

# WOMEN'S healthsource



Thanks to knee replacement surgery, Merrie Fitzgerald can easily keep up with her granddaughter.

**SUMMER 2013** SIT LESS, LIVE LONGER |  
HORMONE THERAPY: THE LATEST RESEARCH | KEEP KIDS ACTIVE  
THIS SUMMER | IS YOUR NECK PAIN SERIOUS?



Main Line Health



## Riddle Fitness Center: A Smart Step Toward Better Health

Joining a fitness center is an important first step toward a healthier lifestyle, and finding the one that's right for you is key. The Fitness Center at Riddle Hospital, located in Media, is a full-service fitness and health facility equipped with top-of-the-line cardiovascular and strength training equipment. Sign up for personal training, or try a Zumba, Pilates, or yoga class. The center also offers programs designed for people 50 and older.

### Ready to get moving?

Call 484.227.3045 to learn about membership options. Or visit [mainlinehealth.org/riddle](http://mainlinehealth.org/riddle) and click on "Healthcare Services."

## Sit Less, Live Longer: Ways to Fit More Motion into Your Day

### The human body's 640 muscles

suggest it was made to move. However, thanks to modern technology, we can now work, bank, shop, and commute without taking more than a few steps. As a result, many people remain sedentary up to eight or nine hours a day.

This inactivity has potentially disastrous health effects. Even those who exercise aren't protected. A slew of recent research finds that regardless of whether you work out, sitting too much can:

- More than double your risk of developing diabetes
- Increase your risk for heart disease, obesity, and cancer
- Decrease your life expectancy by two years

"Being sedentary adds extra pounds and also may contribute to clogged arteries," says Wendy Fuhr, MD, Bryn

Mawr Hospital family practice physician. "When the large muscles of your legs are immobile, your body can't clear harmful fats from your bloodstream."

### Make Your Move at Work

Chained to a desk? Time to break free. In one study, a sitting/standing workstation reduced sedentary time by more than an hour a day. Another study found standing desks burn an extra 114 calories a day for students.

If you can't change your work space, try these tips:

- Set a computer or phone alarm each hour. When it goes off, take a three-minute walk or hit the stairs.
- Jiggle your foot or shift in your seat. Fidgeting can burn 350 calories daily.
- Ask for more casual days. Research suggests employees are more active in less formal attire.

### Stand Up at Home

As Dr. Fuhr recommends, "Start by keeping a log of TV time. You might be shocked to add up how many hours you lose in front of the tube." For the average American, it's more than 150 each month. Try setting a daily limit, and avoid channel surfing; after your favorite show, hit the off switch and go take a walk. You could also lift dumbbells, stretch resistance bands, or pace around the room during commercials. ●



## How Healthy Is Your Heart?

Visit us online at

[mainlinehealth.org/heart](http://mainlinehealth.org/heart) to find a cardiologist, read the latest research, or access our schedule of FREE screenings.

# Keeping Kids Active When School Is Out

## Summer: Time for camp, water parks

... and weight gain? A recent study suggests that for the youngest students, summer months may be worse than the school year when it comes to preventing obesity.

## Charting Weight Changes

About 5,400 children from 310 schools were tracked during kindergarten, first grade, and the summer in between. Their body mass index—a ratio of their weight to height—increased faster and at a more uneven rate during the summer. The difference between school time and summertime was especially large in children who were already overweight, as well as in African-American and Hispanic children.

Researchers think children may eat more during the summer, when the days are less structured. Also, physical education during the school year may help kids burn extra calories. But parents can make a difference—and get healthier themselves as a result.

“Telling kids to go play isn’t nearly as helpful or fun as playing with them,” points out Michael J. Harkness, MD, pediatrician at Paoli Hospital. “When is the last time you climbed the monkey bars?”

## Warm-Weather Workouts

Just like adults, kids need to balance the calories they eat with the calories they burn to prevent extra pounds. That means healthy eating and an hour of physical activity on all or most days of the week. Luckily, summer’s sunshine offers the chance to get out and get moving. Try these tips to stave off weight gain in your family:

- Plan active vacations: hiking in the mountains or biking around a city.
- Walk with your family instead of driving to visit friends or run errands in the neighborhood.
- Limit screen time—including TV and video games—to two hours a day or less. Dr. Harkness recommends trying to reduce screen time to zero.
- Encourage playtime. Hopscotch, swimming, tag, and hide-and-seek all count as exercise. “Kids should be making mud pies, finding bugs, and climbing trees, even in the rain!” Dr. Harkness says. “That’s a kid’s job.” ●

## Top Care for Kids

Main Line Health’s medical staff includes more than 100 pediatricians and pediatric specialists. Learn more at [mainlinehealth.org/peds](http://mainlinehealth.org/peds) or by calling 1.888.876.8764.



