

# WOMEN'S healthsource

## SPECIALIZED CARE FOR HANDS, WRISTS AND ELBOWS

*Breaking Barriers*

A Q&A with four  
female surgeons at  
Main Line Health

See page 6

**WINTER 2024** LUNG CANCER SCREENINGS | NEW HEART VALVE  
TREATMENTS | 5 REASONS WHY PHYSICAL REHAB IS KEY | UNEXPECTED  
MEDICAL ISSUES? KNOW WHERE TO GO FOR CARE



Main Line Health®

# Breaking the silence: Addressing mental health stigma in Black women



**Chimère  
G. Holmes, LPC**  
*Psychotherapist*

**Mental illness affects people of all ages,** ethnicities and income levels, and the vast majority don't get treatment.

This is particularly true among Black women. Even though they face a heightened risk of depression and anxiety, a powerful stigma — which is the disapproval or dismissal of a particular attribute — can prevent many from getting the help they need.

## **CULTURAL NORMS CREATE OBSTACLES**

Black women are particularly susceptible to the mental health stigma, says Chimère G. Holmes, LPC, a licensed psychotherapist at Main Line Health's Women's Emotional Wellness Center.

Many who struggle with their mental health may be misjudged as weak or unable to cope with daily stressors. "Women in the Black community have often been conditioned, and forced, to be strong and resilient," says Holmes.

This stigma leads to many Black families frowning upon mental health care and preferring that family members keep their struggles private. But, left untreated, mental health problems can snowball and lead to physical health problems, substance misuse issues and relationship strains.

The reality is that everybody has a threshold for how much they can cope with psychologically. "Nobody is invincible," says Holmes.

## **THE PATH TO MENTAL WELLNESS**

If you're struggling with your mental health, it can be overwhelming to know where to start.

Holmes recommends opening up to a loved one you trust. Try sharing what you've been going through and how it's affected you emotionally. "Sometimes, just speaking it aloud can be the first step to a very curative, emotional, corrective process," she says.

Also, tell one of your go-to health care providers, such as your primary care physician or OB/GYN, that you've been struggling. They can refer you to a mental health professional, such as a therapist or psychologist, or connect you with helpful resources, like support groups or online tools.

You can find directories of mental health professionals at Black Mental Health Alliance, Association of Black Psychologists, Black Men Heal, and the National Queer & Trans Therapists of Color



Network. Therapy for Black Girls and DRK Beauty also connect women with licensed clinicians.

"Your mental health can impact the totality of your life, including how you think, feel, act and live," says Holmes. "I encourage all women of color to speak up. Quality help is out there, and there are people who can help you feel, deal and heal. There is hope when it comes to your mental well-being. Please keep the faith."

Main Line Health is dedicated to providing comprehensive behavioral and mental health services. To schedule a confidential evaluation or to learn more about our mental health services, please call **1.888.227.3898**.



## **DID YOU KNOW THAT 1 IN 5 ADULTS IN AMERICA SUFFERS FROM MENTAL ILLNESS?**

January is National Mental Wellness Month, during which Main Line Health joins in the effort to break the stigma associated with mental illness. This month, we encourage you to attend to your overall well-being by focusing on these strategies:

- Practice self-acceptance

- Put yourself first
- Show gratitude
- Slow down and be intentional
- Ask for help when you need it

If you or your loved one is struggling, we're here for you. Visit [mainlinehealth.org/behavioral](https://mainlinehealth.org/behavioral).



# Lung cancer screening can save lives



**Michael Walker, MD**  
Thoracic Surgeon

**Lung cancer is the leading cause of cancer deaths in the United States in both men and women.**

Part of what makes this cancer so deadly is that, until recently, most lung cancers were not found until they were in the later stages, when they are more difficult to treat. But lung cancer screening offers the chance to find the disease earlier.

"This screening is so important because the earlier we find the cancer, the higher the chance it's curable," says Michael Walker, MD, thoracic surgeon at Main Line Health. "Before we had this screening, almost half of patients we saw had stage 4 lung cancer when they were diagnosed, meaning the cancer had spread beyond the lung. That number is lower now because of the screening. We are finding that 80% to 85% of our patients have stage 1 cancer when identified on screening."

## WHO SHOULD BE SCREENED?

The screening, a yearly low-dose CT scan, is available to those at higher risk for lung cancer. Rita Edwards, lung coordinator for Main Line Health, works directly with people to help them understand if they are eligible for the screening. "When people call me, I review the general guidelines," she explains. "And if they are eligible, I help make sure they have the right paperwork for their insurance."



