

WOMEN'S healthsource



A SON'S MEMORY

SPARKS ADDICTION ADVOCACY



Read Inside

Cervical cancer
patient achieves dream
of being a mom
See pages 4 and 5

**WINTER 2025 TAKE FAST ACTION FOR STROKE | EFFECTIVE
TREATMENTS FOR SEXUAL DYSFUNCTION | KING OF PRUSSIA'S ROOFTOP
FARM | HELP FOR SWALLOWING DISORDERS**


Main Line Health®

Take fast action on stroke symptoms



Ravichandra Madineni, MD
Neurosurgeon

“Paul Geraghty had just started a 9 a.m. meeting on March 13, 2024, when he realized he was having trouble reading the printout he had prepared. “At first, I thought it was a problem with my printer because the

words seemed blurry,” he recalls. “But after about five minutes of struggling, someone in the room said, ‘I think he’s having a stroke.’”

Paul was certain he was just tired and needed to rest for a moment. But his friend was also in the meeting that morning, and he insisted on taking Paul to Bryn Mawr Hospital, part of Main Line Health. “My colleague put me in his car and drove me to the emergency department. I walked into the hospital at 9:30 and told them I might be having stroke,” says Paul. “The front desk person asked me two questions and called for a nurse to take me back. They immediately put me on a gurney and wheeled me to a room. By 9:45, I had a big IV in my arm and had a scan within 15 minutes of that. It all happened so quickly and seamlessly — the Bryn Mawr Hospital staff was just lightning fast.”

Ravichandra Madineni, MD, a neurosurgeon with Main Line Health-Jefferson Neurosurgery at Bryn Mawr Hospital, treated Paul that fateful morning. “We did a CT scan and saw that he had bleeding in the brain, called a hemorrhagic stroke,” says Dr. Madineni. “Thankfully, he didn’t need surgery, but we continued to monitor him with CT scans to make sure the bleeding didn’t expand.”

After three days in the hospital, Paul went home feeling thankful. From the time he walked through the doors to the time he was discharged, he says he was impressed by the level of care he received from every staff member he encountered. “The medical team that morning did everything to arrest the stroke and take care of me. And the care I got from the nursing staff was spectacular. They were all just outstanding.”

Paul credits the fast response of his colleagues and the staff at Bryn Mawr

Hospital for saving him from disability, and he is thankful he has no motor or cognitive damage from the stroke.

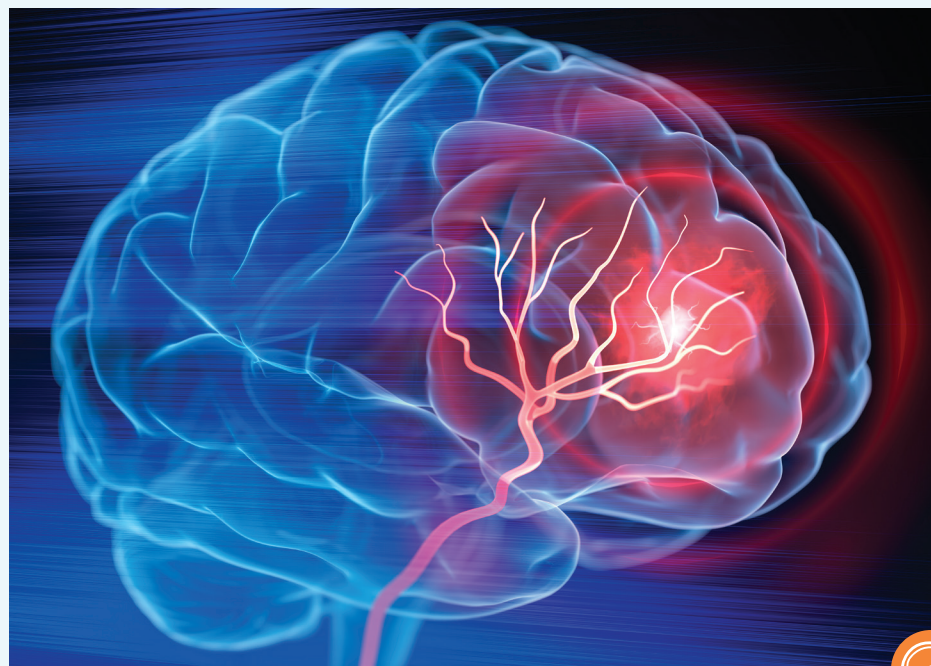
Dr. Madineni says to seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to fluctuate or disappear. Think “B.E. F.A.S.T.” and watch for the following:

- **Balance.** Is the person experiencing sudden dizziness, loss of balance or coordination?
- **Eyes.** Is the person experiencing sudden blurred, decreased or double vision in one or both eyes?
- **Face.** Ask the person to smile. Does one side of the face droop?
- **Arms.** Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to raise up?
- **Speech.** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **Time.** If you observe any of these signs, call 911 immediately. The sooner stroke is diagnosed, the more effectively it can be treated.



