


# WOMEN'S healthsource



**Barb Phillips  
shares a smile  
with her son,  
Christopher.**

Turn to page 4 to  
read their story.

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KEEP SADNESS IN CHECK THIS WINTER



Main Line Health



## Keep Sadness in Check This Winter

**Wintertime can wear down even the hardest folks.** These doldrums often spring from factors we can't control, like chilly weather and less daylight. But there are steps you can take to lift your spirits.

- **Keep on the sunny side.** A specific type of depression—seasonal affective disorder—may stem from too little sunshine. Even if you're not clinically depressed, you might feel blue during these darker months. Step outside for about an hour around noon; it may help. Increase your indoor light with lamps and sheer curtains, and trim shrubs and trees so that they don't block windows.
- **Make a move.** Exercise such as walking can boost your mood, relieve depression, and decrease anxiety. Dress appropriately for cold-weather workouts: Wear gloves, water-resistant shoes, and layers of clothing. Or opt for indoor exercise. Walk around your local mall or dance at home to upbeat music.
- **Stay in touch.** Call family members and friends to set up plans, volunteer in your community, or join a social group.

"If you feel sadness for an extended period of time, contact your family physician so you can get help," says David R. Jones, DO, medical director of Mirmont Treatment Center. ●

### Join Our Community!

In our new online Well Ahead Community, you'll find wellness tips, patient stories, and women's health news. Drop in at [community.mainlinehealth.org](http://community.mainlinehealth.org).

## Fresh Ginger Asian Chicken Noodle Soup

### BROTH

#### Ingredients

- 1 fresh chicken, about 4 lbs. cut up (remove giblets)
- 2-inch piece fresh ginger
- 1 small onion
- 2 cloves garlic

#### Directions

1. Put chicken in a big soup pot. Cover with water.
2. Peel ginger and slice diagonally into four pieces. Add to pot.
3. Peel onion and cut into quarters. Add to pot.
4. Peel garlic and smash with the flat side of a chef's knife. Add to pot.
5. Bring broth to a boil, then turn down to simmer. Skim off any foam. Let simmer for an hour.
6. Remove chicken from pot and discard skin and bones. Cut meat into bite-sized pieces for soup.
7. Strain broth, reserving pieces of ginger.
8. Refrigerate broth until needed for soup. Fat will rise to the top and can be skimmed off.

### SOUP

#### Ingredients

- 2 cups dry cellophane noodles
  - 8 cups chicken broth (see recipe at left)
  - 2 cups cooked chicken
  - 2 cups snow peas (1/2 lb.)
  - 2 stalks lemongrass
  - 1 cup fresh mung bean sprouts
- Optional: Asian fish sauce boosts flavor but adds sodium.

#### Directions

1. Soak noodles as directed on package and divide among four bowls.
2. Combine all other ingredients in soup pot.
3. Heat thoroughly. Pour soup over noodles and serve immediately.

Makes four servings. Each contains about 342 calories, 8 g fat (4 g saturated fat, no trans fat), 53 mg cholesterol, 203 mg sodium, 53 g carbohydrate, 2 g dietary fiber, 3 g sugars, and 29 g protein.





## Has Your Child Outgrown the Pediatrician?

**As kids get older, they may not feel** comfortable visiting their childhood pediatrician. That's especially true when the waiting room is decorated with cartoons and filled with crying babies.

Yet adolescence is a vital time for routine health care. Teens and 'tweens are forming habits that will affect their health for the rest of their lives. Some are being drawn toward risky behaviors, and concerns about confidentiality may keep them from speaking up. Nearly half of teens' office visits don't include a chance to talk privately with the doctor.

### Consider a Family Doctor

For some adolescents, a family doctor may be a better fit. Family doctors treat patients of all ages. Like pediatricians, they must complete three years of training after medical school. They learn about all areas of medicine and focus on preventing diseases. Regular preventive care can be especially important for teens, since many adult diseases begin in the teen years.

Family doctors can:

- Provide routine care, including screenings and shots
- Offer advice to reduce risky behaviors such as sexual activity
- Check for mood problems such as depression

- Recommend diet and exercise habits
- Provide well-woman care, addressing issues such as heavy or irregular periods

"I see younger patients today with chronic medical problems such as hypertension, diabetes, and stroke, especially in females," says Marylou Checchia-Romano, DO, family practice physician at Main Line Health Center in Collegeville. "Some of these medical issues can be averted by simply making better lifestyle choices. We have to stop and think about our choices and slow down. We may need to get back to the basics of eating right and exercising starting at a very young age."