## MAIN LINE HEALTH NOW® After-Hours Care, Without an Appointment

Main Line Health NOW is the after-hours physician office for when you need a doctor NOW (nights or weekends). Patients of all ages—infants to mature adults—are seen on a walk-in basis, no appointment necessary. The board-certified doctors on staff care for illnesses typically treated by a primary care doctor, such as flu, strep throat, ear infection, upper respiratory illness, sprains, cuts, and stomach ailments. They also provide physicals for school, work, and camp.

Main Line Health NOW’s two convenient locations are open Monday through Friday, 5 to 9 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m.

**Main Line Health Center  
in Broomall**  
Lawrence Park Shopping Center  
1991 Sproul Road

**Main Line Health Center  
in Exton**  
491 John Young Way, Suite 200

Main Line Health NOW accepts most major insurance plans. Get more details by visiting [mainlinehealth.org/now](http://mainlinehealth.org/now) or calling 484.421.1NOW.



# Get the Best of Stress with Yoga



**Regardless of what causes you stress,** your body's reaction to that stress can make you more likely to get sick. So finding ways to relax is important to your health.

Practicing yoga regularly may help you cope better with stress. This ancient Eastern form of exercise is good for both body and mind. It combines specific movements and postures, controlled breathing, and quiet meditation. And experts say it can offer short- and long-term health benefits.

For example, yoga can calm your mind and help you relax. Its physical benefits include improving balance, strength, and flexibility. Yoga also can ease the symptoms of conditions such as asthma, back pain, and arthritis. It offers benefits for people with cardiovascular disease as well.

There are as many as 2,000 yoga poses, or asanas, with a variety of vertical and horizontal postures. Each pose has a specific goal. For example, some exercises strengthen abdominal muscles; others focus on the back, shoulders, arms, or legs.

The basic yoga breathing exercise encourages deep, rhythmic breathing. Try this by sitting either cross-legged on the floor or in a chair with your feet flat on the ground:

- Close your eyes, inhale deeply, and feel your diaphragm move downward toward your abdomen. Exhale slowly, contracting your abdominal muscles. Focus on each breath as you lengthen your spine. Repeat several times.

Try shoulder rolls to reduce tension in your neck, shoulders, and upper back:

- Stand up straight with your arms at your sides, and breathe normally. Lift both shoulders up, roll them forward, down, and back up toward your ears. Repeat in the opposite direction. Perform three to five times each way. Relax your arms afterward by shaking them out. ●



## Healing Substance Addiction

Yoga is an integral part of Mirmont Treatment Center's inpatient addiction treatment program. Daily yoga helps patients cope with stress that can accompany the process of withdrawal and recovery. Plus, yoga can increase a person's appreciation of the unity between mind and body. Mirmont also offers weekly yoga classes for alumni. Learn more about Mirmont by calling 484.227.1400 or visiting [mainlinehealth.org/mirmont](http://mainlinehealth.org/mirmont).

## Tortilla Pizzas

**This low-calorie, kid-friendly recipe provides 1 cup of vegetables per serving.**

12	small corn or flour tortillas
	vegetable oil
1 16-oz. can	refried beans
¼ cup	chopped onion
2 oz.	canned green chili peppers, diced (optional)
6 tbsp.	red taco sauce
3 cups	chopped vegetables, such as broccoli, mushrooms, spinach, and bell peppers
½ cup	shredded part-skim mozzarella cheese



### More Kid-Friendly Foods

Honey chicken kabobs, whole-grain waffles, strawberry parfaits—find more recipes your kids will crave at [community.mainlinehealth.org](http://community.mainlinehealth.org).

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick "crust" for the pizza.
2. Brush the outside of the tortillas with a small amount of vegetable oil. Brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup chopped vegetables, 1 teaspoon of diced chili peppers if desired, and 1 tablespoon of shredded cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Serve immediately.

Makes six servings. Each serving contains 270 calories, 7 g fat, 5 mg cholesterol, 370 mg sodium, and 42 g carbohydrates.

Source: Centers for Disease Control and Prevention

# Hormone Therapy:

## What the Latest Research Means for You

**At one time, doctors believed** that hormone therapy could do more than relieve the symptoms of menopause. In early studies, this therapy also seemed to prevent heart attacks, osteoporosis, colon cancer, and Alzheimer's disease.

