

WOMEN'S healthsource



How Certified Nurse-Midwives Provide **PRENATAL CARE AND SAFE BIRTH EXPERIENCES**

Calendar of Events

Babysitting classes,
cooking demonstrations,
cancer support groups
and more

See pages 7 and 9

SPRING 2024 CUSTOMIZED CARE FOR BREAST CANCER PATIENTS
| RECOVERING AFTER SPINE SURGERY | SUMMERTIME SAFETY GUIDE |
TWO TALES OF LIFESAVING CARE



Main Line Health®

Unlocking emotional resilience: How dialectical behavior therapy (DBT) empowers individuals to thrive

In recent years, there's been a notable increase in the acknowledgment and attention given to mental health. Mental well-being plays a big role in how we connect with others and go about our daily lives. That's why it's so important to explore different ways to boost our mental health and understand various therapies that can help.

DEFINING DBT

Dialectical behavior therapy (DBT) is an evidence-based form of psychotherapy that combines elements of cognitive behavioral therapy with other strategies, such as mindfulness and acceptance. The therapy aims to help individuals develop skills to manage their emotions, improve relationships and increase their overall well-being.

One key aspect of DBT is its focus on dialectics, which means balancing opposing viewpoints or ideas. It encourages individuals to accept themselves as they are while also working toward change.

DBT also emphasizes the importance of validation and understanding, creating a safe and supportive therapeutic environment.

SHIFT PERCEPTION AND REACTION

DBT acknowledges the impact of thoughts and emotions on mental well-being, empowering individuals to regulate emotions and navigate challenges effectively. Through mindfulness, DBT cultivates present-moment awareness and nonjudgmental acceptance of thoughts and emotions, fostering conscious

responses over impulsive reactions.

Distress tolerance skills equip individuals to manage intense emotions without harmful actions, promoting healthier coping mechanisms. Guided by DBT therapists, embracing these techniques facilitates a shift in perception, enhancing mental well-being. DBT provides practical tools for individuals to assert control over thoughts and emotions, fostering lasting positive change.

ENHANCING MENTAL HEALTH

The power of DBT lies in its ability to shift our perception and reaction to the challenges we face. By practicing mindfulness, we learn to be present in the moment and accept our thoughts and emotions without judgment. DBT provides practical tools and strategies that can improve our mental well-being and help us navigate life's challenges with resilience and self-compassion.

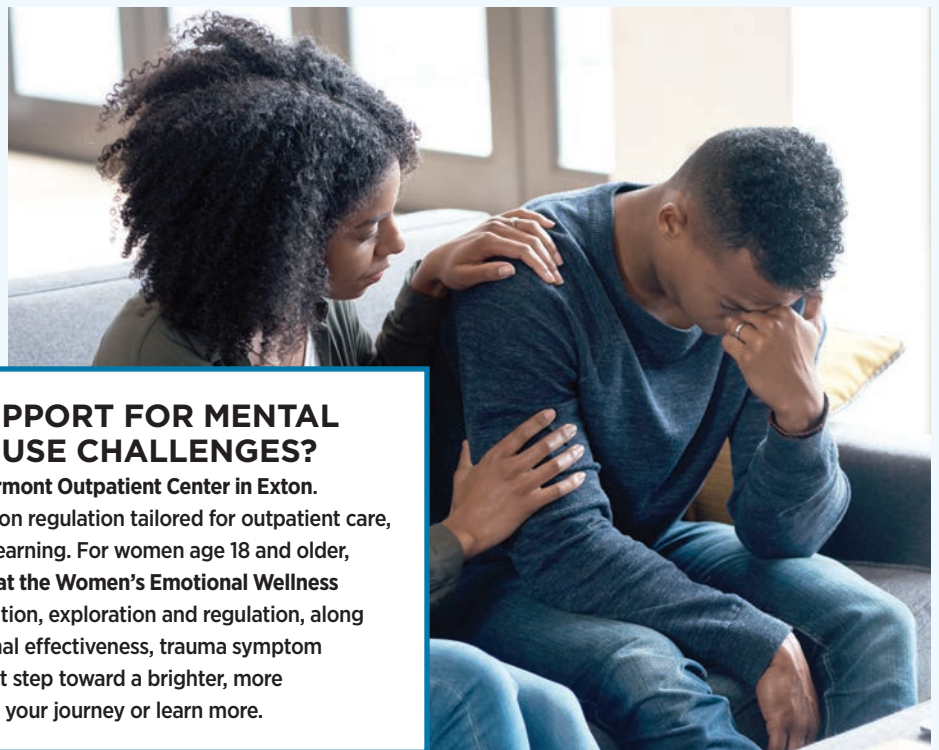
So, if you're looking to enhance your mental health, consider exploring the techniques of DBT and the transformative possibilities they hold.