Although the guidelines to cover the cost of the test vary depending on insurance, the U.S. Preventive Services Task Force recommends screening if you:

- Are between ages 50 and 80 (ages 50 to 77 for Medicare coverage)
- Smoked the equivalent of a pack of cigarettes a day for at least 20 years
- Are a current smoker or quit less than 15 years ago
- Have no signs or symptoms of lung cancer
- Have no health problems that limit your life expectancy
- Are willing to undergo treatment such as surgery or radiotherapy

## WHAT TO EXPECT

"The screening itself is easy — it only takes 20 seconds, and results are usually back within 24 hours," Edwards says. "Anyone who has abnormal results is guided through next steps, either by their doctor or by one of our team."

## OVERCOMING STIGMA

Edwards says she speaks with a lot of patients who are nervous about having the screening. "People are afraid of the stigma of lung cancer because of the smoking factor," she says. "But I explain that having the test is important because it can find the cancer early. And I also tell people that we only find lung cancer in about 1% of those who get the screening."

While lung cancer used to affect men more than women, that is no longer the case. "Women need to know that lung cancer is not just a male disease anymore," says Dr. Walker. "If you have a long history of smoking, you should consider having this screening, just like a yearly mammogram or Pap test."

## CHECK YOUR ELIGIBILITY

To learn more about lung cancer screening and find out if you qualify, call **484.565.1440**.



## With you through your cancer journey

### SUPPORT GROUPS:

Information, support, connections

#### BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 5:30 p.m., in-person and virtual. Riddle Hospital, Health Center 4, ground level conference room. Contact: **484.227.3141** or [mantegnad@mlhs.org](mailto:mantegnad@mlhs.org)

#### CAREGIVER SUPPORT GROUP

Second Wednesday of each month, 5:30 p.m., virtual. Contact: **484.565.1253** or [powersv@mlhs.org](mailto:powersv@mlhs.org)

#### COPING WITH CANCER A TO Z

Second Monday of each month, 4:30 p.m., virtual. Contact: **484.227.3794** or [stolbergt@mlhs.org](mailto:stolbergt@mlhs.org)

#### COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1 p.m., virtual. Contact: **484.476.8503** or [bidasg@mlhs.org](mailto:bidasg@mlhs.org)

#### METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 4:30 p.m., virtual. Contact: **484.565.1253** or [powersv@mlhs.org](mailto:powersv@mlhs.org)

#### CANCER SURVIVORS' SUPPORT GROUP

Third Thursday of every month, 4 p.m., in-person. Barbara Brodsky Comprehensive Breast Center, Bryn Mawr Hospital. Contact: **484.337.3594** or [resnickm@mlhs.org](mailto:resnickm@mlhs.org)

# Specialized care for hands, wrists and elbows



**Philip Petrucelli, MD**  
*Orthopaedic Surgeon*

**Arthritis in the base of the thumb can make the simplest actions** — from

turning a doorknob to opening a jar — extraordinarily painful. Philip

Petrucelli, MD, a fellowship-trained orthopaedic surgeon

who specializes in treating hand and upper extremity conditions at Main Line Health, notes that arthritis occurs as the cartilage in the joint deteriorates and the ligaments holding the bones in place gradually loosen.

“Every time you apply a pound of pressure with your thumb, the base of the joint absorbs 10 to 20 times that amount,” Dr. Petrucelli says. “Over time, the thumb joint can slip out of place, causing a noticeable bump at the base of the thumb.” He adds that this condition is particularly common in women over age 60.

Conservative treatments such as bracing and over-the-counter arthritis gels may help, as can eating turmeric, a spice used in curry powder that may have anti-inflammatory effects when used in cooking or taken as a daily capsule. When symptoms become severe, Dr. Petrucelli offers cortisone injections, which can provide relief for a few months or even years.

## **A SURGICAL FIX**

Because arthritis is progressive, a more permanent solution to replace the thumb joint is sometimes necessary. The gold standard procedure is trapeziectomy, in which Dr. Petrucelli removes the saddle-shaped bone at the base of the thumb joint and replaces it with a section of tendon from the wrist. Trapeziectomy is an outpatient surgery that helps preserve the flexibility of the thumb joint.

Although outcomes are excellent — the procedure has over a 90% success rate — patients must commit to a three- to four-month outpatient therapy program.

“We don’t want to stress the joint too early, so recovery is a gradual process that



focuses on regaining range of motion first, followed by strengthening,” he says. “The good news is that after completing therapy, patients have a fully functional, pain-free thumb.”