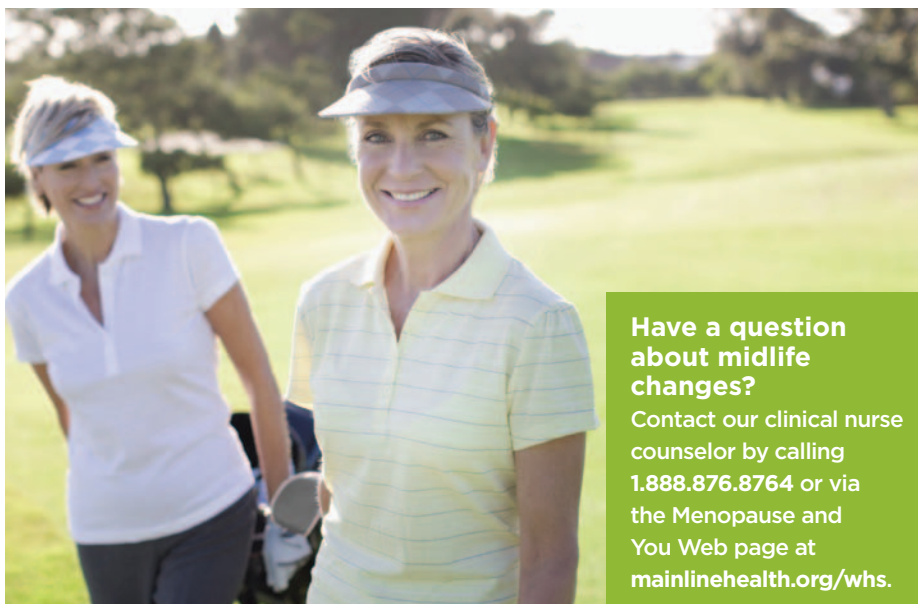
The Women's Health Initiative study, launched in 1991, was designed to look at the role of hormones in preventing disease, primarily heart disease. Four groups of menopausal women were studied.

Women who had a uterus were divided into two groups. One group took estrogen and a progestin (synthetic progesterone), the other a placebo. Women who had undergone a hysterectomy were also divided into two groups. One was given only estrogen, and the other received a placebo. Researchers then followed the women to see whether the treatments offered long-term health benefits.

### The Study's Results—And What They Mean Now

The study was halted earlier than planned. Women who took estrogen plus progestin and women who took estrogen only, compared with the placebo, had a lower risk for colorectal cancer and bone fractures, but they faced a higher occurrence of heart attack, stroke, blood clots, and dementia. Women who received the combined therapy were found to have a higher risk of breast cancer. Women who took estrogen alone had a lower incidence of breast cancer.

However, there are two important points to remember. First, the average age of the women in this study was 65. It wasn't designed to evaluate hormone therapy used by younger women to relieve hot flashes. Second, the study looked only at a formulation that was taken orally. There is now evidence that hormones administered through gels, creams, or patches may result in a lower incidence of blood clots. Researchers aren't sure whether there's also a lower risk to heart health.



### Have a question about midlife changes?

Contact our clinical nurse counselor by calling **1.888.876.8764** or via the Menopause and You Web page at [mainlinehealth.org/whs](http://mainlinehealth.org/whs).

**“Many women have significant menopausal complaints, particularly hot flashes. Treatments for these symptoms continue to evolve. This benefits women because there is no one-size-fits-all solution.”**

—Beverly M. Vaughn, MD, board-certified gynecologist and medical coordinator of the Menopause and You Program at Main Line Health

### Research Continues

Studies on hormone therapy are ongoing. The population of women being studied is younger, those most likely to be seeking help for menopausal symptoms.

It's clear that women should not take hormones to prevent heart disease. We also know that when you start therapy is important. Women who are younger and in the early stage of menopause have the greatest benefit and the lowest risk. The U.S. Food and Drug Administration still approves hormone therapy to relieve menopausal symptoms, including vaginal dryness and hot flashes. Several organizations, including The National Institutes of Health, recommend using the lowest effective dose for the shortest period possible. That length of time depends on your

symptoms and your general health.

Still wondering whether hormone replacement therapy is an option for you? Talk with your health care provider. Together, weigh your personal risks and benefits. You may be able to relieve common menopausal symptoms through other medications, lifestyle changes, exercise, or other non-medicine alternatives. There will be a choice that works well for you. ●

### Helping You Through 'the Change'

To schedule an appointment with a gynecologist, call **1.866.CALL.MLH**. You can also visit the Menopause and You Program at [mainlinehealth.org/whs](http://mainlinehealth.org/whs) to browse our informative articles and videos.

## HOSPITAL updates

### Paoli Hospital

#### Cancer Care, Close to Home

The Cancer Center of Paoli Hospital's team of talented specialists, nurses, and staff provide a multi-disciplinary approach and use advanced technologies including the TrueBeam™ linear accelerator, which allows radiation to be delivered faster and with more precision than ever before. In addition, we offer clinical trials and support services for patients and their loved ones such as creative arts therapies, a senior oncology program, palliative care, and complementary therapies. Our oncology social workers are also available to help guide patients through the treatment process and manage the wealth of information they receive.