### The Right Fit

Whatever type of doctor your teens see, make sure they have time to talk with the doctor in confidence. You—and your teen—should feel comfortable with him or her. Regular health checkups can build a lifelong partnership between your child and the right physician. ●



### Parenting a Teen?

At [mainlinehealth.org](http://mainlinehealth.org), find resources to help navigate the teen years. Is your son just moody, or could it be depression? Can you spot an eating disorder? What about acne? On the homepage, click on "Wellness Info," then "Children's Health."

## MLH Hospitals Among Top Performers

Lankenau Medical Center, Bryn Mawr Hospital, and Riddle Hospital are among the nation's top performers on key quality measures as measured by The Joint Commission, the leading U.S. accreditor of health care organizations. The listing, a first for The Joint Commission, recognizes Lankenau, Bryn Mawr, and Riddle for attaining and sustaining excellence in clinical quality performance in heart attack, heart failure, pneumonia, and surgical care.

Paoli Hospital also recently received The Joint Commission Gold Seal of Approval for excellence in hip and knee replacement, COPD, sleep disorders, and breast cancer treatments.

# A Nightmare and a Miracle

The story of one brave woman's pregnancy—and why all women should care

**Fortunately, not many women can** say they've experienced motherhood's greatest tragedy and greatest delight within two weeks of each other. And when meeting Barb Phillips from Phoenixville, you would never guess her journey to motherhood.

"When I saw those two pink lines on the pregnancy test, I collapsed. I never planned to be a mother," Barb shares. Remembering her own mother, who died in 2009, Barb says, "I thought how much faith my mom had in me to be a good mother, and I said to myself, 'You can do this.'"

Soon after finding out she was pregnant with twins, she and her husband, Chris, learned that one of their babies would likely live only hours after birth.

## A Devastating Screening

Because Barb was 37, her doctor advised an amniocentesis to screen for chromosomal abnormalities. The test revealed twins, whom Barb and Chris named Paulina and Christopher. The screening showed a high likelihood for a neural tube defect in Paulina.

The neural tube provides the structure for the baby's brain and

spinal cord to develop. It forms during the first month of pregnancy, often before a woman knows she's pregnant. Paulina had encephalocele, a rare neural tube defect in which the skull forms incorrectly, allowing brain matter to protrude.

Babies with mild cases of encephalocele may be candidates for open fetal surgery to correct the abnormality. But at 18 weeks, specialists found through an ultrasound that Paulina's encephalocele was so drastic, severe brain damage was inevitable. The chances of Paulina passing away in utero were high, and if she made it through labor, she would live for only a few hours.

## 'I think she wanted to meet us, too'

At 26 weeks, Barb went into labor at Lankenau Medical Center, where Paulina was born through a vaginal delivery. The nurses wrapped Paulina in a blanket and put a tiny hat on her head. Paulina's heart beat for two hours and 15 minutes before she died.

"It was a blessing to be able to hold and kiss her. I think she wanted to meet us, too," Barb says.

“Being able to snuggle and kiss him whenever I want makes everything worth it.”

## A Medical Miracle

And what about baby Christopher? While the doctors and nurses tended to Paulina, Barb's cervix went from 10 centimeters dilated to only 4 centimeters. This phenomenon—delayed interval delivery—happens so rarely that most doctors never experience a case.

Andrew Gerson, MD, obstetrician at Lankenau, performed a novel technique by tying off Paulina's umbilical cord above the cervix, allowing Christopher to develop for two more weeks in the womb. He was born on March 26, 2011, weighing 2.7 pounds. He spent 31 days in neonatal intensive care before going home.

"Being able to snuggle and kiss him whenever I want makes everything worth it," Barb says.

## The Importance of Folic Acid

Barb says there is a chance that Paulina's encephalocele resulted from a deficiency in folic acid, a B vitamin that is essential to healthy pregnancy and known in its natural state as folate.

"The nutrient is crucial to rapid cell growth and division, making it a vital component of early embryonic development," explains Gail Harrington, RN, MSN, nurse manager of maternity services at Lankenau. The Centers for Disease Control and Prevention recommends that women of childbearing age should consume 400 micrograms of folate or folic acid

Nearly 2,500 infants with neural tube defects are born each year.