FAMILY RESILIENCE RETREAT: MAY 18-19, 2024

We invite you to experience transformative healing and personal growth at Mirmont Treatment Center's trauma-focused family retreat weekend. Designed to address the pervasive effects of addiction and mental health diagnoses on families, our expert team will provide psychoeducation and trauma-related recovery services for those affected by these challenges.

Our unique approach ensures that individuals and families will continue to benefit long after the weekend retreat is over. Please note, this retreat is open to all families — regardless of where you or your loved one received care.

For more details and to sign up: mainlinehealth.org/mtcfamilyretreat.



SEEKING STRUCTURED SUPPORT FOR MENTAL HEALTH AND SUBSTANCE USE CHALLENGES?

Join our **Co-Occurring DBT Skills Group at Mirmont Outpatient Center in Exton.**

Explore core skills like mindfulness and emotion regulation tailored for outpatient care, blending psychoeducation with experiential learning. For women age 18 and older, our **DBT Intensive Outpatient Program (IOP) at the Women's Emotional Wellness Center** offers strategies for emotion identification, exploration and regulation, along with improving distress tolerance, interpersonal effectiveness, trauma symptom management and self-care tools. Take the first step toward a brighter, more empowered future. Call **888.227.3898** to start your journey or learn more.

Reclaiming your active lifestyle: Recovering after spine surgery



Michael Murray, MD
Orthopaedic
Surgeon

Richard Odoriso, 69, delayed having spine surgery for as long as he could. For nearly eight years, he dealt with the increasing pain in his lower back with physical therapy, acupuncture and epidural shots. But when these measures

no longer worked and the pain began radiating into his legs, he was ready to consider a more permanent solution. His research led him to Michael Murray, MD, an orthopaedic spine surgeon at Main Line Health.

Dr. Murray recommended a spinal fusion procedure, which would remove the damaged disk in the spine and replace it with a titanium spacer. This would take painful pressure off the spinal nerves while allowing the spinal bones (vertebrae) to grow a bony bridge through the spacer and form a rigid column, stabilizing that segment of the spine.

A LESS-INVASIVE APPROACH

Richard knew about spinal fusion — his brother had undergone a successful spinal fusion years earlier — but he also knew that the recovery period could be long and painful. However, Dr. Murray's approach was different.

"Richard was a good candidate for a lateral lumbar interbody fusion (LLIF) — a less-invasive procedure in which we approach the spine through small incisions from the patient's side, rather than the back," Dr. Murray says. "This method allows for less disruption of the muscles and soft tissue in the back of the spine, resulting in less pain and a faster recovery than a traditional fusion." For instances where a patient's anatomy does not allow for a LLIF surgery, Dr. Murray also offers anterior lumbar interbody fusion (ALIF), which approaches the spine from the front.

Both LLIF and ALIF involve a second step of stabilizing the spine with screws that are placed in between the spinal muscles and are affixed to adjacent

vertebrae. This additional support increases the stability of the spine and allows most patients to avoid needing to wear a back brace after surgery. He uses a computer navigation system to help safely guide his placement of the screws and to ensure minimal disturbance to surrounding bones and tissues.

FAST RECOVERY AND LASTING RESULTS

Richard had his procedure at Paoli Hospital, part of Main Line Health, in February 2023. He was back home the next day, and he was able to start outpatient therapy two weeks later. "Even the physical therapists were surprised that I could start therapy so soon after surgery," he says. He found that he could manage his postoperative pain with Tylenol, and he was back to work in a week.

"I'm very happy with how everything turned out," Richard adds. "I was able to attend my son's lacrosse finals with no pain, walking to the field and standing for hours at a time. And I'm looking forward to playing golf this summer."