### Lankenau Medical Center

#### Expert Heart Care Now in Your Neighborhood

When it comes to heart care, you shouldn't have to sacrifice quality for convenience. That's why it's great to know that the Lankenau Heart Group is close to home. We provide easy and convenient access to high-quality care in a personalized and comfortable setting. Lankenau Heart Group brings together expert cardiologists and specialists in coronary and valve disease, arrhythmias, heart failure, and disease prevention and cardiac wellness. Offices are in Conshohocken, Lafayette Hill, Springfield, Roxborough, Center City Philadelphia, and other locations. The Lankenau Heart Group is your partner through your heart care journey.



## WOMEN'S HEALTH SOURCE calendar of events



Registration is required for most programs. To register, 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. Main Line Health events are FREE unless otherwise noted!

#### Community CPR Classes

- July 15 and 16: Health Care Provider
- August 12: Health Care Provider Recertification
- August 19 and 20: Health Care Provider

All classes are 6:30 to 10 p.m. at Riddle Hospital

#### Senior Supper Clubs

Paoli and Riddle Hospitals present fun, social evenings for adults ages 60 and older. Registration is a must!

#### Riddle Hospital

- June 26, 4:30 p.m.: Safety First, with Angela Schott and Eugene Smith, EMT-P
  - July 24, 4:30 p.m.: Sun Safety, with Sean Wright, MD
  - August 28, 4:30 p.m.: Memory Loss, with David A. Thomas, DO, PhD
- Main Lobby, Java City  
Cost: \$7/person

#### Paoli Hospital

- July 11, 5 p.m.: Indoor picnic and an informative presentation about healthy living
- Potter Room  
Cost: \$7/person

#### Safe Sitter

A two-day babysitting training program for boys and girls ages 11 through 13.

- July 1 and 2
  - July 9 and 10
  - July 29 and 30
  - August 23 and 24
  - August 28 and 29
- All classes are 9 a.m. to 3:30 p.m.  
Annex Room A, Riddle Hospital

#### Childbirth Education Classes

- July 10, 17, 24: Baby & You, 7 to 9 p.m.
- July 22: Prenatal Breast-Feeding, 7 to 9 p.m.
- July 27: Sibling Preparation, 10:30 to 11:30 a.m.
- August 17: Preparing for

Childbirth, 9 a.m. to 4:30 p.m.

All classes held at Riddle Hospital

#### Health Events and Screenings at Whole Foods Wynnewood and Plymouth Meeting

Lankenau Medical Center offers free health information and blood pressure screenings at **Whole Foods Market in Wynnewood:**

- July 17, noon to 2 p.m.: Bike Safety
  - August 21, noon to 2 p.m.: Getting Ready for Fall with Healthy School Lunch Ideas
- Lankenau also hosts physician-led seminars and free screenings at **Whole Foods Market in Plymouth Meeting:**

- July 10, 7 to 8 p.m.: Everyday Strategies for Controlling Diabetes, with Erin O'Malley Tysko, MD, cardiology
- August 14, 7 to 8 p.m.: Surviving the Outdoors—Poison Ivy, Bee Stings, and Hay Fever, with Thomas Klein, MD, allergy and immunology



Registration is required for most programs. To register, 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. Main Line Health events are FREE unless otherwise noted!

## HOSPITAL updates

### Mature Driving

- July 24, AARP Renewal Course, noon to 4 p.m.
- August 12 and 13, National Safety Council, 5:30 to 9:30 p.m. Health Center 3, Community Education Center

### AARP Driver Safety Program

This program is a senior driving refresher course that can help you drive more safely and maintain your independence. Many insurance companies offer a discount to those who attend the course. To learn more about the Driver Safety program offered at Lankenau Medical Center and Bryn Mawr Hospital, call 1.866.CALL.MLH. Health Center 3, Community Education Center

### Achy Backs

Learn the possible causes and treatment options. Presented by Donna Levan, PT. July 30, 7 p.m. Wegmans, 1056 East Lancaster Avenue, Downingtown. Call 1.866.CALL.MLH to register.

### First Aid

Covers basic first aid including bleeds, burns, and fractures for adults, children, and infants. Participants receive a two-year certification. August 7, 7 to 10 p.m. Annex Room A, Riddle Hospital

### The Bryn Mawr Rehab Hospital Volunteer Association 'Grand Slam for Rehabilitation' Phillies Outing

Proceeds will benefit the BMRH Cruisin' Not Boozin' program. August 25, 1:35 p.m. Citizens Bank Park. Tickets: \$100. For more information, call 484.596.5599 to speak with Yvonne Navarro-Brewer or email [navarro-brewer@mlhs.org](mailto:navarro-brewer@mlhs.org).