## Checking Your Newborn's Health

The maternity units at Lankenau Medical Center and Bryn Mawr, Paoli, and Riddle Hospitals take an extra step in knowing the status of newborns' health. By measuring

the baby's oxygen level in the blood, the pulse oximetry test, or "pulse ox," can detect several critical heart defects. Pulse ox is on the list of 60 tests for newborns recommended by the U.S. Department of Health and Human Services. Though New Jersey recently became the first state to mandate the test, in 2010 Main Line Health chose to initiate the pulse ox on all new babies to enable early intervention for heart conditions.



every day. However, as Barb explains, “I had no plans to start a family, so taking folic acid supplements never crossed my mind.”

Barb is not alone. Nearly half of all pregnancies in the U.S. are unplanned, and nearly 2,500 infants with neural tube defects are born each year. “Often it’s only after a woman unexpectedly finds out she’s pregnant that she begins learning about the importance of folic acid,” explains Harrington. “All obstetricians and gynecologists should educate patients in their childbearing years who are sexually active about folic acid supplementation.”

“Sometimes I get so upset when I think, ‘Could I have done something differently?’” Barb says. “But I know my mom is taking care of Paulina in heaven, and loving it ... and Christopher, he has two angels.” ●



Above: Barb, Chris, and Christopher Phillips.

## For New Parents

Visit [mainlinehealth.org/maternity](http://mainlinehealth.org/maternity) for info about childbirth classes and to watch a video about prenatal care and cord blood banking.



## Want Happy Kids? Have Fun Together

When Mom’s happy, her kids are happy, too. And happy kids are more likely to grow into happy, healthy adults.

“Research shows that humor is important in raising kids and teaching them how to deal with life’s challenges,” says Main Line Health pediatrician Harold Gordon, MD.

Humor can help diffuse tense moments and teach children how to handle stressful situations. Here are just two examples of how to share a laugh:

**Be all smiles.** One of the first things an infant learns is to smile. So smile back, Dr. Gordon says. Blow raspberries on her tummy. Tickle his tootsies. “It reinforces the child’s happiness and ability to smile and laugh, even at a young age.”

**Act the clown.** You can make your toddler laugh with antics. Talk in Donald Duck’s voice. Put your hat on your foot and your shoes on your head.

## Find a Specialist

Bryn Mawr Hospital and Nemours/Alfred I. duPont Hospital for Children have collaborated to provide exceptional health care for children, close to home. To find a pediatric specialist, call 1.866.CALL.MLH.

Lankenau Medical Center

**Cellvizio Helps Diagnose Gastrointestinal Disorders**

Lankenau Medical Center continues its dedication to treating digestive disorders with the introduction of Cellvizio, the world's smallest flexible microscope to diagnose gastrointestinal and biliary diseases. Our physicians are the first in the Philadelphia metropolitan area to use this new tool. It allows them to view tissue in real time at the cellular level so they can pinpoint tissue that should be removed or treated. The microscope is located at the end of a catheter that is threaded through a traditional endoscope while the patient is having an endoscopy or a colonoscopy. For a referral to a Lankenau digestive disorder specialist, call 1.866.CALL.MLH or visit [mainlinehealth.org/lankenau](http://mainlinehealth.org/lankenau).

Riddle Hospital  
**HealthGrades Maternity Care Excellence Award**

Riddle Hospital has received the HealthGrades Maternity Care Excellence Award™ for 2011. This five-star rating in maternity care puts Riddle among the top 10 percent of hospitals in the nation. The award focuses on the safety and health of mother and baby, evaluating the hospital on such things as delivery complications and number of low-birth-weight deliveries. The Birthplace at Riddle Hospital features private suites for labor, delivery, recovery, and postpartum; centralized computer monitoring; perinatal testing; and a level II neonatal intensive care unit. For an appointment with a Riddle Hospital OB/GYN or to register for a childbirth education class, call 1.866.CALL.MLH.

# 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.**

**Free! Are You Ready to Quit Smoking?**

Participate in SmokeFREE, Main Line Health's free six-session smoking cessation program. Participants may be eligible for free nicotine-replacement products (patch, gum, or lozenge).  
**Tuesdays, Jan. 3 to 31 and Feb. 7**  
● Radnor Fire Company  
121 South Wayne Ave., Wayne  
6 to 8 p.m.  
● Conshohocken Library  
301 Fayette St., Conshohocken  
Lukens Room  
12:30 to 1:30 p.m.  
To find out more about the SmokeFREE program and to register, call Kara Chivette at 484.337.8329.