JOINT AND BACK PAIN SEMINARS

Join us at these free seminars to explore the anatomy of the joints and spine. Learn about common causes of pain and tips to avoid injuries. Register at mainlinehealth.org/orthoclasses.

STATE-OF-THE-ART SPINE CARE

Whether you're coping with an injury, physical trauma or the painful effects of a condition that limits your mobility, compassionate and expert care is here for you or your loved one. Learn more at mainlinehealth.org/spine.



Lateral lumbar interbody fusion (LLIF) may result in less pain and a faster recovery than traditional spinal fusion.

How midwives are changing the birthing experience



Denise Wilks, DNP, CNM
Certified Nurse-Midwife



Ashley Cautillo, CNM, WHNP-BC
Certified Nurse-Midwife

The certified nurse-midwives at Riddle Hospital, part of Main Line Health, know what a special time pregnancy, birth and postpartum is. They also understand how vulnerable parents can feel. That's why they're committed to providing the highest level of care possible to babies, moms and their partners.

"We're creating an environment that is focused on supporting healthy and normal physiologic birth," says Denise Wilks, DNP, CNM.



WHAT DOES A MIDWIFE DO?

Midwives are trained to deliver infants and provide prenatal, postpartum, newborn and some routine care (such as gynecological exams) for women. Riddle Hospital has five certified nurse-midwives on staff. They each have a master's or doctorate degree in midwifery. The midwives provide mothers who want to be cared for by a midwife the opportunity to have an in-hospital birth. They work collaboratively with a team of OB/GYN physicians to ensure safe delivery of care. Midwives not only see obstetrical patients, they also provide OB/GYN care for women throughout their life cycle.

Midwives provide care for all individuals who seek midwifery care, inclusive of all gender identities and sexual orientations. Midwives:

- Recommend and run prenatal tests
- Prescribe medications and supplements
- Provide care for you throughout pregnancy, labor and postpartum
- Are skilled in nonpharmacologic methods for coping with labor pain
- Provide respectful care that supports each woman's comfort, dignity, privacy and cultural needs throughout their pregnancy and birthing process

The midwives split their time between covering the labor floor and seeing patients in the office. Because they have longer appointment times, they are able to enhance and support knowledge and confidence about birth and diminish fears of the birthing process. "We really get to know the patients we're caring for and what their goals are," says Ashley Cautillo, CNM, WHNP-BC.

THE BIRTHING EXPERIENCE

At Riddle Hospital, the home-like birthing rooms include aromatherapy, candles and other comforts. Wireless monitoring allows moms to move around freely throughout the labor process.

A midwife is a good option for anyone who wants to deliver vaginally. But the great part about choosing a midwife at Riddle Hospital is that if complications or changes arise, you are right in the hospital with other care specialists nearby. Your midwife remains a part of your care team if an OB/GYN is consulted or aids in managing your care. "We work really well as a collaborative team with the patient as a central focus," Wilks says.

The midwifery care model results in fewer C-sections. It also has a high rate of

success for vaginal birth after cesarean section (VBAC).

PROVIDING SUPPORT

Riddle Hospital recently began offering group prenatal care. This allows women to have both one-on-one time with a midwife plus the support of a community. During group sessions, experts, like lactation consultants, pediatricians, pelvic floor therapists and emotional wellness specialists, come in to share information and answer common questions. "The sense of community that develops is amazing," Wilks adds.

Ultimately, the midwifery team is dedicated to being a positive presence. "We really do try to empower our moms to have the birth experience they want," Wilks says. "We're there for them, their babies and their partner throughout."

SPECIAL CARE FOR WOMEN

To learn more about Midwifery services at Main Line Health, visit mainlinehealth.org/midwives or call 610.891.6240.



Understanding Guillain-Barré syndrome



Maria Harris,
PT, DPT
Physical Therapist

Your immune system is crucial for your survival. It protects you from infection by attacking things like viruses, bacteria and fungi. Sometimes the immune system can malfunction. In Guillain-Barré syndrome (GBS), your immune system attacks your nerves.

What are the symptoms of Guillain-Barré syndrome?

GBS typically presents as sudden weakness and tingling that starts in your feet and legs. Symptoms then spread to your arms and upper body. However, for some people, their first symptoms present in their face.