### First Swing Golf Clinic

Join us for a hands-on clinic for individuals with disabilities focusing on

golf techniques to improve range of motion and balance. Beginner to advanced skill levels welcome.

#### September 4

Rain date: September 12  
RiverCrest Golf Club  
12:30 p.m.: Lunch  
1 to 3 p.m.: Golf instruction by Jamie Komancheck, PGA head golf professional, RiverCrest Golf Club & Preserve; Bob Kramer, PGA director of instruction, RiverCrest Golf Club & Preserve; and Bob Buck, Eastern coordinator-NAGA First Swing program and executive director, Eastern Amputee Golf Association  
Space is limited and registration is required.

### Angioscreen: Know Your Risk

Offered by Lankenau Medical Center, Angioscreen is a six-minute screening to test for the risk of heart disease and stroke. Register for this painless, radiation-free screening that gives you clear and immediate results of your circulation and vascular health. Screening is only \$50. Call 1.866.225.5654 to register.

### Paoli Hospital Celebrates Its 100th Anniversary

Be sure to stop by Paoli's fun and informative table at the following two events:

#### West Whiteland Summer Concert Series at Miller Park

Sunday nights starting at 6:30 p.m. on July 7, July 21, August 4, August 18, and August 25  
220 Miller Way, Exton  
Visit [www.whiteland.org](http://www.whiteland.org) for details.

**Tredyffrin Township Wilson Park Summer Concert Series**  
Thursday nights starting at 7 p.m. on June 27, July 4 (with fireworks!), July 11, July 18, July 25, and August 1  
500 Lee Road, Wayne  
Visit [tredyffrin.org](http://tredyffrin.org) for details.

### Bryn Mawr Twilight Concerts

All concerts begin at 7 p.m.  
● June 29: John Gorka and Lucy Kaplansky  
● July 6: Lisa Willson Vocal Academy  
● July 13: Steve Forbert with Mike Balitsaris  
● July 20: Stephen Kellogg  
● July 21: WhiskeyHickon Boys  
● July 27: Christine Havrilla and Mary Fahl  
● August 2: Ella's Retreat Benefit Concert  
● August 3: David Wilcox  
\$12 donation; kids 16 and younger are free. Held at Gazebo Park, 9 South Bryn Mawr Avenue. Visit [brynmawrtwilightconcerts.com](http://brynmawrtwilightconcerts.com) for details.  
Sponsored by Main Line Health/ Bryn Mawr Hospital

### Main Line Health Community Health Screenings

Main Line Health will host a blood pressure screening and nutrition booth at Upper Merion Farmer's Market/Health Fair. August 10, 9 a.m. to 1 p.m. 175 West Valley Road, King of Prussia

**Riddle Hospital New Neurosurgeon on Staff**  
Riddle Hospital welcomes Robert E. Elliott, MD, neurosurgeon, to Main Line HealthCare Chestmont Neurosurgical. After earning his medical degree from New York University School of Medicine, Dr. Elliott completed surgical and neurosurgical residencies at New York University Medical Center. In 2009, he was the chief resident, Neurosurgery, at NYU Langone Medical Center, and in 2010 the chief resident, Neurosurgery, at Bellevue Hospital and Manhattan Veterans Affairs Hospital in New York. Dr. Elliott's clinical interests include brain tumors, trauma, degenerative spinal disease, and minimally invasive spinal surgery. Dr. Elliott sees patients at Riddle Hospital and the Main Line Health Center in Newtown Square. To make an appointment, call 610.325.3880.

**Bryn Mawr Hospital Women's Emotional Wellness Center**  
The Main Line Health Center in Newtown Square welcomes the Women's Emotional Wellness Center (WEWC), providing outpatient mental health therapy services to women and their families before, during, and after pregnancy. The WEWC offers assessment and treatment for pregnant and postpartum women experiencing depression or anxiety. Other issues addressed include adjustment issues, infertility, bereavement, unexpected medical outcomes, and neonatal intensive care hospitalizations. To make an appointment or learn more about the WEWC, call 484.337.6300.



## Like Us on Facebook!

View more upcoming events, connect with Women's Health Source members, and read the latest women's health news on Facebook! Join us at [facebook.com/womenshealthsource](http://facebook.com/womenshealthsource).

# Knee Replacement Didn't

Merrie Fitzgerald wasn't about to let knee pain interfere with walking down the aisle at her youngest son's wedding. They'd promised each other they'd also dance to a Frank Sinatra song.

