

WOMEN'S healthsource

The gift of life

HOW A KIDNEY
TRANSPLANT
CHANGED
ONE YOUNG
WOMAN'S
LIFE

WINTER 2020 SOCIAL WORKERS OFFER SUPPORT
THROUGH CANCER | REHAB FOR PELVIC FLOOR ISSUES |
ARE YOU IN A TOXIC RELATIONSHIP?



Main Line Health®
Well ahead.®

How truthful are you with your doctor?

When your doctor asks how often you exercise, what do you say? If you've ever fudged the facts when you're in the exam room, you're not alone. According to a recent study, four out of five people withhold important information from their health care provider.

"While it may not seem like a big deal, not telling the whole truth can have harmful health consequences," says Patricia Clancy, MD, a primary care doctor with Main Line Health. "Consider this example: If you don't mention certain over-the-counter medicines you take, your doctor might prescribe a drug that causes a dangerous interaction with those medicines."

WHY WE DO IT

According to the study, people often leave out information because they don't want

to be judged or hear how a particular behavior might harm their health. They may feel embarrassed to admit to an unhealthy habit like smoking or excessive drinking. Other common reasons include:

- Not wanting to take up more of their provider's time
- Feeling like the information isn't relevant
- Not wanting to seem like a difficult patient
- Not wanting the information to appear on their medical record

Researchers found that people who were sicker or had chronic medical conditions were actually more likely to withhold information from their health care provider. This is serious, because doctors need as much information as possible in order to make safe and effective decisions about your care.

BUILD A PARTNERSHIP

To ensure you cover everything, it's always helpful to bring along a list of questions or concerns to your health care visit.

"Remember, your doctor isn't there to judge you," says Dr. Clancy. "But it's important to find a provider you trust and feel comfortable talking with. The more at ease you are, and the more you know your doctor is really listening, the more likely you'll share all the information that matters."

FIND A DOCTOR

Main Line Health primary care providers serve patients throughout the region. Visit mainlinehealth.org/doctors to search for a doctor by specialty, location or name.

COLD, FLU ... WHAT'S AILING YOU?

It's sniffles season again. But how can you tell which bug you have? For older adults in particular, a virus like the flu can be life-threatening. So it's essential to get the right kind of care.

This symptom guide below may help point you in the right

direction. "However, if your symptoms don't improve or you start noticing new symptoms, visit your health care provider," says Jennifer Hwang, DO, geriatric medicine physician at Main Line Health Center in Newtown Square.

	COLD	FLU	STREP THROAT	BRONCHITIS
WHAT IS IT?	Viral infection	Viral infection	Bacterial infection	Viral infection
TYPICAL SYMPTOMS	<ul style="list-style-type: none"> • Low-grade fever • Sneezing; runny nose • Mild cough • Slight muscle aches 	<ul style="list-style-type: none"> • Sudden high fever (above 101 F) • Stuffy, runny nose • Headache • Muscle aches 	<ul style="list-style-type: none"> • Fever • Painful swallowing • Sore throat • Red, swollen tonsils • Red spots on the roof of the mouth 	<ul style="list-style-type: none"> • Coughing with or without mucus • Soreness in chest • Fatigue • Mild headache • Mild body aches
BEST PREVENTION	Wash hands often and avoid close contact with people who are sick	Get your annual influenza vaccine and wash hands often	Wash hands often	Wash hands often, don't smoke and get recommended vaccines
BEST COURSE OF ACTION	Rest and over-the-counter medicines	Rest, fluids and antiviral medicines, if needed	Antibiotics after positive strep test	Rest, fluids and a humidifier or cool-mist vaporizer

HELP FOR SENIORS IS A PHONE CALL AWAY Our Senior Care Line is a resource for older adults, their families and caregivers to answer questions and provide guidance in making health care decisions. Call **484.580.1234**.

Social workers: Here to support you through your cancer journey

Coping with cancer can be overwhelming, whether you're facing the disease yourself or caring for a loved one who's ill. That's why Main Line Health's oncology social workers are here for you every step of the way. These caring professionals provide emotional support and practical advice to help patients and their loved ones during the cancer journey.

A PATIENT-CENTERED PHILOSOPHY

An oncology social worker offers both compassion and guidance. The goal is to help patients think through decisions about care as they consider their family, work and other priorities. Each approach is individualized to help patients achieve the best possible quality of life.