## **ADVANCED TREATMENTS, PERSONALIZED APPROACH**

Dr. Petrucelli treats patients ages 12 and over for a wide variety of chronic conditions and traumatic injuries of the hand, wrist and elbow, including carpal tunnel, trigger finger and tennis elbow.

He notes that minimally invasive and nonsurgical treatments are constantly being improved and refined. For example,

he offers a newer treatment for Dupuytren’s contracture, a buildup of collagen under the skin that forms a rope-like cord from the palm to one or more fingers, causing the fingers to contract or bend inward. Patients may be eligible for an injection of a prescription medication, XIAFLEX®, which breaks down the collagen fibers, temporarily restoring flexibility and range of motion.

“Every patient receives a personalized approach, whether they require conservative treatment or surgery,” he says. “Our goal is to find the best ways to relieve symptoms and achieve the best overall outcome.”

## **GET A (BETTER) GRIP**

Using our hands is integral to our everyday lives, so injuries and illness that affect them can cause tremendous concern. Orthopaedics at Main Line Health provides clinical and surgical expertise for many different types of hand conditions. Learn more at [mainlinehealth.org/orthopaedics](https://mainlinehealth.org/orthopaedics) or call 1.866.CALL.MLH (1.866.225.5654) to make an appointment.





# Regaining independence: 5 reasons why physical rehab is key



**Ruba Nachef**  
Physical Therapist

**Your body does a lot for you each day**, but injuries, illness and aging can take a toll on its abilities. There are a range of conditions that can improve from rehab. Through many kinds of rehab, including physical, speech and

occupational, you can reclaim your independence.

## 1. A WEAK BLADDER

Your pelvic floor is a group of muscles in your pelvic region that help with bowel movements, urination and sex. These muscles can weaken and lead to problems like urinary incontinence.

“Pelvic floor rehabilitation can improve your symptoms by strengthening your muscles through exercises. Rehab can also help you better coordinate these muscles through biofeedback, where you use special equipment to view the activity of your pelvic floor muscles as you learn how to relax and clench them,” says Ruba Nachef, PT, DPT, NCS, supervisor of outpatient therapy at Bryn Mawr Rehab, part of Main Line Health.

## 2. VERTIGO AND BALANCE

Balancing requires a lot from your body. There are tiny organs in your inner ear that send signals to your brain about how your head is moving in relation to your own body and to the outside world. That information is processed in your brain and used to maintain your balance and allow you to move around normally.

Inner ear disorders, neurological problems, stroke and head injuries can all throw this system — and you — out of balance.

Vestibular rehab can help manage vertigo and balance issues through:

- Visual exercises to improve your ability to maintain gaze while moving
- Neuromuscular re-training to improve proprioceptive awareness and minimize balance deficits

- Education to help you identify dizziness triggers and use strategies to minimize their effects

## 3. COGNITIVE FUNCTION

Memory, thinking and organization skills are connected to your speech and language. There are several reasons you might face issues with these cognitive abilities, such as traumatic brain injury, stroke and Alzheimer’s disease.

These issues can lead to difficulty carrying out daily tasks, impaired social skills, trouble at work and concerns of further injury.

“Speech and language therapy can improve your cognitive function through vocabulary, memory, attention, reading and writing exercises,” says Ruba. “Your therapist can work with you to develop a plan that supports your individual speech and language development.”

## 4. JAW PAIN

Jaw pain is a common symptom of a TMJ disorder, which affects the

temporomandibular joint that connects your skull to your jawbone. TMJ disorders can also lead to aching around your ear, pain while chewing, facial pain and locking of the joint.

If you’re experiencing jaw pain or difficulty related to jaw pain, it might be time to get treatment, which can include physical therapy. Your therapist can guide you in exercises that strengthen and stretch your jaw muscles as well as advise you on at-home treatments, like heat and ice.

## 5. PREHAB FOR SURGERY

Surgery takes a toll on your body. To recover more quickly, you can make sure your body is in its best shape possible before entering the surgical room.

Prehab helps your body prepare for surgery by strengthening muscles and improving range of motion. Prehab can prepare your body for surgeries like joint replacement and ACL reconstruction.

## REHAB FOR OVERALL WELLNESS

Your body is an intricate machine, and sometimes it needs some extra care. Whether through physical, occupational, speech and language, vestibular, or another type of rehabilitation, you can ease symptoms and get back to doing what you love. Learn more at [mainlinehealth.org/rehabnetwork](https://mainlinehealth.org/rehabnetwork).