**But for several years,** Merrie's knee pain from arthritis had taken its toll. She'd worked as a medical sales representative but could no longer carry equipment or stand in the operating room during procedures. She also had to forgo her beloved evening walks with her husband, Scott, and their dogs.

"I put off a knee replacement as long as I could," Merrie says. Finally, she knew it was time when a Baker's cyst behind her knee, caused by arthritis, ruptured at work.

Merrie had knee replacement surgery at Riddle Hospital. Just four months later, she and her son Christopher two-stepped to "Fly Me to the Moon" on his special day.

## A Smooth Surgical Recovery

The surgery went better than Merrie could have imagined. In a knee replacement procedure, the surface of the joint is removed and replaced with new metal and plastic surfaces. Merrie spent two days in the hospital and was up walking on day one.

"Depending on the health of the patient, we try to get most of them up the day of surgery," says Scott Voshell, PT, Riddle Hospital. "We get them out of bed, oriented to a walker, and into a chair, and we teach them exercises to keep the blood moving. The next day we begin doing range-of-motion exercises."

Merrie worked with Voshell during

the next few months. "Scott pushed me in such a positive way," she says. "He and his team knew what I was working for." During that time, she exercised three times a day, once with Voshell and twice on her own.

## A Leader in Orthopaedic Care

Riddle Hospital performs a high volume of knee replacements each year. In contrast, most knee replacements are done by surgeons who perform fewer than 10 a year, says Peter Sharkey, MD, orthopaedic surgeon at the Rothman Institute at Riddle Hospital, who performed Merrie's surgery.

"The knee joint has many unique features that cause complexity when doing replacement surgery,"

explains Dr. Sharkey. "Just like with any other activity, the more time committed to mastering this surgery, the better the results. Our success stems from our commitment and focus. Our surgical procedures are standardized, and we don't waste any time, because the longer the patient is open on the table, the greater the chance for complications such as infection or blood clots."

Several weeks before surgery, Riddle patients take a joint class to become familiar with the procedure. "We want to ease their mind by knowing what to expect," says Voshell. After surgery, patients benefit from a coordinated team approach to

**Dr. Sharkey reviews X-rays of Merrie's knee replacement.**



# Slow Her Down



Physical therapist Carole Lovelace monitors Merrie's progress on the treadmill.

rehabilitation, including physical therapists, occupational therapists, and aides.

## An Active New Life

Today, Merrie splits her time between watching her 13-month-old granddaughter and working part-time with the Riddle Surgical Center. “I have no problems, which is especially important now that my granddaughter is learning to walk,” she says. “I’m on the floor crawling around with her as would any grandmother. I climb in the playpen and we play with her toys.”

Most people wait too long to have knee replacement, says Voshell. “The longer you wait, the harder it is to recover from surgery. Today, the anesthesia and pain management are much better—and patients are so much happier.” ●

## Excellence in Joint Replacement

Main Line Health offers joint replacement surgery at all four hospital locations. The key is a proper diagnosis. Call 1.866.CALL.MLH for a referral to an orthopaedic specialist.

## Day Program Offers Expert Joint Surgery Recovery

Bryn Mawr Rehab Hospital offers the Orthopaedic Day Program, providing intensive therapy seven days a week for people who have had orthopaedic surgery. This approach leads to faster recovery because patients recuperate in the comfort of their home each evening.

This unique program offers individualized therapy and nursing services provided by rehabilitation and medical professionals, including physical and occupational therapists, nurses, case managers, and physiatrists, if necessary. A nurse is on staff for incision checks, dressing changes, and pain management. Patients receive up to three hours of physical therapy during the day, as compared with about one hour in a skilled nursing facility or a few times per week with home care. Physical therapy helps with range of motion, swelling management, strengthening, and mobility. Patients also take part in support groups, enabling them to act as resources for each other and share experiences.

The Orthopaedic Day Program is offered at two locations. Before your surgery, contact the location nearest you for program information and help with the referral process:

**Bryn Mawr Rehab Hospital  
Malvern**  
414 Paoli Pike  
484.596.5695

**Bryn Mawr Rehab Hospital  
Wynnewood**  
308 East Lancaster Avenue,  
Suite 100  
484.829.6003

# Who Benefits from Spine Surgery?

## Millions of people experience spine problems

that cause pain or disability. “Of these, a small number will ultimately require surgery,” says Scott Rushton, MD, a board-certified orthopaedic spine surgeon and co-medical director of the Brain & Spine Group at Lankenau Medical Center.