"Patients are people first," says Eucharia Borden, MSW, LCSW, OSW-C. "I let them educate me on who they are and what this diagnosis or treatment means to them. This can be so empowering for patients—to know that what they say, think and feel matters."

“It's gratifying to help people cope with a cancer diagnosis. One woman told me that I changed her life by being there to support her and her daughter. During our visit, there were tears and laughter—but most of all, there was hope, which is vital to all human beings, especially during adversity.”

—Toby Stolberg, MSW, LSW, OSW-C

A VARIETY OF SUPPORT AND RESOURCES

In addition to offering counseling, the team connects patients and caregivers with community programs and home supportive services. An oncology social worker can:

- Provide supportive counseling
- Help patients explain their diagnosis to friends and loved ones
- Connect patients to support groups
- Assist with transportation to and from medical care

- Make referrals for financial assistance
- Help patients access affordable medical care and prescription drug coverage
- Provide assistance with home health, palliative and hospice care, as well as advance directives

"We provide compassion, insight, tools and practical assistance to help patients with their struggles so they can focus on their treatment and have the best quality of life," says Lori Grim, MSW, LSW, OSW-C.

CARE FOR THE WHOLE PERSON

The team also provides access to relaxation and stress-reduction techniques. The program brings patients together with mind-body practitioners skilled in oncology massage, reiki, meditation, chair yoga, guided imagery and other therapies. These therapies can help decrease the stress, depression and anxiety patients may experience.

"We aim to take care of the whole person, not just the disease," says Borden.

“Social workers not only provide emotional support to patients and their families, but also help with explaining their diagnosis to friends and loved ones, connect patients to support groups, assist with transportation and make referrals for financial assistance.”

—Vicki Powers, MSW



Standing: Eucharia Borden, MSW, LCSW, OSW-C; seated left to right: Toby Stolberg, MSW, LSW, OSW-C; Vicki Powers, MSW; Lori Grim, MSW, LSW, OSW-C.

HIGH-QUALITY CANCER CARE, CLOSE TO HOME

Main Line Health provides comprehensive cancer care at five cancer centers in the Philadelphia region.

For more information, visit mainlinehealth.org/cancer.

The gift of life

A YOUNG SOUTHAMPTON MOTHER THRIVES AFTER A KIDNEY TRANSPLANT AT LANKENAU MEDICAL CENTER

Nicole Moeser of Southampton, Pennsylvania, was a teenager when she, her mother Adriene Moeser and her aunt Claire Saponaro learned they had something in common: a kidney disorder caused by an inherited abnormal gene.

The condition—focal segmental glomerulosclerosis (FSGS)—consists of scar tissue that forms on the parts of the kidney that filter toxins from the blood. Symptoms can include swelling in the body, excess protein in the urine, high blood pressure and high cholesterol. FSGS often leads to kidney failure.

Claire underwent a successful kidney transplant at Lankenau Medical Center in 2000. Although she had FSGS, Nicole never imagined she might be next.

“I had a minimal amount of protein in my urine, which is a sign of the disease, but it wasn’t alarming enough to start any kind of treatment,” she says. “I didn’t have any physical symptoms, so I really never thought that I would someday need a kidney transplant.”

TAKING A TURN FOR THE WORSE

Things changed after Nicole became pregnant at 21.

Five months into her pregnancy, during a routine prenatal appointment, her OB/GYN became alarmed by the high level of protein in her urine. He referred her to the nephrology team at a local hospital and they monitored Nicole for the remainder of her pregnancy.

“I started to retain an abnormal amount of fluid around the six-month mark, so the pregnancy became high risk, with more frequent blood work and prenatal testing,” she says.

At 32 weeks, her doctor placed her on hospitalized bed rest. Labor was induced at 37 weeks. In November 2006, Nicole delivered a 5-pound, 10-ounce baby boy she named Rocco. “He was tiny but healthy,” she says.

However, Nicole’s health worsened. Home from the hospital, she was retaining fluid and gaining weight. Several weeks later she learned that her FSGS had taken an aggressive turn for the worse. Her nephrologist immediately began treating her with medication. He also told her she would need a kidney transplant within five years.

“The care I received from the transplant team was phenomenal. My transplant nurse was like a second mother to me ... and still is to this day.”

LIFESAVING TREATMENT

Nicole’s kidney disease quickly progressed to end-stage.