As GBS symptoms worsen, muscle weakness can turn into paralysis, or inability to move, that spreads throughout the body. "Paralysis is ascending, meaning that it travels up the limbs from the fingers and toes toward the torso," explains Maria Harris, PT, DPT, at Bryn Mawr Rehab, part of Main Line Health. "Loss of reflexes, such as the knee jerk, is also present." Other symptoms may include:

- Difficulty walking or climbing stairs
- Trouble with facial movement, including speaking, swallowing and chewing
- Vision problems, like double vision and inability to move the eyes
- Intense pain that feels like cramps, aches or shooting pains (and may get worse at night)
- Trouble with bladder control or bowel function
- Increased heart rate
- Difficulty breathing
- Low or high blood pressure

In many cases, the most severe weakness occurs within two weeks after first experiencing symptoms. Though the condition is rare, it can be serious and lead to complete paralysis of the body, often requiring hospitalization.

What treatments are used for Guillain-Barré syndrome?

There is no known cure for Guillain-Barré syndrome. There are many treatment options that reduce symptoms and shorten the duration of illness. They also lower your chances of long-term symptoms, like trouble walking.

"There are two commonly used treatments that are equally effective if started within two weeks of GBS symptoms," says Maria. "These include plasma exchange (also known as plasmapheresis) and intravenous immunoglobulin therapy [IVIg]."

Intravenous immunoglobulin therapy is when you receive healthy antibodies from donated blood. This blocks antibodies that are linked to Guillain-Barré syndrome.

Serious cases of GBS may require ventilatory support to help you breathe. You may also be given medicine for pain relief and to prevent blood clots while you aren't moving around.

What does long-term recovery look like for patients with Guillain-Barré syndrome?

"As a patient's medical status improves, they may be transferred to an inpatient rehabilitation facility, where the focus is to resume mobility-related activities and activities of daily living," Maria says.

In inpatient rehab, you may work with physical, occupational and speech-language therapists to improve strength and help you with daily activities before going home. You might also use other forms of treatment, such as bracing, splinting, equestrian therapy and aquatic therapy.

Once discharged from inpatient rehab, ongoing therapy at home or as an outpatient helps with long-term side effects, such as fatigue and pain. Some patients also experience psychological distress. A strong support network, including a support group or a psychologist, is helpful in navigating recovery.

TREATMENT CAN HELP

Bryn Mawr Rehab can help. If you know someone diagnosed with GBS, call **484.596.5000** to schedule an appointment or visit mainlinehealth.org/rehab.



Customized care for breast cancer patients



Lina Sizer, DO
Breast Surgeon

Breast cancer affects each person in a unique way and is most successfully treated with care personalized to each patient.

“At Main Line Health, the focus has always been on putting patients first, ensuring that breast cancer patients are offered the most comprehensive care and support possible, from diagnosis to follow-up care,” says Dr. Sizer, a breast surgeon at Main Line Health.

What is patient-focused care?

Patient-focused care takes into consideration the individual and their health care needs. It means that care is collaborative and coordinated across many disciplines, and that care goes beyond physical well-being to also include emotional, social and financial aspects of a patient’s situation.

How does patient-focused care empower patients?

When patients are involved in the decision-making process and fully informed about their treatment options, they’re better equipped to make choices that align with their personal values, goals and situation.

This involvement not only helps patients feel more in control, it also improves patient satisfaction, quality of life and overall outcome.

Are there cancer support groups at Main Line Health?

A breast cancer diagnosis can bring about a wide range of emotions. Main Line Health offers support groups that provide emotional support, validation and encouragement, allowing patients to share their experiences, fears and triumphs with those who truly understand.

Visit mainlinehealth.org/breastcancer to learn more about breast cancer care at Main Line Health.

National Cancer Survivors Month



Michael B. Dabrow, DO
Medical Oncologist

June is National Cancer Survivors Month. At Main Line Health Cancer Care, this annual celebration holds a special place in our hearts.

As Dr. Dabrow, medical oncologist at Main Line Health, explains, “At Main Line Health Cancer Care, every day is Survivors Day. We mark the completion of treatments

with the ringing of a bell. We honor personal achievements and loved ones when patients come in for visits and in our Cancer Survivorship Program,” he says.