The reasons for spine surgery vary with a person’s age and diagnosis. Teens may consider surgery to correct deformities, including scoliosis or curvature of the spine. Adults ages 20 to 50 may have problems with disks that have degenerated or slipped out of position, causing severe back and leg pain. Older adults may have spinal stenosis, a narrowing of the spinal canal that can press on the nerves, producing pain in the legs.

Surgery may be the only option in select cases—when a person is in severe pain, has instability from trauma, or has progressive nerve problems. For less severe problems, doctors try other treatments first, including physical therapy, medication, and spinal injections. If the problem persists, surgical options are discussed.

Spine surgery can be one of three types:

- **Decompression:** Bone or other tissue is removed to take pressure off a nerve or the spinal cord.
- **Stabilization or fusion:** Bone grafts or metal rods and screws are used to fuse vertebrae together, making a strong bridge across a spinal segment.
- **Corrective procedures:** Spinal fusion and other techniques are used to straighten deformities.

If you have a back problem, talk with your primary care doctor first. “Ask to be referred to a spine specialist if your condition doesn’t improve after initial treatment,” says Peter Le Roux, MD, a board-certified neurosurgeon and co-medical director of the Brain & Spine Group at Lankenau Medical Center. ●



## The Latest Technology

To learn more about the Brain & Spine Group at

Lankenau Medical Center, including treatments offered and answers to FAQs, visit [mainlinehealth.org/LankenauSpine](http://mainlinehealth.org/LankenauSpine).



## Does Your Child Snore? It Could Be Sleep Apnea

It’s not rare to hear a snore or two from your child’s room. But regular snoring could be a sign of obstructive sleep apnea (OSA). Untreated, OSA can lead to learning and behavioral problems, growth delay, and even heart complications.

OSA occurs when the flow of air into or out of the mouth is partially blocked. This prevents normal breathing during sleep. Chronic snoring—often with gasps or pauses for air—is the most common OSA signal in children. Others include excessive tiredness, restless sleep, behavior or learning difficulties, and irritability.

“OSA affects children of all ages but seems to be most common among preschool-aged children who have large tonsils and adenoids,” says Crissi Saddler, MBA, RRT, director of Respiratory and Sleep Medicine at Bryn Mawr

Hospital. Other risk factors include having allergies or being overweight.

Your pediatrician may recommend these treatment measures:

- Helping your child lose weight, if necessary
- Keeping your child away from indoor pollutants, such as tobacco smoke
- Having your child sleep on his or her side
- Treating your child’s allergies, if he or she has them
- Using continuous positive airway pressure (CPAP)

## Help for Sweet Dreams

Main Line Health offers sleep studies for children ages 6 to 17. Call **1.866.CALL.MLH** for a referral to a pediatric sleep specialist.

# Could Your Aching Neck Signal Something Serious?

**“What a pain in the neck!”** For many people, that’s more than just a cliché; it’s a bone-crunching daily misery. Neck pain is one of the most common reasons to visit a doctor. Unfortunately, one of its common causes is something you can’t do much about: aging.

Aging, degeneration, wear and tear, use and abuse—they all take a toll on the body, starting at the moment we take our first step and oppose gravity by becoming vertical beings. Degeneration of the spine is a normal consequence of growing older. Aging is also a risk factor for many of the degenerative disorders that can cause neck pain, including osteoarthritis, spinal stenosis, and cervical spondylosis.

Those are big words to describe small changes in the spine that worsen with time. These conditions can put pressure on the spinal cord. The result: Chronic pain, which, left untreated, can severely impact daily life. According to Robert A. Morow, MD, Main Line HealthCare neurosurgeon at Paoli Hospital, “These changes in our neck can’t be avoided and can be demonstrated on an MRI as early as our mid-thirties.”

Symptoms that may signal a degenerative spinal disorder include:

- Neck pain that worsens when you bend or turn your neck or when you cough, sneeze, or laugh
- Pain, weakness, numbness, or tingling in the shoulders, arms, hands, or legs
- Difficulty using fingers for precise tasks such as writing, fastening buttons, or opening cans
- Legs that feel stiff, weak, or jerky, making walking difficult
- Bowel or bladder control problems

Dr. Morrow states, “Although the degenerative process cannot be reversed, symptoms can be controlled and the progression minimized by appropriate medical care.” ●

## Treating Neck Pain

**If you are experiencing any of the above symptoms, make an appointment with your primary care doctor. Looking for a new physician? Call 1.866.CALL.MLH or visit [mainlinehealth.org](http://mainlinehealth.org) and click on “Find a Doctor.”**



## Innovative New Research in Fighting Malaria

LIMR Chemical Genomics Center, Inc. (LCGC), a subsidiary of Lankenau Institute for Medical Research, is a Grand Challenges Explorations winner, an initiative funded by the Bill & Melinda Gates Foundation. Melvin Reichman, PhD, president, CSO, and founder of LCGC, is pursuing an innovative global health and development research project titled “A Totally New Approach to Discover Malaria Combination Drugs.”