# Breaking barriers: Women revolutionizing the

## Hear from new female surgeons at Main Line Health as they



**Katherine Chaves, MD**  
*Minimally Invasive  
Gynecologic  
Surgeon*

### **Q. What inspired you to choose minimally invasive gynecologic surgery (MIGS) as a career?**

I chose MIGS because I love having a concrete way to help patients and I love the patients that it helps. So many women are told throughout their teenage years and young adulthood that, “Oh, it’s just a period,” “It’s normal for it to hurt,” or “It’s normal to bleed

that much.” Because it’s a private topic and because the pain women experience is so often minimized, many women go through life feeling like they have to suffer. It’s the greatest privilege of my job to be able to say, “No, you don’t have to.” There are things we can do to help.

### **Q. What conditions do you commonly treat and what procedures do you use as a minimally invasive gynecologic surgeon?**

The most common problems that I treat are abnormal uterine bleeding (heavy and/or irregular periods), fibroids, endometriosis and noncancerous ovarian cysts. I also partner with fertility practices to provide surgery to people who have an issue that may be interfering with getting or staying pregnant.

### **Q. With all the advances in your field, can you highlight one that’s reshaping your practice?**

I’m most excited about some newer medications available to help with pain related to endometriosis and fibroids. Surgery is beneficial and necessary in many cases, but it’s nice to have options to offer patients. These medications can also be used in addition to surgery to help control pain and bleeding while a patient is waiting for their surgery.



**Marianne Hom-Tedla, MD**  
*Gynecologic  
Oncologist*

### **Q. What inspired you to choose gynecologic oncology?**

As a child of primary care physicians, I grew up seeing how special the relationship between a doctor and patient can be. I knew I wanted to go into the medical field, but decided to focus on cancer care after the disease personally touched my family. I especially felt drawn to care for

women at such a vulnerable time in life, which is why I specialized in gynecologic oncology.

Gynecologic oncology allows me to provide patients both surgical and medical treatment. I can be there for my patients through long-term care and in survivorship. Being able to nurture relationships with my patients and their families throughout their cancer journey is incredibly rewarding.

### **Q. What excites you about the future of gynecologic oncology?**

Women’s cancer care is ever-changing. Recent advances involve targeted therapies, which allow us to look at the molecular makeup of a patient’s cancer and provide treatment that target specific ways the cancer grows and spreads.

Many recent major advances in gynecologic oncology involve targeted therapies, which address a patient’s specific cancer type. It’s a personalized approach to cancer care. Targeted therapies allow us to look at the molecular makeup of the cancer and provide treatment that targets specific ways the cancer grows and spreads.

Immunotherapy works by teaching the body’s immune system to recognize, fight and eliminate the cancer while sparing healthy cells. It has changed the landscape of gynecologic cancer treatment, and it’s a form of personalized medicine I use with many cancer patients.

**FIND THE RIGHT SURGEON FOR YOU.** Benefit from the latest advancements in surgical techniques tailored to your unique needs.



# field of surgery with innovation and expertise share inspirations and exciting advances in their specialties.



**Danielle Spragan, MD**  
*Cardiac Surgeon*

## **Q. What inspired you to choose cardiac surgery as a career?**

When I was a medical student and general surgery resident, I had the opportunity to gain exposure in the field and all aspects of cardiac surgery. I spent a great deal of time learning in the operating room among cardiac surgeons and mentors who were

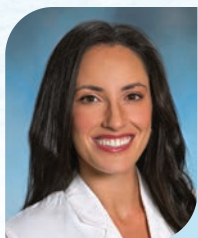
welcoming, and I fell in love with the field from there. I look forward to putting what I've learned into practice at Main Line Health.

## **Q. What excites you about the future of cardiac surgery?**

Cardiac surgery is an incredibly exciting field that continues to develop through new technologies and research. The way we've treated many problems, whether it's replacing heart valves, the aorta, doing coronary artery bypass grafting (CABG) or treating complex heart failure, cardiac surgery continues to evolve with more minimally invasive approaches. For instance, with robotic coronary bypass surgery, patients get back to their daily lives in half the time compared to recovery from open-heart surgery.

## **Q. With all the advances in your field, can you highlight one that's reshaping your practice?**

Dr. Fran Sutter, my partner and mentor, helped pioneer robotic-assisted coronary artery bypass surgery (CABG), and he has performed more than 2,700 of these cases throughout his career. His vision has paved the way for me to continue to serve patients with this less-invasive approach and a safe alternative to open-heart surgery.



**Alexis Williams, MD**  
*Orthopaedic Surgeon*

## **Q. What inspired you to choose orthopaedic surgery, specifically shoulder and elbow, as a career?**

Growing up, I was unsure what I wanted to do. I exposed myself to various industries and, while I enjoyed these experiences, what was missing was a zeal to pursue any as a career.