**Free! Ladies' Section at the VU Game**

Join Bryn Mawr Hospital and Women's Health Source to cheer on the Villanova women's basketball team as they take on UConn. FREE for WHS members!  
**Saturday, Jan. 14, 2 p.m.**  
Limited seating available.  
Register by calling 1.888.876.8764.

**Senior Supper Club**

● **Understanding Alzheimer's Disease**  
Presented by Mark Gottlieb, DO.  
Macaroni and cheese entrée provided.  
**Monday, Jan. 16**

● **All About Neuropathies**  
Presented by Fred Weinblatt, MD.  
Roasted chicken entrée provided.  
**Wednesday, Feb. 8**

● **Colorectal Update**  
Presented by the Cancer Center of Paoli Hospital and Fox Chase Cancer Center.  
Entrée is Italian.  
**Monday, March 5**

All Supper Club events are from 5 to 7 p.m.  
Potter Room, Paoli Hospital  
Fee: \$6/person  
Call 1.866.CALL.MLH to register.

**Free! Steps to a Healthy You: Take Time for Yourself**

Priscilla Chiu, MD, will discuss how to take control and improve your personal health, one step at a time. Topics include stress reduction, diet/exercise, and heart health.  
**Tuesday, Jan. 24, 6:30 to 8 p.m.**  
Main Line Health Center in

Newtown Square  
Call 1.866.CALL.MLH to register.

**Free! Cardiac Health**

A healthy cooking demonstration at 6:30 p.m. followed by a seminar at 7 p.m. presented by cardiologists. Offered two different nights and locations:  
● **Tuesday, Feb. 7, Wegmans, Malvern, with Matthew Sewell, MD**  
● **Wednesday, Feb. 8, Wegmans, Downingtown, with Donald Ferrari, DO**

**Free! Focus on Feet**

Join us for a hands-on—pardon us, “feet-on”—discussion about foot and ankle ailments. Bryn Mawr Hospital foot and ankle specialists will talk about common conditions and the latest treatments. Bring your favorite shoes!  
**Wednesday, Feb. 15, 6:30 to 8 p.m.**  
Main Line Health Center in Newtown Square

**Free! Fun from Abe to Zzzzz**

Bryn Mawr Hospital's Pediatric Sleep Center helps kids overcome sleep disorders. Bring your kids out for a fun event featuring Abe



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.

## HOSPITAL updates

Lincoln, a storyteller, healthy snacks, and Sleep Center tours.  
**Monday, Feb. 20, 11 a.m. to 1 p.m.**  
 Main Line Health Center in Newtown Square  
 Register by calling 1.866.CALL.MLH.

### Free! Ladies Night Out

Come out for screenings, women's health seminars, healthy snacks, and more! Call the Spring Valley YMCA in Limerick for more information at 484.984.2010.  
**Tuesday, Feb. 28**  
**5:30 to 8:30 p.m.**  
 Spring Valley YMCA in Limerick

### Free! HeartSmart 2012

Join us for this popular event that features two seminars on cardiac topics and an interactive health fair. Get all the details at [mainlinehealth.org/events](http://mainlinehealth.org/events).  
**Wednesday, Feb. 29**  
 Riddle Hospital, Outpatient Pavilion (Health Center 3)

### Free! Adult Preventable Illnesses: Shingles and Beyond

Join us to learn simple steps you can take to avoid certain illnesses. Learn what foods and vitamin supplements may help you boost your immune system. We'll even show you proper hand hygiene to cut down your germ exposure.  
**Tuesday, March 13, 6:30 to 8 p.m.**  
 Main Line Health Center in Broomall

### Design Your Best Life

**Strategies for Organizing Your Health, Home, and Happiness**  
 Whether it's your health, finances, nutrition, physical activity, or simply an organized home, this symposium will provide useful strategies to help you achieve peace of mind. Get all the details by calling 1.888.876.8764 or visiting [mainlinehealth.org/whs](http://mainlinehealth.org/whs). Cosponsored with Main Line Media News and Villanova Conference Center. Luncheon included.  
**Saturday, March 31, 8 a.m. to 1 p.m.**  
 Villanova Conference Center  
 Fee: \$15/\$10 WHS members.