“This award offers the project team an exciting opportunity to apply LCGC’s technologies to discover novel combination-drug possibilities in fighting drug-resistant malaria,” says Dr. Reichman.

Grand Challenges Explorations funds individuals worldwide who are taking innovative approaches to some of the world’s toughest and most persistent global health and development challenges.

## Taking a Trip?

Main Line Health’s Travel Health Services provides customized travel safety consultations, as well as vaccinations for people traveling outside the U.S. To learn more, call **484.565.1293** or visit [mainlinehealth.org/travel-health-services](http://mainlinehealth.org/travel-health-services).

Lankenau Medical Center  
Bryn Mawr Hospital  
Paoli Hospital  
Riddle Hospital  
Bryn Mawr Rehab Hospital  
Mirmont Treatment Center



**Main Line Health**  
Well ahead.®

**MAIN LINE HEALTH**  
130 South Bryn Mawr Avenue  
Bryn Mawr, Pennsylvania 19010

Non-Profit Org.  
U.S. Postage  
**PAID**  
Main Line Health

**Lydia Hammer** Senior Vice President, Marketing & Business Development  
**Greg Joyce** Director, Marketing Operations

*Women's Health Source* is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician.  
© 2013 Printed in U.S.A.

This publication is part of the Women's Health Source health and wellness program. You may unsubscribe at any time by emailing [whs@mlhs.org](mailto:whs@mlhs.org).



Proud sponsor of the Main Line Society of Professional Women 018M Printed on Recyclable Paper



**NAVIGATING  
YOUR HEALTH  
CARE**

## Measure Kids' OTC Drugs with Care

Using over-the-counter (OTC) liquid remedies to help your child may not be as simple—or harmless—as you think. Accidental overdoses of common OTC drugs send more than 25,000 kids to emergency rooms each year. Parental confusion about doses may be partly to blame.

How can you keep your child safe? Treat OTCs like other medications. Use them properly and store them in a safe place where your child can't reach them. These tips also may help:

- Read the medication label completely. Use the recommended dosing amount for your child or ask your doctor or pharmacist for advice.
- Give the exact dose listed on the label. "Ask your child's physician to calculate out the dosage for common fever relievers at each well visit," suggests Joannie Yeh, MD, pediatrician at Riddle Hospital. "Then you will be prepared when your child's fever causes discomfort."
- Ask your pharmacist for an appropriate measuring device. Directions often call for dosing in teaspoons or milliliters. Don't just use a kitchen teaspoon to measure a dose.
- Develop a system to keep track. What medication did you give your child and when did you give it? Put stickers on the bottle or create a chart.

Dr. Yeh explains further, "Many brand-name medications contain a large number of variable ingredients, making tracking very important. Take note of the ingredients or bring the bottle to the office visit and your child's physician can help you sort it all out."

## Stay Healthy in the Heat

**Whether you love or hate** heat and humidity, it's important to protect yourself from heat-related illnesses in the summer:

- Wear clothes that are light in weight and color.
- Drink lots of liquids throughout the day, regardless of your activity level. Avoid alcohol or sugar-laden drinks and very cold beverages.
- Keep cool: Stay in an air-conditioned place, take a cool shower, or sit in front of a fan. Limit outdoor work and exercise to early morning and evening hours.
- If you have heart disease, check with your doctor before exercising in hot weather. Heart medications such as beta-blockers, ace receptor blockers, and diuretics can exaggerate the body's response to heat.

"High heat and humidity are uncomfortable for most of us, but for those with heart conditions, they can be dangerous—even deadly," says Andrea Becker, MD, a board-certified cardiovascular physician. "While most of us know not to overexert ourselves during hot spells, it's important to be extra careful during extreme heat."

Hot weather, inadequate fluid intake, or strenuous physical activity in the heat may cause heat exhaustion. Warning signs include pale, cool, moist skin; fast, shallow breathing; weakness; nausea; and dizziness. To treat this condition, drink water and rest in a cool area. Seek medical attention if

symptoms last longer than an hour.

Heatstroke occurs when the body can't control its temperature. Untreated, it can be life-threatening. Warning signs include a body temperature above 103 degrees; hot, dry skin; rapid pulse; dizziness; confusion; and unconsciousness. Immediately call for emergency medical assistance. Cool the person rapidly by putting him or her in cool water or a cool, wet sheet. ●

## Protect Your Heart in the Heat

Looking for a cardiologist? Dr. Becker has convenient office locations in Conshohocken and Lafayette Hill. For an appointment, call **484.342.3000**.