“In end-stage kidney disease, your kidney function is about 15 percent or below, and there is no hope for improvement,” says Umber Burhan, MD, a transplant nephrologist and member of the Main Line Health Kidney Transplant Program team at Lankenau Medical Center. “At that time, the focus should be directed toward education and preparation for renal replacement therapies—essentially, dialysis and/or listing for a transplant.”

Nicole pursued both. Two days after her 23rd birthday, she started dialysis, a treatment that mimics some of the things done by healthy kidneys, such as removing waste, salt and extra water to prevent them from building up in the body. In addition, her parents took her to Lankenau for an evaluation by the transplant team. Nicole completed

the necessary testing and was eligible for a kidney transplant.

In the Philadelphia area, the average wait for a deceased donor kidney is five to seven years. But less than three months after starting dialysis, Nicole got the call that a kidney was available. A family friend’s son had died after a motorcycle accident and his mother requested that Nicole receive his kidney. On January 11, 2008, Nicole had a kidney transplant at Lankenau.

“The care that I received from the transplant team was phenomenal,” she says, adding that her transplant nurse, Laurel Lerner, RN, CCTC, was like a second mother to her. “Any time I had a problem or concern, Laurel was always very responsive and caring—and still is to this day.”

Claire, Nicole and Adriene stop by Lankenau to visit their Main Line Health Kidney Transplant team. Left to right: Keith Superdock, MD (medical director); Laurel Lerner, RN, CCTC (post-transplant nurse coordinator); Claire Saponaro; Nicole Moeser; Adriene Moeser; Umber Burhan, MD (nephrology specialist); James Lim, MD (previous program director).





Nicole Moeser is enjoying a full life with her children, including toddler Presley.

Ten years later, in 2018, Nicole's mother, Adriene, experienced that same expert care when she too had a successful kidney transplant at Lankenau.

FOREVER GRATEFUL

Since receiving her new kidney, Nicole, now 35 and a professional makeup artist, has had two more children—another son, 4-year-old Colt, and a 19-month-old daughter, Presley. Life is full and busy.

"I will be eternally grateful that my kidney donor's mother thought of me during such a difficult time," Nicole says.

"Her thoughtfulness saved my life."



The Main Line Health Kidney Transplant Program at Lankenau Medical Center: Excellent outcomes, unique care

Kidney transplantation can dramatically improve the quality of life for people with chronic kidney disease and help them live longer. Patients choose the Main Line Health Kidney Transplant Program at Lankenau Medical Center because of its excellent patient outcomes and the individualized support it provides.

"Our outcomes have always exceeded the national standards as we are uniquely able to provide truly personalized care," says Cara Morasco, manager of the program.

While many transplant programs often conduct their initial evaluation of patients in a group setting, the kidney transplant team at Lankenau meets individually with each prospective patient, Morasco says. "By giving that one-on-one attention, we can really gauge their understanding of the education we provide to make sure we're doing a good job. It also helps build our relationship with them. They see that this is all about the patient getting the best care possible."

Once in the program, patients have a personal team actively working on their behalf to move them through the process, with nurse coordinators always just a phone call away, day or night. The team schedules pre-transplant tests for patients, coordinates with physicians and organ procurement networks, plans and performs the transplant surgery, and provides patients' post-transplant care.

TAKE THE FIRST STEP

Your kidney transplant journey starts with an evaluation to determine your eligibility for a transplant. Call **484.476.8485** to schedule an appointment with the Main Line Health Kidney Transplant Program. You'll find more information, including FAQs and patient stories, at mainlinehealth.org/kidney.

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 with their dates, times and locations.

WELLNESS & PREVENTION

HIP AND KNEE PAIN SEMINARS

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

SMOKEFREE

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

BLOOD PRESSURE SCREENINGS

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

AMERICAN RED CROSS BLOOD DRIVES

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

DISEASE MANAGEMENT

DIABETES AND YOU

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

FREE WIG PROGRAM

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

FOR OLDER ADULTS

A MATTER OF BALANCE

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

- Wednesdays, February 5–March 25, 9:30 am, 1201 North Chester Road in East Goshen
- Tuesdays, February 18–April 7, 12:30 pm, 60 Surrey Way in Devon
- Tuesdays and Thursdays, March 5–31, 10:00 am, 933 Haverford Road in Bryn Mawr
- Tuesdays, March 10–April 28, 10:00 am, 153 Church Street in Phoenixville
- Mondays, March 30–May 18, 5:30 pm, Main Line Health Center in Newtown Square
- Wednesdays and Thursdays, April 22–May 14, 10:00 am, Main Line Health Center in Concordville

SAFER STEPS

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

- January 22, 10:30 am, 153 Church Street in Phoenixville
- May 6, 2:00 pm, Paoli Hospital

STRETCH YOUR LIMITS

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

MATURE DRIVING AARP

This driver safety program addresses the challenges of drivers older than 55. We offer both full and renewal courses. For the renewal course, you must bring proof that you have attended the full course. Fee: \$15/person AARP members; \$20/person nonmembers. View upcoming dates and locations at mainlinehealth.org/aarp.

