well as men and women who have been diagnosed with cancer and cryo-preserved eggs or sperm before treatment.

OVERCOMING THE STIGMA

No one ever grows up hoping to need IVF. It is a path that can cause significant anxiety, stress and confusion. If you know someone challenged with infertility, we encourage you to offer your support or share your own infertility story to remove the stigma. The more we talk and educate one another, the more we can normalize

a treatment that has aided, and will continue to aid, the growth of loving families.

If you are considering IVF, visit a Sincera Reproductive Medicine physician at our new Women's Specialty Center.

VIRTUAL CLASSES TO KEEP YOU HEALTHY

Main Line Health King of Prussia offers virtual community health education events on a variety of topics, including:

- Healthy Cooking
- Nutrition
- Heart Health
- Cancer Risk and Prevention

Visit mainlinehealth.org/kopevents to register today.

The importance of your annual gynecology visit



Jennifer Stuck, DO
OB/GYN

As women, we tend to put the needs of others before ourselves.

But sometimes, these efforts get in the way of critical self-care, such as scheduling regular preventive gynecology exams

and screenings. These incredibly important visits are typically covered by insurance and provide the education and specialized preventive care necessary to ensure your optimal wellness at any age.

You may question if having a gynecologic exam is important, especially during a pandemic like COVID-19. Preventive medicine is always essential. To safeguard against COVID, our practices have safety precautions in place to protect you during your visit.

Your gynecologist is trained to detect a wide variety of health problems through examination of your uterus, cervix, fallopian tubes, ovaries and bladder.



This can provide insight into your risk for some cancers, bone disease and osteoporosis, bladder disease, sexually transmitted infections and other conditions.

In addition, a gynecologist can address age-specific factors such as fertility issues, hormonal changes, mood disorders, infections, menstrual issues and more.

How often should you schedule an appointment? A woman's first gynecologic visit should occur between ages 13 and 15 to begin education in areas such as sexuality, growth and development,

vaccinations and the development of good health habits. Schedule at least one preventive care visit per year to have an ongoing relationship with your doctor and give yourself the best chance at overall good health.

Start your partnership toward lifelong health. **If you're looking for a gynecologist, schedule an appointment with an Axia Women's Health gynecologist at our new Women's Specialty Center.**



Painful periods? Don't settle



Karen Tang, MD
OB/GYN and
minimally invasive
gynecologic surgeon

Many women have painful, heavy or irregular periods.

Some will go years or even decades before seeking help. They may not realize that the pain and bleeding they're experiencing aren't normal. Recognizing

that there may be a problem is the first step to figuring out what's causing your symptoms and how to treat them.

Excessively painful periods could be a sign of an underlying condition, such as

endometriosis, adenomyosis or fibroids. Up to one in 10 women may have endometriosis, and up to 80% of African American women may have fibroids.

Treatment will depend on the condition causing your symptoms. Your doctor will discuss what treatments may be right for you, depending on your test results, your plans for fertility and your overall health.

Bottom line: Don't settle for excessive pain and symptoms that disrupt your life.

Schedule an appointment with an Axia Women's Health physician at our new Women's Specialty Center to address your concerns.

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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Proud sponsor of the Main Line Society of Professional Women

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Stay informed and stay well

Your continued health is as important as ever. We remind you to take action in seeking care when needed, as delaying can lead to critical health issues. Please remember to:

- Call 911 or visit your local emergency department if you are experiencing severe or life-threatening illness or injury. Do not wait or hesitate!
- Reach out to your physician practice or urgent care with health questions you may have. For those interested in a telemedicine visit, your health care provider can offer guidance and let you know if a telemedicine visit is right for you.
- Make sure you continue regular well-checks and take your medications regularly.

- Access your Main Line Health MyChart account to request prescription refills, complete pre-appointment forms or questionnaires, check in for your appointment, send non-urgent messages to your doctor's office and more. Log in or sign up for MyChart at mainlinehealth.org/mychart.

Learn more about safety measures, appointment information and COVID-19 updates by contacting your health care provider's office directly, calling the Main Line Health Contact Center at **1.866.225.5654** or visiting mainlinehealth.org/patientsafety.



RECIPE: HIP DIP



FRESH FROM THE FARM

Garbanzo beans and edamame (Japanese for "green soybean") are members of the legume family, as are lentils, peanuts and many beans. Legumes are a staple in the diets of cultures throughout the world, since they're an excellent source of protein and dietary fiber.

People who want to eat a meatless meal—for their health, their wallet or the environment—often turn to legumes. And gardeners who are eager to get some seeds in the ground after the long winter should try planting peas or other legumes early next spring. They're easy to grow and love cool soil and cool weather.

INGREDIENTS

- 16 ounces shelled edamame or lima beans
- ¾ cup chopped cilantro (or another herb)
- 1 minced garlic clove
- ¼ cup olive oil
- ¼ cup lime juice
- 1-2 tablespoons honey
- Sea salt to taste



INSTRUCTIONS

Mix all ingredients in a food processor, in a blender or with the back of a spoon. Add a little more olive oil or water until it's spreadable. Serve with vegetables like carrot sticks or with crackers for a delicious snack! Serves 12.

GIVE OUR RECIPE CHALLENGE A TRY!

Compete with others in a virtual contest to create a recipe using a specific set of ingredients. Visit mainlinehealth.org/kopevents for more info.