Paul credits the fast response of his colleagues and the staff at Bryn Mawr Hospital for saving him.

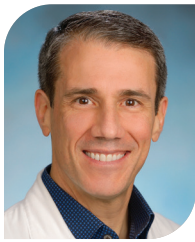
“If you notice these symptoms, even in the middle of the night, it’s best to be evaluated right away,” says Dr. Madineni. “The sooner you seek treatment, the more likely we can prevent any lasting disability.”



TIME — AND EXPERTISE — MATTER

The experienced stroke team at Main Line Health understands the precise care and healing compassion that stroke patients need and deserve. Learn more at mainlinehealth.org/stroke.

Understanding pulsed-field ablation: A new approach to treating atrial fibrillation



Doug Esberg, MD
Electrophysiologist

Atrial fibrillation (AFib) is a common heart condition that affects millions of adults. It occurs when the heart's normal rhythm is disrupted, causing irregular and rapid heartbeats. This can lead to symptoms like palpitations,

shortness of breath and fatigue. AFib also increases the risk of serious complications, such as stroke and heart failure.

Traditionally, AFib is managed with medications to control the heart's rhythm and prevent blood clots. In more persistent cases, treatments like electrical cardioversion or catheter ablation are used to restore normal rhythm. However, these approaches have limitations, including potential damage to surrounding tissues. That's where new technology, like pulsed-field ablation (PFA), comes in.

WHAT IS PULSED-FIELD ABLATION?

Main Line Health is now offering the latest technology to treat AFib: pulsed-field ablation (PFA). This cutting-edge treatment uses nonthermal energy to precisely target and disrupt the heart tissue responsible for abnormal rhythms. Unlike traditional methods that rely on heat (radiofrequency) or cold (cryoablation), PFA uses short electrical pulses to safely and effectively treat AFib, providing a more advanced option for patients.

"One of the key advantages of pulsed-field ablation is its ability to precisely target the heart cells causing AFib while sparing nearby tissues, like the esophagus and phrenic nerve," explains Doug Esberg, MD, an electrophysiologist at Lankenau Heart Institute, part of Main Line Health, who specializes in AFib treatment. "This significantly reduces the risk of complications that can occur with other ablation techniques. Plus, PFA procedures are typically quicker, and patients often benefit from faster recovery times.



HOW DOES PULSED-FIELD ABLATION WORK?

The PFA procedure involves inserting a catheter through a blood vessel and guiding it to the heart. Once in position, the catheter delivers pulsed electrical fields to the areas of the heart responsible for the abnormal rhythm. These electrical pulses selectively affect the heart cells, allowing the healthy surrounding tissues to remain unharmed.

The precision of PFA, combined with its nonthermal approach, makes it a safer option for many patients. Most people undergoing PFA experience shorter recovery times and fewer side effects compared with traditional ablation techniques.

CLINICAL EVIDENCE AND SUCCESS RATES

Recent clinical trials have demonstrated that pulsed-field ablation is highly effective at restoring normal heart rhythm, with fewer complications compared with traditional ablation methods. "Many of our patients experience significant

improvements in their quality of life after the procedure. Pulsed-field ablation represents a major advancement in AFib care, offering a more targeted and safer alternative that we believe will become a standard treatment option for many patients," says Dr. Esberg.

IS PULSED-FIELD ABLATION RIGHT FOR YOU?

If you have been diagnosed with AFib and have not found success with medications or other treatments, pulsed-field ablation may be a good option. It's important to discuss your symptoms, medical history and treatment goals with your cardiologist or electrophysiologist to determine if PFA is right for you. Together, you can decide on the best course of action to manage your AFib and improve your heart health.

Pulsed-field ablation represents a new era in AFib treatment, offering a safer and more effective way to restore normal heart rhythm. If you or a loved one is living with AFib, talk with your cardiologist about whether PFA could be right for you.