SENIOR ENTERTAINMENT

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

- March 11: The lost colony of Roanoke

FEBRUARY IS HEART MONTH

Join Main Line Health and the Go Red for Women movement and wear your red on Friday, February 7, to support the American Heart Association's National Wear Red Day.

SENIOR SUPPERS

An evening of dinner, conversation and a healthy living seminar for the over-60 crowd. Fee: \$7/person. At Paoli Hospital, 5:00 pm:

- **January 14: Eat smarter and diabetes update**
- **February 12: Back pain**
- **March 12: Trauma**
- **April 14: Be safe: Injury prevention**

At Riddle Hospital, 4:30 pm:

- **January 22: Exercise to prevent falls**
- **February 26: Non-operative treatment for foot pain**
- **March 25: Good grief: Self-care after loss of a loved one**
- **April 22: IRAs**

CPR & FIRST AID

HEARTSAVER AED COURSE

This two-session American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification valid for two years. Held at Riddle Hospital. Fee: \$65.

BLS PROVIDER CPR COURSE

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

SAFE SITTER BABYSITTING

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

GRANDPARENTS AS SITTERS

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

- **March 28, 8:30 am, Riddle Hospital**

STOP THE BLEED

Do you know what to do if you or someone you love has a life-threatening injury with uncontrolled bleeding? That knowledge can make the difference between life and death. Get trained to stop the bleed and save a life. To register for this free training, visit mainlinehealth.org/stopthebleedtraining.

- **January 29, 6:00 pm, Paoli Hospital**
- **March 16, 6:00 pm, Paoli Hospital**
- **April 28, 10:00 am, Paoli Hospital**

CONTRIBUTE YOUR STORY TO "FABRIC OF THE COMMUNITY" ART PROJECT

When Main Line Health King of Prussia opens this March, the Women's Specialty Center will feature a beautiful art installation of fabrics arranged in a floral display. Our goal is to create this artwork using pieces of fabric contributed by community members. Whether it's a toddler's outgrown T-shirt or a piece of your prom dress, we'll be collecting all kinds of fabric donations—and the personal stories that go with them. To learn more about participating in this community art project, visit mainlinehealth.org/kop.

CHILDBIRTH AND CHILD CARE CLASSES

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

BRYN MAWR REHAB

BRYN MAWR REHAB HOSPITAL IS CELEBRATING IN 2020

Bryn Mawr Rehab Hospital helps patients live their lives to the fullest, whether recovering from a concussion or living with a disability. This year, we're marking four big anniversaries:

Bryn Mawr Rehab Hospital: 50 years of delivering advanced inpatient and outpatient rehabilitation services to our community, helping patients reclaim their lives. We're committed to making sure every patient who comes through our doors—whether recovering from a stroke, traumatic brain injury or concussion—leaves with a plan to ensure they can live every day to its fullest, with excitement and hope for all that life has yet to offer.

Art Ability: 25 years of celebrating artists with disabilities. Art Ability is dedicated to creating community awareness of people with disabilities and encouraging people with disabilities to reach beyond their limitations and find fulfillment and inspiration through art. The current exhibition is running through January 26, 2020. Visit mainlinehealth.org/artability.

BRYN MAWR REHAB CELEBRATIONS (CONTINUED)

Cruisin' Smart: 20 years of providing educational sessions on safe driving to students from elementary school through college. These sessions, presented to more than 25,000 people each year, take a peer-to-peer approach to educating students on the dangers of impaired and distracted driving. Visit mainlinehealth.org/cruisinsmart.

Project SEARCH: 10 years of serving those with cognitive and physical disabilities. This educational and work transition program is customized to the needs of each participant to help them gain and sustain employment and greater independence. Project SEARCH works with the business community to match their business needs with the intern's talent and abilities. Visit mainlinehealth.org/projectsearch.