Ultimately, I found medicine. Having been trained as a dancer, I had an intimate understanding of the musculoskeletal system. I'll never forget my first day in the operating room, observing an upper extremity surgery. It was clear that the ability to directly improve someone's quality of life was rewarding and humbling. I'd finally experienced that rush I was looking for.

## **Q. As a woman, how do you prioritize your health and keep your joints and muscles healthy?**

During my training, there was great emphasis on personal health, which is not always easy to prioritize. My mantra for life is "everything in moderation." I believe the best method is one that's realistic and allows me to implement lifestyles that are healthy and sustainable.

As a female with a family history of osteoporosis, it's important to maintain good bone health. I try to stay as active as possible by walking as much as I can — for example, taking the stairs — and staying hydrated.

Finally, it's crucial to remember that mental health is as important as physical health. I have a rule that I do something every day for me. It's my time to decompress, whether that be watching an episode of "Dateline," doing my nails or going on a walk with friends. By making time for myself, I'm able to make time more effectively for those who are important to me.

To explore profiles of our specialty surgeons, including their backgrounds and areas of expertise, visit [mainlinehealth.org/findadoctor](https://mainlinehealth.org/findadoctor).

# Revolutionizing heart care: State-of-the-art treatment options for dual leaking heart valves



**Scott Goldman, MD**  
*Cardiac Surgeon*



**William Gray, MD**  
*Chief of Cardiovascular Diseases*

**Greg Gubler, 82, recently completed the second of two procedures** to repair leaking valves in his heart. Both were performed at Lankenau Medical Center, part of Main Line Health.

Scott Goldman, MD, cardiac surgeon and director of the Structural Heart Program at Main Line Health, worked with William Gray, MD, interventional cardiologist and chief of cardiovascular diseases at Main Line Health and codirector

of Lankenau Heart Institute, on both procedures — one of which was part of a clinical trial.

## AN EXPANDING HEART

In 2017, Greg had a heart attack and underwent heart bypass surgery outside of Main Line Health. He recovered, but later learned he had atrial fibrillation (A-Fib) and that his heart was expanding in size. After having a pacemaker implanted, he was referred to the structural heart team at Main Line Health.

Dr. Goldman started the Structural Heart Program in 2012 to care for patients with mitral valve, tricuspid valve and aortic valve disease. In Greg's case, both his mitral valve (left side of the heart) and his tricuspid valve (right side of the heart) were leaking, a condition known as valve regurgitation.

"Every time the heart beats, there's a leak back that shouldn't be there. Then the next beat has more (blood) volume than it needs, which stresses the heart over time, and it eventually dilates," Dr. Gray says. "Luckily, with correction of the valve leakages, the process can be halted."

## MITRAL VALVE REPAIR WITH MITRACLIP®

In November 2022, to fix Greg's mitral valve, Drs. Gray, Goldman and team performed a transcatheter edge-to-edge repair (TEER) using a device called MitraClip. This minimally invasive approach is much easier on patients than traditional surgery. The team at Lankenau Medical Center was among the first to offer MitraClip and has completed more than 300 procedures.

"The technology we use allows us to approach the valve through a catheter inserted in a vein in the leg. With our colleagues on the imaging side directing us, we clip the leaflets — the flaps that close the valve — together and permanently repair the leak," Dr. Gray says.

## TRICUSPID VALVE REPAIR WITH CLASP II TR

In March 2023, Greg's doctors repaired the leak in his tricuspid valve, this time using a special device called CLASP II TR, which is only available through an FDA-approved clinical trial.

Most other cardiovascular programs treat severe tricuspid disease with surgery or medical therapy. However, medication is not as effective as structural repair, and surgery involves cutting through the patient's breastbone and stopping the



heart with the use of a heart-lung machine.

The majority of surgical valve repairs at Lankenau Medical Center are performed using a minimally invasive approach, without stopping the patient's heart.

Very few surgeons have the skills and training to offer "beating heart" options. Dr. Goldman and Dr. Gray are among the most experienced in the world — one of the reasons Lankenau Medical Center is recognized internationally for its expertise and outcomes in treating valvular disease.

## ENJOYING LIFE AGAIN

Months after his second surgery, Greg is rebuilding his strength and endurance, spending time with his wife and family, and enjoying the Japanese-style garden he created at his home. He says he is grateful for his physicians and care team, for being a candidate for the clinical trial, and for the care he received during and after both procedures.