HIGH-TECH HEART CARE

For more information or to schedule a consultation with a cardiologist at Main Line Health, visit mainlinehealth.org/treat-afib.



Rapid care and coordination help teacher and cancer patient achieve her dreams



David Holtz, MD
Gynecologic
Oncologist

Newlywed Erin D’Avanzo, 27, struggled with minor pelvic pain and sporadic periods since she was a teenager — issues she didn’t think much of.

But after she got married, her symptoms became noticeably worse. She experienced bleeding between periods as well as after intercourse. Her husband, Joey, encouraged her to see her primary care doctor as soon as they returned from their honeymoon.

“I had a normal pelvic exam and ultrasound just a few months before my wedding,” says Erin. “When I saw my doctor again just six months later, she detected a tumor in my cervix that had grown so large it was visible during the exam.”

UNEXPECTED DIAGNOSIS

Erin’s doctor referred her to David Holtz, MD, gynecologic oncologist, who saw her the very next day. Dr. Holtz biopsied the tumor, which confirmed it was cervical cancer.

“I was shocked. I didn’t know what to think,” recalls Erin. “This wasn’t how I thought I would start my marriage.”

TAILORED TREATMENT

Thankfully, Erin’s cancer had not spread outside the cervix. But it was too large to be operated on without shrinking it first with chemotherapy. The treatment would leave her unable to have children.

“I am an elementary school teacher and love kids. I’ve always wanted a family. It was devastating to think we couldn’t have children of our own,” says Erin. “Dr. Holtz knew how important this was and immediately referred me for egg preservation.”

Erin met with Isaac Sasson, MD, PhD, a Main Line Health obstetrician and gynecologist who specializes in reproductive endocrinology and infertility.



Above: Erin D’Avanzo and her husband, Joey. Erin began treatment for cervical cancer a month after their honeymoon.

Right: Joey and Erin celebrated their dream of having a child after she underwent egg preservation.





David Holtz, MD,
gynecologic
oncologist, with
Joey and Erin's
son, Frankie

Dr. Sasson successfully streamlined the process for egg preservation so Erin could quickly move forward with treatment.

Only about a month after her initial diagnosis, Erin began chemotherapy with Dr. Holtz at Paoli Hospital. Before each of her three sessions, she was fitted with a cold cap, a device that cools the scalp and constricts blood flow to the hair follicles, helping protect her from hair loss.

"Going through cancer treatment was difficult," she says. "Feeling as good about myself as possible helped."

The chemotherapy worked. Erin's tumor shrank, allowing Dr. Holtz to perform a robotic-assisted radical hysterectomy, removing the cancer completely.

DETECTION AND PREVENTION

Cervical cancer that's detected before symptoms appear is much more treatable. It is also one of the easiest cancers to prevent. Almost all cervical cancers are caused by the human papillomavirus (HPV).

HPV is spread through sexual contact and can cause cellular changes in the cervix that may lead to cancer. Regular testing, like Pap smears and HPV screenings, can identify these cell changes so they can be treated before they turn into cancer. Another effective prevention method is HPV vaccination.

The HPV vaccine effectively protects

against strains of the virus that have the highest risk of developing into cancer. Experts recommend all boys and girls get the vaccine by age 11 or 12 or before becoming sexually active. But it is available to anyone ages 9 to 45.

"I vaccinated my own son and daughter when they were 10 years old," says Dr. Holtz. "But if you are older or have already been sexually active, the vaccine is still beneficial. Talk to your doctor."

CELEBRATING TWO LIVES

Today, five years after treatment, Erin is not only cancer-free, she's also a mother. Unable to carry her own child after surgery, she and her husband turned to a surrogate using his sperm and her preserved eggs. Last May — on Erin's own birthday — their son, Frankie, was born.

"Dr. Holtz was amazing. He always explained my treatment options and left decisions up to me," says Erin. "My entire team catered to my needs. As a result, we now have Frankie. I couldn't be happier."