Cancer Survivors Month is an extra special celebration. It brings together everyone involved in our patients’ journeys to celebrate as one. We recognize everyone who cares for our patients, including our care teams, the community and patients’ loved ones. We honor our patients for their resilience, courage and endless strength.

Join us for your cancer survivor celebration!

Lankenau Medical Center

Monday, June 3, 4:30–6:30 p.m.
Lankenau Cafeteria
Wynnewood

Paoli Hospital

Tuesday, June 4, 5–7 p.m.
Desmond Hotel,
Malvern

Bryn Mawr Hospital

Wednesday, June 5, 5–7 p.m.
Ballroom at Ellis Preserve,
Newtown Square

Riddle Hospital

Thursday, June 6, 5–7 p.m.
Kings Mills
Media



For more information about each event or to register, visit

mainlinehealth.org/cancercarevents.



Robotic waterjet ablation therapy: A safe, effective treatment for lasting symptom relief of an enlarged prostate

Getting older can bring a wealth of changes — some good, some not so good. An unwelcome physical change for many men is an enlarged prostate, also called benign prostatic hyperplasia (BPH).

“An enlarged prostate doesn’t always cause problems,” says Matthew Sterling, MD, a urologist on staff at Bryn Mawr Hospital, part of Main Line Health. “But if it does, symptoms may include an inability to urinate, weak urinary flow, lack of control over urination or incontinence, pain with urination, and/or urinary frequency and nighttime urination. If left untreated, an enlarged prostate can lead to urinary tract infections, bladder stones or kidney issues.”

ROBOTIC WATERJET ABLATION THERAPY

For a long time, the only treatment options were lifestyle changes, medication and surgery. Another option, robotic waterjet ablation therapy, or Aquablation®, is a safe, effective treatment for symptoms of an enlarged prostate with minimal side effects.

Aquablation uses the AquaBeam® Robotic System to combine robotic

technology, imaging and heat-free waterjets to remove excess prostate tissue.

Other techniques may only move tissue or treat the tissue without removing it.

“Because the prostate is accessed through the urethra (where urine passes through), no incisions are necessary. As a result, it provides significant, long-lasting symptom relief with lower risk to sexual function and continence,” adds Brian Friel, MD, a urologist on staff at Bryn Mawr Hospital.

HIGH-TECH TREATMENT

Waterjet ablation therapy isn’t new, but surgeons are now able to apply proven surgical techniques using new technology to treat enlarged prostate symptoms. The therapy is available at Bryn Mawr Hospital, where all procedures are planned and performed by urologists trained in the technique and experienced with minimally invasive treatment of an enlarged prostate.

An enlarged prostate may be common, but that doesn’t mean you need to suffer with it. Talk to your health care provider about ways to reduce your symptoms and help you get back to your life.



DON'T SUFFER IN SILENCE

To learn about robotic waterjet ablation therapy (Aquablation) for treatment of BPH at Bryn Mawr Hospital, call 1.866.CALL.MLH (866.225.5654).

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

CANCER SURVIVORS' SUPPORT GROUP

Third Thursday of each month, 4 p.m., in-person. Barbara Brodsky, Comprehensive Breast Center, Bryn Mawr Hospital. Contact: **484.476.6239** or brogans@mlhs.org

CAREGIVER SUPPORT GROUP

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

COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1 p.m., virtual. Contact: **484.476.8503** or bidasg@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

LUNG CANCER SUPPORT GROUP

Fourth Thursday of the month, 1 p.m., in-person at Lankenau Medical Center. Contact: **484.476.8514** or cicinih@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

THRIVING DURING AND AFTER CANCER TREATMENT

We See You: A Series on Caring for Your Emotional Well-Being
12:15 p.m., virtual
May 1: It's Okay to Not Be Okay
May 8: Working Through Grief
May 15: Road to Resilience
May 22: Coping Through the Diagnosis
May 29: Embracing Uncertainty

Stent procedure restores blood flow to her legs and joy to her life



Laura Immordino, MD
Cardiologist



Manju Jayanna, MD, MS
Interventional Cardiologist

At 89, Ellen Aiello is a widowed mother of three and grandmother of four

who lives independently and has a vibrant, active life. She enjoys cooking for friends, taking neighbors food shopping and organizing get-togethers at her apartment building.