## ARE YOU LOOKING FOR ADVANCED HEART VALVE DISEASE TREATMENT OPTIONS?

At Main Line Health, we bring new options to patients sooner, offering access to innovative clinical trials and minimally invasive therapies. Schedule an evaluation or get a second opinion today. Visit [mainlinehealth.org/heartvalve](https://mainlinehealth.org/heartvalve).





# Calendar of events

American Heart Association



## AARP SAFE DRIVER™

Full Course (8 hours) and Refresher Course (4 hours) are approved by the PA Department of Transportation as Mature Driver Improvement Courses. Insured drivers ages 50+ may be eligible for a reduction in automobile insurance premiums after completing the course. Check with your insurance company or agent for requirements to be eligible for a discount. To register, visit [mainlinehealth.org/events](http://mainlinehealth.org/events).

## SMOKEFREE

This virtual free program consists of six sessions and is used to encourage smoking cessation among tobacco users and vapers. Participants may be eligible for free nicotine replacement therapy. For more information or to register, call 484.227.3733.

## FREE BLOOD PRESSURE SCREENINGS

Main Line Health offers free blood pressure screenings. Visit [mainlinehealth.org/events](http://mainlinehealth.org/events) for locations, dates and times.

## A MATTER OF BALANCE®

This free evidence-based program for adults explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered virtually and in-person. For available program dates or to register, visit [mainlinehealth.org/events](http://mainlinehealth.org/events).

## SAFER STEPS

This virtual one-hour fall prevention program will be offered on the third Tuesday of every month at 2 p.m. To register, call 484.337.5211 or email [chivalettek@mlhs.org](mailto:chivalettek@mlhs.org).

## FREE WIG PROGRAM

For female cancer patients preparing to or currently undergoing chemotherapy or radiation treatments. For information or to schedule a free wig fitting, call 484.337.5215.

## MLH KING OF PRUSSIA TEACHING KITCHEN

Our King of Prussia Community Health and Outreach team offers a variety of free health-related virtual educational programs and in-person cooking demonstrations. For upcoming events and to register, please visit [mainlinehealth.org/kopevents](http://mainlinehealth.org/kopevents).

## HIP AND KNEE PAIN SEMINAR

During this virtual one-hour webinar, learn about the anatomy of the hip and knee, common causes of joint pain, and some simple steps you can take to lessen the chance of an injury. Visit [mainlinehealth.org/orthoclasses](http://mainlinehealth.org/orthoclasses) to register.

## THE DEAVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

Offering in-person and virtual health and education classes to schools and community or church organizations. Classes are for school-age or adult groups. To schedule, call 484.476.3434 or email [lhhealthcenter@mlhs.org](mailto:lhhealthcenter@mlhs.org).

## FEBRUARY IS HEART MONTH!

For more than a decade, Main Line Health has served as the American Heart Association's Philadelphia Goes Red for Women sponsor. Join us on Friday, February 2, for National Wear Red Day to raise awareness of cardiovascular disease. Learn how you can become better educated about your heart health and become your own health advocate by knowing your numbers. To check out what's happening in February, visit [mainlinehealth.org/heartmonth](http://mainlinehealth.org/heartmonth).

## STOP THE BLEED®

Severe bleeding injuries left unattended can result in death. When individuals learn the skills to stop uncontrolled bleeding during an emergency situation, lives can be saved. STOP THE BLEED is designed for anyone! For questions, registration or to schedule this free program for your organization, call 484.565.8328/email [eckenrodel@mlhs.org](mailto:eckenrodel@mlhs.org) or 484.476.8494/email [krousem@mlhs.org](mailto:krousem@mlhs.org).

## QUESTION. PERSUADE. REFER.® (QPR)

Free virtual or in-person evidence-based program that provides practical and proven suicide awareness and prevention training for any adult community member. For registration questions or to schedule this free program for your organization, call 484.565.8328 or email [eckenrodel@mlhs.org](mailto:eckenrodel@mlhs.org).

## MEDICATION SAFETY IN THE COMMUNITY

Free one-hour virtual or in-person presentation on proper safety measures when taking medications, appropriate disposal of medications and resources available to inform safe medication use within our community. To schedule for your group, please call 484.565.8328. For a scheduled class, visit [mainlinehealth.org/events](http://mainlinehealth.org/events).