With you through your cancer journey

SUPPORT GROUPS

Information, support, connections

BREAST CANCER SUPPORT GROUP

First Tuesday of each month,
5:30 p.m. Contact: [484.227.3141](tel:484.227.3141) or
mantegnad@mlhs.org

CAREGIVER SUPPORT GROUP

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

COLORECTAL CANCER SUPPORT GROUP

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

COPING WITH CANCER A TO Z

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

METASTATIC BREAST CANCER SUPPORT GROUP

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

CANCER SURVIVORS SUPPORT GROUP

Third Thursday of each month,
4:30 p.m. Contact: [484.476.6239](tel:484.476.6239)
or brogans@mlhs.org

LUNG CANCER SUPPORT GROUP

Fourth Thursday of the month,
1 p.m. Contact: [484.476.6239](tel:484.476.6239)
or brogans@mlhs.org

REDUCE YOUR RISK

January is Cervical Health Awareness Month, the perfect time to talk with your provider about lowering your risk for cervical cancer. Ask about screening and vaccination for both you and your children. Visit mainlinehealth.org/cervicalcancer for more information.



Turning grief into action after losing their son to addiction

Brendan Arata was on the right track.

After 96 days of sobriety, he was writing music again and working at UPS. But Brendan's battle with addiction, which began with self-medicating for bipolar disorder, ended tragically when he overdosed on fentanyl-laced drugs at age 23.

The loss of Brendan set his parents, Heather and Larry Arata, on a mission to help others struggling with addiction.

THE EARLY YEARS AND A BIPOLAR DIAGNOSIS

Brendan grew up in a creative household. His true passion was music — playing xylophone, hosting a weekly alternative radio show and later playing drums. But at 15, he was diagnosed with bipolar disorder.

"Finding resources was difficult," says Heather. "It was trying to figure out how to treat the bipolar, find psychiatrists who understood the disorder in children his age and find a therapist he could talk to."

A year later, Brendan was admitted to the inpatient psychiatric unit at Bryn Mawr Hospital, part of Main Line Health, for suicidal depression.

"With bipolar, there are many types of medications. We think that the medication Brendan landed on kept him stabilized from mania but made him feel more depressed, ultimately leading to self-medicating."

BATTLING ADDICTION

By his late teens, Brendan began stealing anxiety medication to cope with his symptoms. Eventually, he turned to heroin after stealing opioids with a friend. When that friend died from an overdose in 2016, Brendan entered rehab at Mirmont Treatment Center, part of Main Line Health, which specializes in treating people who have co-occurring disorders, meaning they are dealing with both a mental health condition and a substance use issue at the same time.

After completing inpatient treatment, Brendan stayed sober for a while, got a job, attended therapy and was committed



Brendan stands with his loving family in happier times, a testament to the strength and unity that supported him.

to outpatient care. However, his recovery was marked by relapses and barriers to accessing treatment.

RECOVERY AND RELAPSE

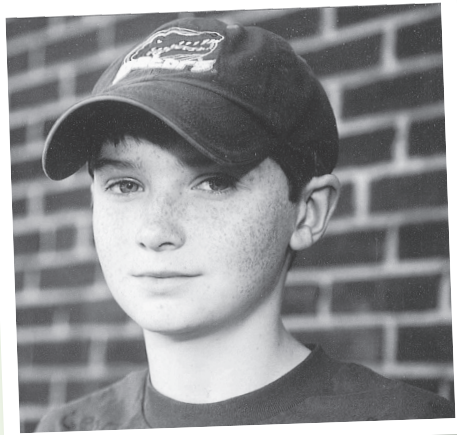
In January 2017, Brendan's mental health worsened and he was hospitalized several times for suicidal depression. Despite entering a partial hospitalization program (PHP), every time Brendan was discharged from treatment, the family felt a mix of hope and fear. He wanted to get better, but the system at the time made it hard

for him to stay on track.

Brendan continued treatment after returning home, but despite all efforts, he relapsed in December 2017, taking drugs that contained fentanyl, which led to a fatal overdose.

A NEW PURPOSE

Mirmont Treatment Center provided essential support to Brendan, helping the Arata family turn their pain into purpose as they offer guidance to others on the path to recovery.



Heather and Larry have since turned their grief into advocacy, starting the Opioid Crisis Action Network (OCAN), a nonprofit focused on destigmatizing addiction and fighting for legislative changes to improve data transparency in recovery homes.

But more than providing resources and advocating for lasting change in addiction treatment, the Aratas offer a beacon of hope for those battling addiction and their loved ones. "It has been a healing experience," says Heather. "We'll never stop grieving the loss of Brendan, but seeing how many people we're able to help eases that grip of grief a little."