But two years ago, Ellen had a series of cardiovascular issues that challenged her independence. After experiencing recurrent pain in her left calf, she was

diagnosed with peripheral artery disease (PAD), a buildup of plaque in the arteries that slows or obstructs blood flow to the limbs. Her PAD was successfully treated by placing a stent in her artery to open the blockages in her leg.

Shortly after, Ellen also had transcatheter aortic valve replacement (TAVR) surgery at Lankenau Medical Center, part of Main Line Health. A presurgical CT scan of Ellen's abdomen and legs revealed major blockages in both her right and left common iliac arteries—the vessels on each side of the body that carry blood to the pelvic region and legs. Despite these blockages, she was able to have TAVR surgery. After recovering, Ellen quickly resumed her activities. That's when her leg pain came back.

PAIN AND DIFFICULTY WALKING

Ellen was now feeling pain in both of her calves and thighs when she walked, as well as back pain and balance difficulties.

She went back to her cardiologist at Bryn Mawr Hospital, part of Main Line Health, Laura Immordino, MD, who knew of the blockages in her legs that were discovered just before her TAVR procedure.

"Now, she complained of an 'awareness' of her breathing," says Dr. Immordino. "She was having to stop to rest after two minutes of walking. Knowing that she was previously very active, this was clearly a change."

Dr. Immordino ordered an arterial duplex ultrasound. The results were abnormal and different than in 2021. She asked her colleague Manju Jayanna, MD, MS, an interventional cardiologist at Bryn Mawr Hospital, to review Ellen's case.

RESTORING HOPE

Based on Ellen's CT scan from 2021 and the more recent ultrasound, Dr. Jayanna thought she was an excellent candidate for an iliac artery revascularization — a minimally invasive treatment that uses endovascular stents to restore blood flow. He invited Ellen to his office.

"I was able to determine that her symptoms were because of significant blockages to the blood supply to both of her legs," Dr. Jayanna says.

The treatment required no anesthesia or incisions — just local numbing and two tiny pinholes made in the groin through which stents would be placed. Ellen was awake and comfortable the entire time.

Dr. Jayanna notes that having PAD does put Ellen at higher risk for heart attack or stroke. He recommends she continue seeing her cardiologist, managing her cholesterol and blood pressure, and exercising regularly to reduce her risk.

A DRAMATIC IMPROVEMENT

The morning after her procedure, Ellen noticed an immediate change. "From the moment I stood on my feet, I could tell the difference in my legs," Ellen says.

Today, Ellen walks daily and does physical therapy to rebuild her strength. She recently spent a weekend with her daughter in the Poconos and described the "pure joy" of going on a mile-long hike.

"I feel like I can still be of use in this world to myself and others," she says.



ARE YOU LOOKING FOR ADVANCED TREATMENT OPTIONS FOR PAD?

At Main Line Health, we bring new options to patients sooner, offering access to innovative clinical trials and minimally invasive therapies. Schedule an evaluation today. Visit mainlinehealth.org/lhi.



Calendar of events

AARP SMART 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 discount requirements. For more information, visit mainlinehealth.org/events.

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.

BLOOD PRESSURE SCREENINGS

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

BASIC LIFE SUPPORT (BLS)

This course is designed for health care 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. To register, visit mainlinehealth.org/events.
Tuesday, May 14, 6 p.m.
Tuesday, July 9, 6 p.m.
Saturday, August 3, 9 a.m.
Cost: \$100, Riddle Hospital Health Center 4, Suite 101

THE DEAVER 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.

HEALTHY STEPS FOR OLDER ADULTS

A free falls risk awareness program for PA adults ages 60 and older. 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. To find out about upcoming programs, please visit mainlinehealth.org/events.

HEARTSAVER COURSES

This course is designed for nonmedical professionals who need a course completion card for their job, regulatory or other requirements, or anyone who wants to be prepared for an emergency in any setting. To register, visit mainlinehealth.org/events.
Saturday, May 4, 9 a.m.
Thursday, July 11, 6 p.m.
Tuesday, August 13, 9 a.m.
Riddle Hospital Health Center 4, Suite 101

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 this program for your group, please call **484.565.8328**; or for a scheduled class, go to mainlinehealth.org/events.