HEART-TO-HEART CONVERSATIONS: CARDIAC SUPPORT GROUP FOR WOMEN

The Women's Heart Initiative introduces a free cardiac support group for women with heart disease and those concerned about their risk. Led by clinical staff who have treated and educated women with heart disease, the group is open to all women, no matter where they received treatment. To register, call **484.476.3WHI** or email mlhwomensheart@mlhs.org. The Women's Heart Initiative offers a monthly cardiac support group, seminars, educational programs and health screenings. Learn more at mainlinehealth.org/heartmonth.

How inflammation can affect you

There's a lot of buzz these days about inflammation as a health concern. What is inflammation, and why is controlling it important?

Inflammation is the immune system's natural response to an injury or infection. For example, let's say you twist your ankle. "Inflammatory cells rush into the area to clean up debris and set the stage for healing," says Gerald Williams Jr, MD, chief of orthopaedic surgery at Main Line Health and an orthopaedic surgeon at Bryn Mawr Hospital. The inflamed area may swell and feel sore for a few days, but you benefit in the long run.

Sometimes, however, the process goes awry. Inflammation may continue for too long, well after the original problem has healed. The result can mean a wide range of health problems affecting different parts of the body, such as:

Inflammatory bowel disease—"The immune system within the gastrointestinal, or GI, tract is very complex," says Patricia Wong, MD, a gastroenterologist at Lankenau Medical Center, part of Main Line Health. "It plays a dual role of protecting the body from pathogens, such as food contaminated with *E. coli* bacteria, as well as suppressing an immune response to things that are not harmful, such as food and beneficial bacterial that live in the gut."

There are situations in which the GI immune system is impaired and becomes activated when it should not be. For example, inflammatory bowel disease (which includes Crohn's disease and ulcerative colitis) occurs when the immune system mistakenly attacks the GI tract itself. This results in inflammation within the GI tract and symptoms such as diarrhea and rectal bleeding.

Inflammatory arthritis—In inflammatory forms of arthritis, such as rheumatoid arthritis, something similar occurs. "Inflammation goes unchecked and becomes overactive," says Dr. Williams. "It attacks not only the bones and cartilage of the joint, but also the soft tissues around it." The result is joint pain, swelling and warmth.

Inflammatory heart disease—When cholesterol or other fatty deposits build up in your arteries, it can trigger an inflammatory response. This can irritate your blood vessels, promote the growth of plaques and loosen plaques in your arteries. That in turn can lead to blood clots—the main cause of heart attacks and stroke.

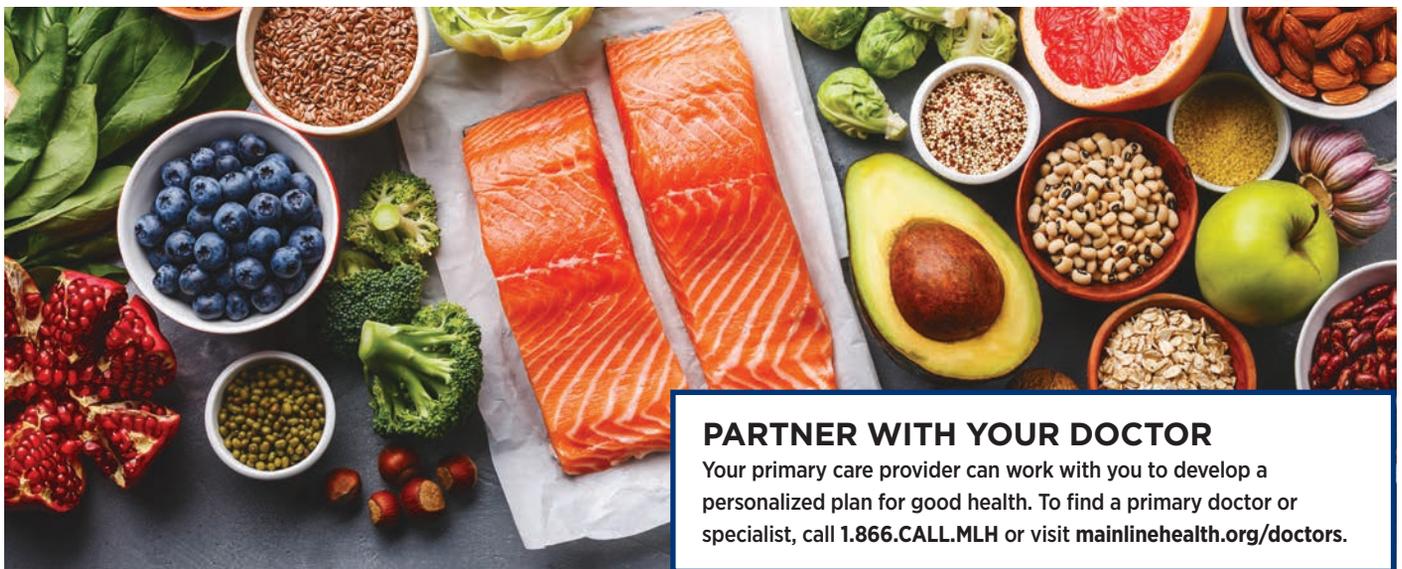
Various conditions can cause these symptoms, so see your doctor for a diagnosis. If your health problem involves inflammation, your doctor may suggest helpful lifestyle changes as well as prescribe medication or other treatments.