At left, Brendan in younger years. Here, Heather and Larry continue to advocate for change in addiction treatment.

HELP AND HEALING

No one has to navigate this journey alone. Mirmont Treatment Center is here to help. Take the first step and call our team today at 888.227.3898 or visit mainlinehealth.org/recovery.



Keeping kids healthy this winter

TIPS TO STAY WELL

Winter is in full swing, and it's a good time to review ways for keeping kids (and families) healthy this season.

MAIN LINE HEALTH AND CHILDREN'S HOSPITAL OF PHILADELPHIA (CHOP)

From bumps and bruises to more complex care, Main Line Health and CHOP work together to provide high-quality pediatric care right in your neighborhood.

For more information, visit mainlinehealth.org/pediatrics.

Minimize touching of mouth, eyes, nose and face to reduce spreading germs.

Teach good handwashing techniques. Wash hands often or use hand sanitizer.

Don't skip well visits.

Eat well, stay hydrated and get adequate sleep.



Growing a culture of wellness on King of Prussia's Rooftop Farm



Main Line Health King of Prussia is known for its coordinated care, specialty services and amenities. But its unique approach to wellness has continued to grow — literally. The Rooftop Farm at Main Line Health King of Prussia is currently under development atop the health center. And it promises to not only help combat food insecurity in our area but to empower patients and their families to lead healthier lives.

“This 6,500-square-foot rooftop farm will include up to 50 planting beds and allow us to grow fruits and vegetables three seasons of the year,” explains Donna Phillips, President of Ambulatory, Post-Acute Care and Professional Services at Main Line Health.

RAISING COMMUNITY SUPPORT

The first phase of the project was launched with a generous \$250,000 donation from Aramark. Now complete, this phase included installation of the first 23 beds, which will be planted this spring. The next two phases will involve installing the remaining beds and building an educational space and utility kitchen to harvest crops and prepare them for distribution.

“As a not-for-profit, Main Line Health relies on generous supporters for projects

like this that can't be funded by operations,” explains Karrie Borgelt, Senior Vice President of Development for Main Line Health. “As we talk to community members about the health and therapeutic benefits of this unique initiative at Main Line Health King of Prussia, they understand the impact this will have on improving lives in the community.”

In particular, two donors are personally matching all monetary donations given to the Rooftop Farm up to \$450,000 — a pledge that could provide a whopping \$900,000 to fully fund the project.

“These philanthropists are so inspiring. Because of their amazing generosity and this substantial match, they have motivated others to give, as well,” says Borgelt.

CULTIVATING KNOWLEDGE, FEEDING THOSE IN NEED

The Rooftop Farm will be used in many ways — from providing a tranquil place for patient therapy to educating patients and

the community about healthy eating.

Some fruits and vegetables grown on the Rooftop Farm will be harvested and used in educational classes taught by area chefs in the health center's demonstration kitchen. Others will be brought to patient waiting areas so visitors can sample them and learn about nutrition. The bulk of the food will be donated to people in need throughout the area.

“We are partnering with food pantries on nearby college campuses, which many students rely on every day,” explains Phillips.

Occupational and physical therapists at the facility will also utilize the Rooftop Farm to work with rehabilitation patients. Gardening has been shown to be a motivating activity to aid in recovery.

“The uses and benefits of the Rooftop Farm for the entire community are endless. But our goal is that it is used for wellness,” says Phillips. “Good health starts with wellness.”

HELP THE FARM GET GROWING

It's not too late to give! The Rooftop Farm at Main Line Health King of Prussia needs your support. To make a donation online, go to mainlinehealth.org/kopchallenge.

Calendar of events



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 7, 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.

AARP SMART DRIVER™

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

A MATTER OF BALANCE

Free, evidence-based program for older adults explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered virtually (9 sessions) and in-person (8 sessions). Visit mainlinehealth.org/events for program dates or to register.

BLOOD PRESSURE SCREENINGS

Main Line Health provides free blood pressure screenings at locations across the region. Visit mainlinehealth.org/events for a current listing.

COMMUNITY CPR CLASSES

We offer different courses to meet your needs. **Basic Life Support (BLS)** is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. The **Heartsaver AED Course** is designed for nonmedical professionals who need a course completion card for their job, regulatory (e.g., OSHA) or other requirements, or anyone who wants to be prepared for an emergency in any setting. For information or to register, visit mainlinehealth.org/events.

THE DEAVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

Offering in-person 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.