## FREE! SUPER GIRL SATURDAY

### Setting Your Personal and Financial Health Goals for 2012

On the weekend between the NFL playoffs and the Super Bowl, kick off 2012 by establishing a plan for your personal and financial health. Bring your girlfriends to this fun and informative Women's Health Source event!

- Stress & Heart Health:  
 Andrea Becker, MD, cardiologist
- Budgeting & Getting Out of Debt in 2012:  
 Rachele Petrancuri, Wells Fargo Bank
- Health & Nutrition for the New Year:  
 Kristie Nichols, MD, family practice physician

Sign up at [mainlinehealth.org/whs](http://mainlinehealth.org/whs) or by calling 1.888.876.8764.


**Saturday, Jan. 28, 8 a.m. to noon**  
 DoubleTree Guest Suites  
 (across from the Plymouth Meeting Mall)  
 640 W. Germantown Pike,  
 Plymouth Meeting  
 Breakfast included  
 Sponsored by Wells Fargo Bank



## Nominate Your Queen of Hearts!

In honor of the American Heart Association Heart Month this February, help Main Line Health "Go Red" to fight heart disease. For the fourth year, the Women's Heart Initiative of Main Line Health is looking for a role model—a Queen of Hearts—who embraces healthy living to Learn. Act. Live! For contest details, the nomination form, and other heart-healthy happenings, go to [mainlinehealth.org/GoRed](http://mainlinehealth.org/GoRed).  
**Deadline for nominations is Jan. 31, 2012.**



 **Where Was the Hidden Heart?** Many of you were right: In our last issue, the heart was on page 11 in the girl's polka-dot shirt. Special kudos to those who also found the heart hidden in the red pepper on the cover (that was a coincidence!). Congratulations to our winners: Katherine from Collegeville, Christine from Downingtown, Lisa from Springfield, Jodi from Devon, and Sharyn from Broomall! And thank you to our local businesses for donating \$50 gift cards: Wegmans, Apriori Beauty, Left of Center Yoga, and Mary Kay, who generously provided two gift certificates.

### Paoli Hospital

#### Trauma Center Receives Multiyear Accreditation

Paoli Hospital became Chester County's only trauma center in October 2010. Our expert team of trauma surgeons, neurosurgeons, orthopedists, anesthesiologists, nurses, and more provides immediate, specialized care to patients 24/7. Having access to this level of care close to home helps patients avoid being transferred out of the area, which saves precious time during the critical "golden hour" following a trauma injury. As a result, many lives are saved, and the risk of long-term disability is reduced. Paoli Hospital received a three-year accreditation as a trauma center in October 2011. The hospital is committed to offering advanced care to residents of Chester County and its surrounding areas.

### Bryn Mawr Hospital Top 50 in Heart Care

Bryn Mawr Hospital has been named a 50 Top Cardiovascular Hospital by Thomson Reuters. The hospitals on this list have "achieved superior clinical outcomes" and "provided measurably better care and are more efficient than their peers." To compile its list, Thomson Reuters examined the performance of more than 1,000 American hospitals by analyzing outcomes for patients with heart failure and heart attacks and for those who received coronary bypass surgery and percutaneous coronary interventions. "We are thrilled to achieve this designation that recognizes the expertise and dedication of our physicians, nurses, and staff," said Andrea Gilbert, president of Bryn Mawr Hospital.

# Chronically Ill? How to Avoid the ED

**Chronic illnesses, such as asthma, diabetes, and heart and respiratory ailments, account for a lot of costly visits to the emergency department (ED).**

“People with chronic conditions are often unable to see their primary care physician in a timely manner before their symptoms worsen,” explains Steven Moonblatt, MD, Riddle Hospital Emergency Department physician.

## Make a Plan

Having a plan to control your condition can help you improve your health, lower your costs, and avoid emergencies. Try these strategies:

- Take your medications as instructed and on time.
- Make lifestyle changes if needed. Quitting smoking, drinking less alcohol, improving your diet, starting an exercise routine, or losing weight can make you feel better in the short and long term.

**Below: Steven Moonblatt, MD, and Michelle Alessandroni, RN, attend to a patient in the emergency department.**

- Check your symptoms regularly. This is especially important for people with diabetes, who should monitor their blood sugar levels every day.
- Take action when your symptoms indicate a problem. For example, if you have asthma and your peak flow is down, or you have diabetes and your blood sugar is low, take the corrective steps your doctor has advised.