An anti-inflammatory diet can help

The best way to fight unwanted inflammation is with healthy lifestyle habits: quitting smoking, getting regular exercise and maintaining a healthy weight. Diet is key as well. Getting plenty of these healthy foods supports your immune system and may reduce overactive inflammation:

- Fish contain inflammation-fighting omega-3 fatty acids
- Nuts are rich in healthy fats that combat inflammation
- Fruits and vegetables are high in antioxidants, which support immune function
- Beans have anti-inflammatory and antioxidant substances

Whole grains are another important part of an anti-inflammatory diet. But one caveat is gluten, a protein found in wheat, barley and rye. "Some people have a true gluten allergy, known as celiac disease," says Patricia Wong, MD. "In these individuals, exposure to gluten causes an inflammatory reaction within the small intestine."



PARTNER WITH YOUR DOCTOR

Your primary care provider can work with you to develop a personalized plan for good health. To find a primary doctor or specialist, call 1.866.CALL.MLH or visit mainlinehealth.org/doctors.



Ask a researcher: How do you improve your gut health?

Most people don't like talking about gastrointestinal (GI) problems, but many of us will have GI distress or disease as some point in our lives. We asked a longtime GI researcher, James Mullin, PhD, professor at the Lankenau Institute for Medical Research (LIMR), what steps he takes to improve the health of his GI tract.

Q: What lifestyle habits have you adopted to help prevent GI disorders?

A: I try to be nice to my GI tract in two ways. First, I drink a lot of water every day, which increases transit time along the colon—a good thing, as anyone afflicted with chronic constipation can attest.

Second, I eat a lot of fiber. Fiber adds an important micronutrient to the interior of our colons: butyrate. As our research at LIMR has shown, butyrate helps maintain the integrity of the epithelial cells in the colon, which can keep out viruses and other germs. Eating more fiber can help forestall a host of GI diseases.

Q: Do you take any supplements?

A: Data show that low-dose aspirin can help prevent colon cancer. Check with your doctor before starting an aspirin regimen, especially if you have clotting issues or GI ulcers.

If I had problems with my esophagus, I would talk with my doctor about taking zinc. Not only does zinc reduce acid output by the stomach, our own research shows it likely can reduce the chances of the disorder called Barrett's esophagus from progressing to esophageal cancer. It's best to take zinc in lozenge form, 25 mg twice daily; do not exceed 100 mg per day.

Q: Are there any other ways to reduce GI risk?

A: Do not shrug off getting a colonoscopy when your doctor recommends it. For many of us, colonoscopy screenings should begin at age 45, although the incidence of colorectal cancer is increasing in people younger than 45. If you have a personal or family history of cancer or GI troubles, ask your doctor when your screenings should start. GI cancer caught early is usually treatable.

CUTTING-EDGE RESEARCH

The Lankenau Institute for Medical Research is devoted to advancing new approaches to difficult medical challenges. To learn about current GI or other clinical studies, visit mainlinehealth.org/limr.

healthy recipe



VEGETARIAN CHILI

Warm up this winter with a healthy vegetarian take on a classic comfort dish.

INGREDIENTS

- 1 cup textured soy protein
- ½ cup boiling water
- 1 tbsp. olive oil
- 1 large onion, chopped
- 1 cup green pepper, chopped
- 2 cloves garlic, minced
- 1 28-oz. can diced tomatoes
- 1 19-oz. can black beans, drained
- 2 tbsp. chili powder
- 1 tbsp. cumin

DIRECTIONS

Reconstitute soy protein with boiling water. Heat oil in large pot. Sauté onion and green pepper until soft, about five minutes. Add garlic and cook briefly. Add tomatoes, beans, chili powder, cumin and soy protein. Stir and bring to a boil. Reduce heat and let simmer for 30 to 45 minutes, until chili thickens.