FALL PREVENTION: ROOM TO ROOM (VIRTUAL)

As we age, so does our home. Sometimes our home may no longer meet our needs or create fall risks for ourselves and loved ones. If so, you are not alone. Join us for a discussion on identifying ways you can improve your home environment and decrease your risks for falls. Register at mainlinehealth.org/preventfalls.

HEALTHY STEPS FOR OLDER ADULTS

A free falls risk awareness program for PA adults ages 60+. This evidence-based program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health and provide referrals and resources. Please visit mainlinehealth.org/events to find out more about upcoming programs.

VIRTUAL HIP AND KNEE PAIN SEMINAR

During this 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 a hip or knee injury. Register at mainlinehealth.org/orthoclasses.

MLH KING OF PRUSSIA TEACHING KITCHEN

Our King of Prussia Community Health and Outreach team offers a variety of health-related virtual educational programs and in-person cooking demonstrations free of charge. To see our list of upcoming events and how to register, please visit mainlinehealth.org/kopevents.

PREVENTT2 LIFESTYLE CHANGE VIRTUAL PROGRAM (DIABETES PREVENTION)

If you have prediabetes or other risk factors for Type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 Lifestyle Change Program is part of the National Diabetes Prevention Program and features a proven approach to preventing or delaying Type 2 diabetes. Attend a 15-minute information session to learn about the PreventT2 Program, a year-long diabetes prevention program offered by Main Line Health King of Prussia's Community Health and Outreach team (virtual and optional in-person sessions are offered during the program). For dates/times and to register, visit mainlinehealth.org/kopevents.

FREE WIG PROGRAM

This program is for female cancer patients who are currently or about to undergo chemo or radiation treatments that will cause hair loss. To schedule an appointment, call **484.337.5215**.

For a full list of all the community programs offered at Main Line Health, visit mainlinehealth.org/events.

Simple procedure eases swallowing disorders



Dina Weitzman, MS, CCC-SLP
Outpatient Therapy

Savoring a meal should be one of life's pleasures. But if you've been experiencing swallowing difficulties, including throat pain, coughing while eating or getting food caught in your throat, a procedure called

fiberoptic endoscopic evaluation of swallowing (FEES) may be able to pinpoint the problem and offer solutions.

"Swallowing disorders, also called dysphagia, can be caused by a variety of traumas or illnesses, including head injuries, stroke, multiple sclerosis, Parkinson's disease, or head and neck cancer," says Dina Weitzman, MS CCC-SLP, Outpatient Therapy Supervisor at Bryn Mawr Rehab. Weitzman is one of two speech language pathologists now offering the procedure at Bryn Mawr Rehab.

A SLIM SCOPE

FEES involves inserting a small fiberoptic camera, about the width of a piece of spaghetti, into the nose and down the throat to examine the tongue, pharynx, larynx, vocal cords, trachea (windpipe) and other anatomy.

"The tube doesn't interfere with speaking or swallowing, so we're able to examine the function of the muscles by asking the patient to say a phrase or hum," Weitzman says. "We're also able to watch the vocal cords in action and examine valleys in the throat where food might be getting caught."

The patient is then asked to swallow different liquids and foods. In some cases, items are dyed using food coloring to illuminate their passage down the throat.

"As patients swallow, we can examine the timing, coordination and strength of the muscles to target the source of the issue," Weitzman says. "We can see if the patient is aspirating food into the windpipe, or if certain positions or techniques make it easier to swallow." Patients are able to see a recording of their test immediately afterward.



STRATEGIES AND SOLUTIONS

After identifying the issues, Weitzman can suggest a range of solutions, including the following:

- **Dietary modifications:** These may include chopping or pureeing solid foods to make them easier to swallow or thickening liquids to reduce the risk of aspiration. Sipping small amounts of liquid from a spoon, rather than a glass, can also help.
- **Changes in position:** Tucking the chin close to the chest or turning the head to one side before swallowing may prevent food and liquid from leaking into the windpipe. Other strategies include holding liquid in the mouth for a few moments to prepare the throat muscles.

- **Exercises:** These may include placing the tongue between the teeth and swallowing to strengthen the back of the tongue, or swallowing with force (as if something is stuck in the throat) to build up the throat muscles.

"Swallowing is a reflex that we take for granted, and many patients are surprised that simple strategies and exercises can actually help," Weitzman says.