## For Asthma and Diabetes

People with these conditions can take specific steps to avoid emergencies.

“People with severe asthma may not be able to see their physician before their symptoms reach a point where they need emergency care,” says Dr. Moonblatt. “If the medication or treatment that a patient normally uses isn’t helping, this may mean that the condition is more severe than normal and needs further evaluation.”

Creating a plan that records your asthma symptoms and identifies your triggers can help. It should also help you decide when to take your management and rescue medications and when to

## When Is It an Emergency?

Although this isn’t a complete list, here are examples of true emergency situations:

- Chest pain
- Trouble breathing
- Sudden, severe pain, such as a headache or stomachache
- Head or back injuries
- Bleeding or vomiting that won’t stop
- Loss of consciousness
- Poisoning
- Major burns and cuts
- Choking

seek emergency medical care.

People with diabetes are at risk for life-threatening ketoacidosis, which requires immediate ED treatment. Knowing the warning signs and checking urine and blood for evidence of problems can head off this dangerous complication.

## What’s an Emergency?

No matter what your chronic condition—and even if you don’t have one—you should know what an emergency is. (See the sidebar above for some common examples.) Most Americans who go to an ED don’t need urgent care, the Centers for Disease Control and Prevention says.

“Symptoms that are atypical or more severe than normal may mean the problem isn’t routine and warrants emergency care,” explains Dr. Moonblatt. “If you’re unsure, you should always call your doctor to discuss your symptoms or, if need be, come to the ED for evaluation.” ●



## Be Prepared

Learn how to respond to a medical emergency at

[mainlinehealth.org/emergency](http://mainlinehealth.org/emergency).





## Why a Partial Knee Replacement May Be Right for You

**Here's some good news if you're** young and active but your knees are giving you trouble: You may be a candidate for a partial knee replacement at the Bryn Mawr Hospital Orthopaedic Center.

The knee joint has three parts. When a knee develops arthritis from genetics, wear and tear, or other causes, it's unusual for all three parts to be affected. If you undergo a total knee replacement, all three parts, even if they're healthy, are replaced.

"With a partial knee replacement, we can pinpoint the parts that need replacing and leave the healthy areas alone," says knee surgeon Jess Lonner, MD, who performs more than 600 knee replacements a year.

A partial knee replacement offers several benefits:

- **Smaller incisions.** Only a 3- to 4-inch incision is needed because the surgeon dissects and removes less tissue and bone. A total knee replacement typically requires an 8- to 12-inch incision.
- **Less medical risk.** "There's less bleeding associated with partial knee replacements," Dr. Lonner says.
- **Faster recovery.** "Typically, patients are walking the same day they have surgery and are discharged the next

day," Dr. Lonner says. Within two weeks, they can walk without a cane and no longer need pain medications. That's about a quarter of the time it takes to recover from a full knee replacement.

- **More options later.** Knee replacements typically last 10 to 15 years. "If you do a more conservative partial now, you'll more likely be able to have a total knee replacement later without compromising the results," Dr. Lonner says.

Surgeons at Bryn Mawr use robotic-assisted technology in most partial knee replacements. "No other hospital in Southeastern Pennsylvania has this technology," Dr. Lonner says. Talk with your physician about whether a total or partial knee replacement is best for you. ●



### FREE Hip and Knee Pain Seminars

Keep the spring in your step with FREE one-hour seminars at several Main Line Health facilities. You'll learn what causes joint pain and how to avoid injury. Visit [mainlinehealth.org/events](http://mainlinehealth.org/events) for details.

## Fitness Helps Protect Against Falls

As cold days creep in, we're reminded that winter is on its way—and with it, slippery ice and snow. Practicing good fall prevention—like wearing rubber-soled shoes—is essential. But getting fit is just as important.

Exercise is one of the best measures against falls because the stronger your muscles are, the lower your risk is of falling. Exercise helps build and maintain strength as well as improve balance. Walking or swimming for 30 minutes most days of the week may be a good start. Or consider taking tai chi classes. This slow, gentle exercise improves balance and coordination, reducing the risk for falls in older adults.

"It's important to prepare your body for the winter battle," says Joshua Davidson, physical therapist with Main Line Health Outpatient Rehabilitation Network in Exton. "Warm up and stretch before shoveling. If possible, shovel in the afternoon, as your back is more vulnerable to injury early in the morning. Remember, proper lifting and bending techniques will reduce preventable injuries."