## SAGE (SEXUALITY AND GENDER EXPANSIVE) MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM (IOP)

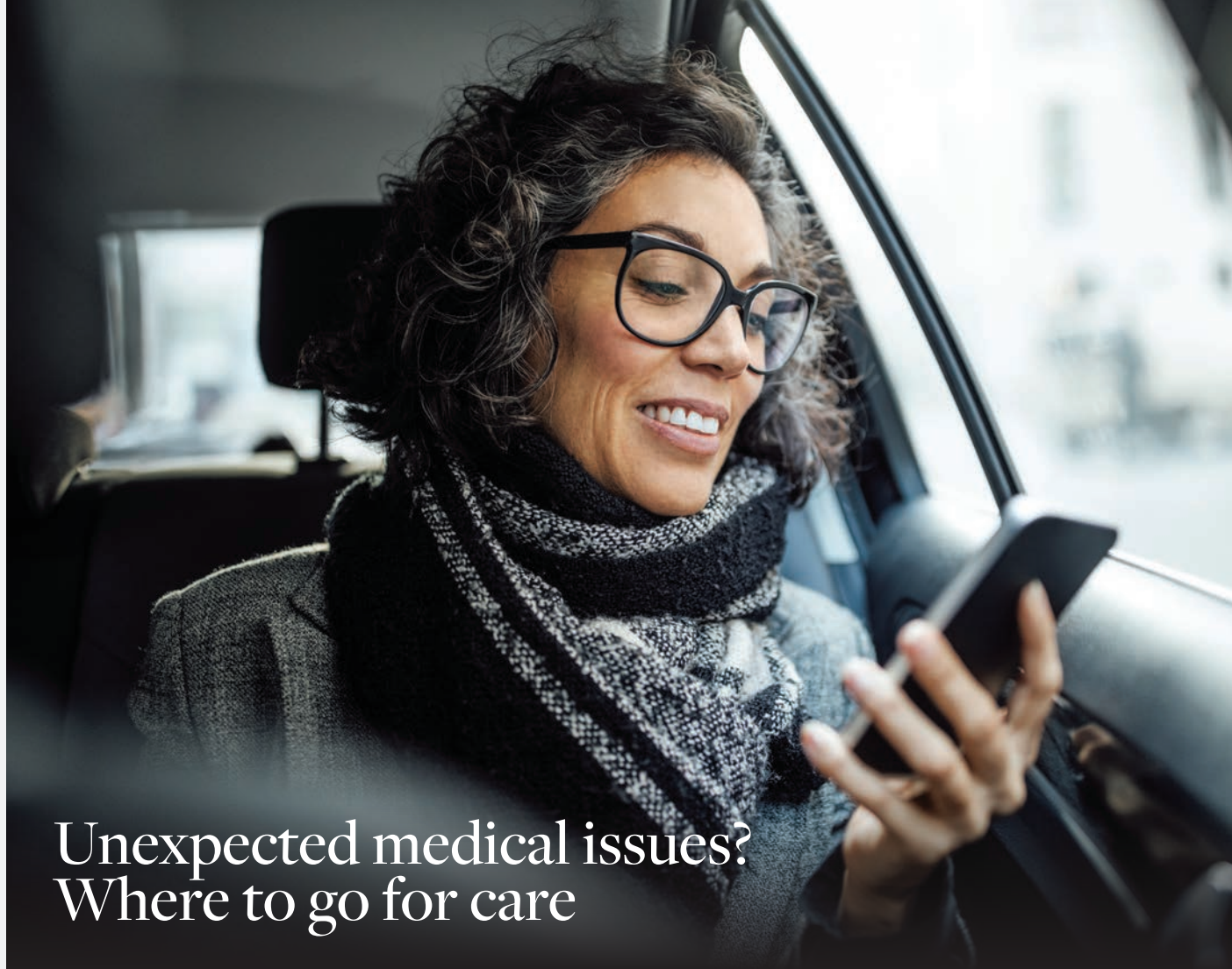
Mirmont Outpatient Center Broomall, part of Main Line Health, is offering our SAGE IOP to any adult who identifies as LGBTQ+ and lives with a primary mental health diagnosis. This group is committed to fostering resilience, improving communication and honing emotional regulation skills in an inclusive and supportive environment where each member is encouraged to thrive.

## YOUNG ADULT MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM (IOP)

Mirmont Outpatient Center Broomall, part of Main Line Health, is offering a young adult mental health IOP. This group is for those ages 18 to 25 who are experiencing mental health symptoms and struggling with the stressors of daily life, whether at school, at home or in the community. Group members will learn new skills to improve their overall wellness and ability to cope with challenges unique to the young adult community.

To schedule evaluations for the IOPs above, please call 888.227.3898.





## Unexpected medical issues? Where to go for care

**As women, our families often look to us to take care of their health needs.** But it can be difficult making medical decisions. Where do you go when illness or injury occurs, especially after office hours? When is an event a true emergency? Main Line Health helps you prepare for the unexpected.