In addition to treating swallowing disorders, Bryn Mawr Rehab offers comprehensive speech therapy services addressing issues related to speaking, understanding language and cognition.

OUTPATIENT THERAPY AT MAIN LINE HEALTH

Bryn Mawr Rehab offers experts in a variety of rehab specialties — speech, physical, occupational therapy and more — so whatever your rehab needs might be, we'll do our best to help you improve your strength, mobility and function. To learn more, visit mainlinehealth.org/rehab or call 484.596.5000.



Effective treatments for sexual dysfunction



Dana Shanis, MD, a board-certified obstetrician/gynecologist and sexual health physician with Main Line Health's Advanced Gynecology Program, explains common sexual dysfunction issues and the positive impact of treatment.

Dana Shanis, MD
OB/GYN and Sexual Health Physician

Q. What is a sexual health physician?

A. Obstetrician/gynecologists are trained primarily in women's reproductive health and the diseases that affect it. However, education and understanding of sexual functioning — how we feel, experience pleasure and connect with our partners — has been largely lacking in the medical community. As a sexual health physician, I help women address the complex and nuanced processes, such as physiological, hormonal, structural and psychological, that can cause sexual dysfunction. Treating these issues can have a dramatic and sometimes immediate impact on quality of life.

Q. What kinds of conditions do you treat?

A. There are many sexual dysfunction issues facing women today that are very treatable. I commonly see women with low libido, pain with intercourse, difficulty



DON'T WAIT TO SEEK HELP

To learn more about sexual dysfunction and the Advanced Gynecology Program at Main Line Health, visit mainlinehealth.org/advancedgynecology.

reaching orgasm, perimenopause/menopausal changes and vaginal dryness. I also treat chronic pelvic pain and pain syndromes of all kinds. These can stem from a variety of conditions, including endometriosis, irritable bowel syndrome, cancer, vulvar skin problems and much more.

Although many women seek help only when their problems become severe — or worse, they do not seek help at all — I encourage those experiencing sexual dysfunction to contact me early on. Because sexual health can affect so many aspects of our lives, it's easiest to treat a problem before it progresses.

Q. What is your philosophy of care?

A. Many women are embarrassed about sexual dysfunction, and problems aren't talked about much in our society. But our sexual health deserves to be a priority.

I practice without shame or judgment and work with biological females of all sexual orientations and gender identities who engage in different sex frequencies, behaviors and activities. Patients entrust me with intimate details about their lives, relationships and anatomy. My goal is to create a safe, open environment by truly listening and taking the time to educate patients so we can find a solution together.



NO PRESCRIPTION NEEDED FOR SCREENING MAMMOGRAMS

A mammogram — technology that involves taking X-ray images of the tissues and glands inside your breast — is one of the best ways to detect breast cancer in the very early stages when it is easier to treat. It's recommended that all women begin screening mammograms at age 40. At Main Line Health, women over 40 who are not experiencing symptoms can make an appointment for their annual screening mammogram without an order or prescription from your doctor.

GET SCHEDULED. GET SCREENED. GET ANSWERS.

Schedule your mammogram today at mainlinehealth.org/mammogram or by calling 484.580.1800.

Lankenau Medical Center
Bryn Mawr Hospital
Paoli Hospital
Riddle Hospital
Bryn Mawr Rehab Hospital
Mirmont Treatment Center
HomeCare & Hospice
Lankenau Institute for Medical Research



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Because your health matters, day and night.



**URGENT CARE NEAR YOU.
OPENING SOON IN OAKS.**

Human care means seeing our neighbors. And when your medical needs can't wait, Main Line Health's urgent care centers are here for you — now with extended hours! Our providers care for patients with a wide range of health conditions and non-life-threatening health issues.

WYNNEWOOD

7 days per week, including holidays
9 a.m.-9 p.m.

BROOMALL AND CONCORDVILLE

Monday – Friday | 8 a.m.-9 p.m.
Saturday – Sunday and holidays | 8 a.m.-4 p.m.

EXTON

Monday – Friday | 9 a.m.-9 p.m.
Saturday – Sunday and holidays | 8 a.m.-4 p.m.

OPENING IN OAKS IN EARLY 2025

Check our website for updates in the new year



SKIP THE WAIT. RESERVE YOUR SPOT ONLINE.

Let us know when you'll be arriving and we'll check you in when you get here.

mainlinehealth.org/urgentcare