### Team Up with the Pros

The Main Line Health

Outpatient Rehab Network team works with people of all ages with a variety of conditions. Connect with physical, occupational, and speech therapists; athletic trainers; and exercise physiologists at [mainlinehealth.org/outpatientnetwork](http://mainlinehealth.org/outpatientnetwork).

# Have Healthy and Vibrant Skin—At Any Age

**Achieving and maintaining healthy** and vibrant skin is an important part of your health and well-being. Dermatologists are often asked, “What should I be doing for my skin to prevent premature aging and damage?” According to Michele Ziskind, MD, a dermatologist at Paoli Hospital, the answer to this question varies depending on a woman’s age. Here are some guidelines Dr. Ziskind recommends.



**Teens:** Wash your face twice a day, since oil production increases during the teen years. Be sure to use sunscreen for outdoor activities. If acne is a problem, see a dermatologist for appropriate care.

**20s and 30s:** A good cleanser and daytime moisturizer with sunscreen are essential to prevent skin damage. Good face and body moisturizers may include an alpha hydroxy acid or ceramides, ingredients that absorb water and hold moisture in the skin.

**40s and 50s:** Early signs of aging start to appear. Use a night cream with retinol to exfoliate and brighten your skin and a topical antioxidant (vitamin C, coffee berry, green tea, and so forth) to repair damage from ultraviolet light.

**50s and 60s:** Signs of skin damage and aging become more obvious. Dr. Ziskind says, “Microdermabrasion is an effective office procedure that revitalizes the skin’s collagen and can reduce fine wrinkling and superficial sun damage and improve skin texture.” She also states that deeper lines can be softened with injectable hyaluronic acid, a natural product. Botox may be used to relax creases due to overactive muscles in the forehead or around the eyes.

**60s and 70s:** New growths, both benign and malignant, start to develop on the face and body. It’s important to treat premalignant lesions early to prevent skin cancer. A dermatologic evaluation is advisable.

Dr. Ziskind adds, “At all ages, good nutrition, sleep, and exercise will keep skin looking its best.” ●



## Beat Dry Skin This Winter

Winter’s cold winds and dry air can sap water and oil from your skin, leaving it cracked, dry, and itchy.

To help your skin:

- Limit showers to 10 minutes, using lukewarm water and mild soap or nonsoap cleanser.
- Apply lotion containing urea, aloe vera extract, or lactic acid after bathing to lock in moisture.
- Minimize shaving irritation by replacing razors often and using shaving cream.
- Drink plenty of water. Use a humidifier if your home feels dry.

If severe dry skin lasts longer than two weeks, appears red and swollen, or oozes, contact a dermatologist. You may have an infection or other problem.



### Love Your Skin

Find a skin-care plan that’s tailored to you.

To make an appointment with an expert

dermatologist, call 1.866.CALL.MLH or visit [mainlinehealth.org](http://mainlinehealth.org).

# Gallstones: Don't Stomach the Pain

**For such a small organ, the gallbladder** can cause a lot of problems. Every year, about a quarter of a million people in the United States need treatment for painful gallstones—rock-like crystals as small as grains of sand or as big as golf balls. They form from hardened bile, a substance needed for digestion.

“Gallstones are more common in women older than 40, older patients, people with medical conditions such as liver disease and sickle cell disease, and people who experience rapid weight loss or gain,” says Giancarlo Mercogliano, MD, gastroenterologist at Lankenau Medical Center.

In the past, gallstones usually meant open surgery, a 5- to 8-inch scar, and two to five days in the hospital. Today, in more than 90 percent of these operations, surgeons use laparoscopic techniques that lead to quick recovery, less pain, and a less visible scar.

## Back to Your Life in a Few Days

For this operation, the surgeon makes a tiny cut in the abdomen and inserts a laparoscope. This is a thin tube with a tiny video camera at the end. The camera shows large images on a video monitor, helping the surgeon see what

is going on. The surgeon uses tiny instruments to make a few more small cuts, then carefully removes the gallbladder. Many patients can go home the same day.

## Do You Have Gallstones?

Gallstone attacks tend to come on suddenly, often after a fatty meal. Patients usually feel a severe pain on the right side of their upper abdomen. Other symptoms include back or shoulder pain, nausea or vomiting, sweating, and a low fever.