NUTRITION FACTS

Serving size: 1½ cups. Serves 4.

Per serving:

Calories: 243	Carbohydrate: 40g
Protein: 16g	Fat: 4g
Sodium: 758mg	Fiber: 11g

WHAT'S COOKING?

We've got lots more healthy recipes to inspire you, whether it's a quick weeknight dinner or a trendy new dish. Visit mainlinehealth.org/recipes.



Physical therapy treats pelvic floor problems

The pelvic floor is a group of muscles and other tissues at the base of your pelvis. It has the critical job of supporting all the organs in the area, such as the bladder, rectum and uterus. It also helps prevent bladder and bowel leakage.

A number of things—including pregnancy, childbirth, menopause, obesity and, on occasion, certain surgical procedures—can weaken or damage the pelvic floor. If that happens, you might develop problems such as:

- Pain in the pelvis, hips, buttocks, abdomen or lower back
- Bladder or bowel problems, such as frequent urination, urgency, urine or stool leaks and constipation
- Painful intercourse

Specialized physical therapy, called pelvic floor rehab therapy, can help ease these problems. Plus, it can be helpful for pelvic organ prolapse. In this condition, the pelvic floor doesn't provide enough support for the pelvic organs, so they drop lower than their normal position.

"Surgery is one treatment for pelvic organ prolapse, but it may not be the best option for every woman," says Michele Branca, MSPT, a pelvic floor physical therapist at Bryn Mawr Rehab Outpatient Network, part of Main Line Health. "For some women with early-stage prolapse, getting pelvic floor rehab prevents the need for surgery."

In pelvic floor rehab, a physical therapist develops a treatment plan tailored to your needs. "Typically, it involves

hour-long sessions with a physical therapist once a week for eight to 12 weeks," says Branca. Several treatment options are available, including:

- Exercises to strengthen the muscles of the pelvic floor, abs, lower back and hips
- Behavioral education, which can teach you how to retrain your bladder to hold urine longer, if you're bothered by frequent urination
- Biofeedback, which uses electronic monitoring and feedback on a computer screen to teach you how to use your pelvic muscles correctly
- Electrical stimulation, which uses a low-level electric current to teach you how your muscles work and reduce sudden, "can't-wait" urges to urinate
- Myofascial release and trigger point release, hands-on therapies to help relieve pain

"Pelvic floor rehab can greatly improve a person's quality of life," says Branca. "Being able to move more freely with less pain or without the burden of incontinence is a huge benefit."

SPECIALIZED CARE

Learn more about pelvic floor rehab and meet our therapists at mainlinehealth.org/pelvicfloorrehab. Services are offered through Bryn Mawr Rehab's Outpatient Network, with locations in Collegeville, Exton and Wynnewood.

Men can have pelvic floor problems, too

Women aren't the only ones who deal with pelvic floor issues. "In men, they tend to be caused by overly tight pelvic muscles, often due to stress," says Matthew Sterling, MD, a urologist at Bryn Mawr Hospital, part of Main Line Health. "Infections in the urinary tract or prostate may play a role as well."

Pelvic floor issues in men can lead to:

- Pain in the pelvis, testicles or penis
- Difficulties with urination, such as trouble getting started or a weak stream
- Pain after ejaculation

Dr. Sterling notes that men with these symptoms should see a urologist for a thorough evaluation. Other conditions, such as an enlarged prostate, can have similar symptoms, so it's important to rule them out. "If a guy truly has a pelvic floor issue, pelvic floor physical therapy can be very helpful," Dr. Sterling says.



Should you take a daily aspirin to protect your heart?

The American Heart Association recently changed its recommendations on taking aspirin to ward off heart disease. Why? The latest research shows that daily aspirin may cause bleeding in the stomach, intestines and brain—resulting in more harm than good.

If you're older than age 70 and do not have a history of heart disease, heart attack or stroke, the new guidelines do not advise taking a daily aspirin. But it may be an option for certain adults ages 40 to 70 who are at high risk for heart disease.