### **URGENT CARE: FOR IMMEDIATE BUT NOT LIFE-THREATENING NEEDS**

Head to an urgent care location when you or a loved one has a minor injury or illness that needs immediate attention and your primary provider is not available. A trip to urgent care is far less expensive and typically faster than visiting the ER for nonemergency care.

Many urgent care centers offer on-site lab and X-ray services and are open extended evening, weekend and holiday hours. They diagnose and treat a wide range of issues for people of all ages, including infants and children. Some include:

- Cold and flu symptoms
- High fever (without rash)

- Minor infections such as ear infections and pink eye
- Urinary tract symptoms
- Abdominal distress such as vomiting, diarrhea or constipation
- Allergies, asthma and sinus pain
- Sprains, strains and minor fractures
- Skin conditions such as minor burns, cuts, rashes and bug bites
- Back pain
- Headaches or concussion

### **EMERGENCY DEPARTMENT: FOR LIFESAVING OR SERIOUS CARE**

When it comes to medical emergencies, listen to your intuition. Delaying care or taking time to “wait and see” if an emergency situation improves can be dangerous. Call 911 or head directly to the

emergency department if you or a family member has:

- Difficulty or changes in breathing
- Chest pain or severe heart palpitations
- Sudden loss of balance or fainting
- Sudden difficulty speaking or comprehending
- Sudden extreme pain, especially in the abdomen
- Sudden change in vision
- Persistent vomiting or diarrhea
- High fever accompanied by a rash
- Fever in infant younger than 2 months
- Serious burns
- Deep cuts
- Broken limbs that break the skin
- Suspected overdose or poisoning
- Seizures

### **ACCESS CONVENIENT URGENT CARE**

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# What you need to know about thyroid nodules



**Amit Bhojwani, DO**  
*Otolaryngologist*

The thyroid — the butterfly-shaped gland in the lower front of the neck — secretes hormones that play an important role throughout the body, from regulating metabolism, weight and temperature to controlling how fast the heart beats. But sometimes, cells in the gland grow abnormally and develop into lumps called nodules. In fact, women are four times as likely as men to develop one or more thyroid nodules.

## YOU MIGHT NOT KNOW YOU HAVE THEM

Thyroid nodules are extremely common, but because these masses typically do not cause symptoms, most people are unaware they have them. Occasionally, nodules that grow too large can cause difficulty swallowing and, in rare cases, they can interfere with breathing.

“Although some nodules can be felt in the neck, many can only be detected through imaging,” explains Amit Bhojwani, DO, otolaryngologist and head and neck surgeon with Main Line Health. “In fact, thyroid nodules are commonly found by accident while testing for other concerns.”

Experts are unsure what causes thyroid nodules. However, they are more prevalent in people who have had radiation to the neck as well as those with a family history of thyroid cancer. Hashimoto’s thyroiditis — the most common form of hypothyroidism — is linked to greater risk of thyroid nodules. And they are increasingly common with age.

## THEY CAN BE HARMLESS

Although it can be distressing to learn you have a thyroid nodule, keep in mind that the vast majority of nodules are not cancerous and do not affect thyroid function. If you learn you have a thyroid nodule, however, it’s important to have it checked.

Typically, your primary care physician or endocrinologist will order an ultrasound

of your thyroid to evaluate its size, location and other characteristics. Based on the results, your physician may simply monitor the nodule for any changes with periodic ultrasound tests. If the nodule is suspicious, you may be referred for biopsy to determine if it is cancerous.

## TREATMENT IS AVAILABLE

No one wants to learn they have cancer. But thankfully, thyroid cancer is typically slow growing and treatment is highly effective.

“Thyroid cancer is not only very treatable, but often also curable,” says

Dr. Bhojwani, who specializes in surgical treatment of thyroid cancer. “Main Line Health has an experienced team of specialists who can care for patients with thyroid cancer close to home.”

Dr. Bhojwani and his team work together to determine the best treatment plan for thyroid patients. This usually includes removing part or all of the thyroid gland and possibly surrounding lymph nodes. Additional treatment may include the use of radioactive iodine.

“It’s important to be aware of nodules, if you have them, and take action if you are diagnosed with cancer. We are here to help.”



## HELP FOR HEAD AND NECK ISSUES

Main Line Health’s ENT (ear, nose and throat) experts — more formally known as otolaryngologists — treat and manage a wide range of conditions, from hearing loss and balance problems to voice disorders, swallowing issues and more. Scan the QR code or visit [mainlinehealth.org/entfacialplastics](https://mainlinehealth.org/entfacialplastics) for information.



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