“Patients with symptoms consistent with gallstones should consider surgery to prevent recurrent attacks and complications,” Dr. Mercogliano says. If you experience any of these symptoms, talk with your doctor. Laparoscopic techniques may be able to ease your discomfort. ●



## Find a Doctor

Main Line Health offers diagnostic and therapeutic services to treat problems in the digestive tract: esophagus, stomach, small intestine, colon, rectum, gallbladder, liver, and pancreas. For a physician referral, call 1.866.CALL.MLH.

## Welcome to Your Members- Only Site!

As a Women's Health Source member, you're part of a community of women empowered to take care of their health and the health of their families. Plus, membership in the program has privileges, including discounts at local businesses. To provide even more exclusive member benefits, WHS is pleased to present its new, members-only website at [mainlinehealth.org/whs](http://mainlinehealth.org/whs). Your online Member Center offers you:

- Coupons to more than 50 local merchants
- Wellness quizzes
- Educational podcasts
- Health calculators

Sign up at [mainlinehealth.org/whsmember](http://mainlinehealth.org/whsmember). You'll receive an email within a week with your username and password.

What interests you? What more would you like to see from WHS? Your feedback is always welcome! Send suggestions to [whs@mlhs.org](mailto:whs@mlhs.org).



## 500 'Likes' Means \$500 for Go Red for Women

Help the WHS Facebook page reach 500 likes. Then, Women's Health Source will donate \$500 to the American Heart Association Go Red for Women Campaign in honor of Heart Month in February. Follow WHS on Facebook for health tips, info about upcoming events, merchant discounts, and more.

Women Campaign in honor of Heart Month in February. Follow WHS on Facebook for health tips, info about upcoming events, merchant discounts, and more.



Main Line Health is the AHA Philadelphia Goes Red for Women Champion



Lankenau Hospital  
Bryn Mawr Hospital  
Paoli Hospital  
Riddle Hospital  
Bryn Mawr Rehab Hospital



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IS POWER

## 10 Questions to Ask at Your Next Checkup

Asking the right questions can help you get the information you really need at your next doctor visit. These 10 questions are especially important for women in their 20s and 30s to help prevent health problems before they arise:

1. Do I need any vaccinations or booster shots?
2. How often do I need a Pap test? Should I be tested for the HPV virus that causes cervical cancer?
3. Do my weight, diet, or any of my behaviors put me at risk?
4. How much should I exercise?
5. Am I using the right kind of birth control for my needs?
6. Should I make any health changes before I decide to get pregnant, such as taking folic acid supplements or switching a medication?
7. Should I be screened for high cholesterol, high blood sugar, or high blood pressure?
8. Do I have any suspicious moles or skin growths?
9. What vitamins or supplements should I be taking?
10. Does my family's health history mean that I should be concerned about any particular medical problems?

### Have a health question?

Ask our nurse counselor online at [mainlinehealth.org/askanurse](http://mainlinehealth.org/askanurse), by email at [whs@mlhs.org](mailto:whs@mlhs.org), or at 1.888.876.8764.

## Leg Pain? You May Need a Test for PAD

**Peripheral arterial disease (PAD)** is a serious circulatory problem. With PAD, the blood vessels that carry blood to your arms, legs, brain, or kidney become narrowed or clogged. The condition causes discomfort and disability, and it increases the risk for heart attack, stroke, and amputation.

According to the American College of Cardiology, you may be at risk for lower extremity PAD if you answer "yes" to any of these questions:

Are you younger than age 50 with diabetes and with one other risk factor (smoking, high cholesterol, or high blood pressure)?

Yes  No

Are you between ages 50 and 69 with a history of smoking or diabetes?

Yes  No

Are you age 70 or older?

Yes  No

Do you have foot, calf, buttock, hip, or thigh discomfort (aching, fatigue, tingling, cramping, or pain) when you walk that's relieved by rest?

Yes  No



Do you experience pain in your lower legs or feet when resting?

Yes  No

Are your toes or feet pale, discolored, or bluish?

Yes  No

Do you have a skin wound or ulcer on your feet or toes that is slow to heal?

Yes  No

Has your doctor told you that you have a diminished or absent foot pulse?

Yes  No

Has your doctor told you that you have a blockage in the artery in your heart, neck, or kidney?

Yes  No



### Take Charge

Main Line Health offers a PAD treatment program. To make an appointment, call 1.866.CALL.MLH.