"The risks and benefits of aspirin vary from person to person," says Andrea J. Becker, MD, cardiologist with Lankenau Heart Institute, part of Main Line Health. "In general, if you've already had a heart attack or stroke, your health care provider

may recommend taking a low dose of aspirin every day to help prevent another one. He or she may also advise taking daily aspirin if you've undergone bypass surgery or a stent procedure. But this is an individual decision for each patient. A lot depends on the cardiovascular risk factors, which could be multiple."

One piece of advice is the same for everyone: Talk with your provider about whether a daily aspirin is right for you.

LOOKING FOR A HEART SPECIALIST?

Visit mainlinehealth.org/lhi to learn more about heart health and to find an expert cardiologist near you.

Watson Health™
50 TOP
CARDIOVASCULAR
2020

Lankenau Medical Center has been named one of the nation's 50 Top Cardiovascular Hospitals by IBM Watson Health™. The annual study spotlights the top-performing cardiovascular hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational and patient satisfaction metrics and data. We're honored to be named to the latest 50 Top Cardiovascular Hospital list for the 11th year. We couldn't be prouder of this recognition and to provide significantly higher survival rates for patients who have experienced heart failure or a severe heart attack. Because better health nationwide starts with better health in our community.

Are you in a toxic relationship?

Whether it's with controlling partners, "frenemies" or unbearable relatives, we've all been in toxic relationships—where the negative moments outweigh the good ones.

"The relationship feels draining, one-sided and confusing," explains Leslie Forsyth, LCSW, with Main Line Health's Women's Emotional Wellness Center. "You might feel like you're walking on eggshells and you can't be your true self when you're with them."

Some signs of a toxic relationship include:

- **You're on an emotional roller coaster.** One day, your friend is so happy you're in their life. The next, they're refusing to talk to you—and you don't even know why. The inconsistency leaves you feeling full of doubt.
- **The stress affects your body.** You might have new headaches or an upset stomach. The thought of interacting with this person makes you feel anxious.
- **The person has red-flag behaviors.** Some are obvious: lying, never admitting wrongdoing or putting you down. But they can also be more subtle. For instance, does your partner minimize things that are important to you, while expecting you to prioritize his or her needs?

So what can you do? First and foremost, if you are in physical danger, seek help. The National Domestic Violence Hotline is available 24/7 for guidance at **1.800.799.7233**.

Ending a toxic relationship is almost certainly the healthiest option. "Integrating mindfulness and pausing to pay attention to our needs, feelings and experiences is often the first step," Forsyth says. "Find a trusted friend, a supportive group of women or a professional to help you through the process. Focus on your needs while setting clear boundaries with the other person."

SUPPORT IS HERE

The Women's Emotional Wellness Center is located in Newtown Square and will soon expand to King of Prussia. To learn more, visit mainlinehealth.org/wewc.



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 Paoli Hospital
 Riddle Hospital
 Bryn Mawr Rehab Hospital
 Mirmont Treatment Center
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HELPING TO BUILD HEALTHIER COMMUNITIES



Main Line Health King of Prussia: Opening this spring

Main Line Health King of Prussia is set to open this March in the Village of Valley Forge. The new facility features:

- Our Women's Specialty Center, focused on the distinct preventive, diagnostic and treatment needs of women
- A full range of expert multispecialty physician services, including laboratory services, imaging and physical rehabilitation
- Primary care practice open seven days a week, with convenient morning and evening weekday hours, including walk-in appointments daily

Riddle Hospital's renovated maternity unit: Opening this spring

The private maternity suites at all four Main Line Health hospitals give you the space to get acquainted. After generations of caring for a community, we approach new families the only way we know how: human to human. Features and amenities at Riddle now include:

- 18 private patient suites with modern finishes, a comforting environment and natural light
- Sleeper sofas or reclining chairs for partners, as well as a well-appointed family and friend waiting room
- Centralization of the team station, placing nurses, physicians and midwives closer to patient rooms



Lankenau Medical Center expands emergency care for our neighbors

Lankenau's new state-of-the-art Emergency Department reflects the expertise and commitment of its doctors and nurses who focus on one person—you.

To ensure privacy, the expansive 48,000-square-foot space includes 57 private treatment spaces. The innovative design provides a superior experience for patients of all ages, and especially for senior patients. Features include:

- Soft lighting, non-slip floors and hand-rails in hallways to increase comfort, ease movement and reduce fall risks
- Color and imagery strategically incorporated to create areas that are easily identified and remembered by patients and visitors
- Clinical team working areas located behind glass, resulting in reduced noise levels in halls and patient areas
- Direct-access parking for convenience