MLH KING OF PRUSSIA TEACHING KITCHEN

Our King of Prussia Community Health and Outreach team offers a variety of health-related virtual nutrition 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.

SAFE SITTER BABY SITTING COURSE

Safe Sitter is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. This program teaches Childcare Skills, CPR First Aid & Rescue Skills, and Life and Business Skills. To register, visit mainlinehealth.org/events.
Thursday, June 27
Thursday, July 11
Wednesday, July 17
Thursday, July 25
Wednesday, August 7
Wednesday, August 14
Thursday, August 22
9:00 am at Riddle Hospital Health Center 4, Suite 101

SAFER STEPS

This virtual one-hour free fall prevention program will be offered on the third Tuesday of every month. To register, please visit mainlinehealth.org/events.

FREE WIG PROGRAM

This program is for female cancer patients currently or about to undergo chemotherapy or radiation therapy. For information or to schedule a free wig fitting, call **484.337.5215**.

SKIN CANCER SCREENINGS

Registration is required. Visit mainlinehealth.org/events.
Monday, May 13
Thursday, May 16

SMOKEFREE

This virtual free six-session program encourages smoking cessation among tobacco users and vapers. Participants may be eligible for free nicotine replacement therapy. For more information or to register, call **484.227.3735**.

STOP THE BLEED®

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

STRETCH YOUR LIMITS (VIRTUAL)

This free exercise program for adults ages 55+ includes light aerobic warm-up, strength training with elastic tubing and dumbbells, balance training, and stretching with modified yoga and chair tai chi. Go to mainlinehealth.org/events for current dates, times and how to register.

JOINT AND BACK PAIN SEMINARS

Free seminars explore the anatomy of the joints and spine. Learn about common causes of pain and tips to avoid injuries. Register at mainlinehealth.org/orthoclasses.

Summertime safety guide

Stay safe this sunny season with these tips.



Bicycle and skateboard accidents

Did you know ... ? Wearing a bike helmet reduces bicycle-related head injuries by 20% to 55%, per the CDC.

What you can do:

- Every ride starts with putting on a properly fit helmet made for your activity. This goes for grown-ups, too.
- When biking, wear bright colors or reflective gear.
- If a fall happens, seek emergency care if you see signs of a concussion: one pupil larger than the other; drowsiness or inability to wake up; a headache that gets worse and does not go away; slurred speech, weakness, numbness, or decreased coordination; vomiting or nausea; shaking; unusual behavior; increased confusion; restlessness or agitation; loss of consciousness.



Impaired driving

Did you know ... ? After alcohol, marijuana is the substance most often associated with impaired driving.

What you can do:

- Plan ahead. Arrange for a ride home from a designated driver, friend or rideshare service.
- Know that impaired driving starts with the first drink or when you first smoke, vape or dab marijuana.



Pedestrian safety

Did you know ... ? Pedestrian fatalities have been steadily rising, and the growth of pedestrians distracted by mobile devices is widely believed to play a major role.

What you can do:

- Cross streets at designated crosswalks or intersections.
- Walk on sidewalks or paths facing traffic.
- Avoid using earbuds or phones when walking.
- When you are a driver, avoid distractions, maintain safe speeds and practice other safe driving behaviors.



Dog bites

Did you know ... ? In the U.S., more than 4.5 million people are bitten by dogs each year.

What you can do:

- If bitten, wash the wound gently with soap and water, apply pressure with a clean towel, apply a sterile bandage to the wound, and keep the wound elevated above your heart to prevent swelling and infection.
- Seek medical care if the bleeding doesn't stop after 15 minutes of pressure, the bite becomes infected, or you were bitten by a stray animal or a pet of unknown vaccination status.



Gun Safety

Did you know ... ? Guns are now the leading cause of death for U.S. children and teens.

What you can do:

- Store all guns locked, unloaded and separate from ammunition.
- Ask family and friends about unlocked or loaded guns in their homes.
- Main Line Health, along with a consortium of hospitals and health care organizations across the Philadelphia region, is participating in the It Doesn't Kill to Ask gun safety campaign. For actionable tools on how to speak up about safe gun storage and how to feel empowered to ask other parents about access to guns in a home your child might visit, go to [HospitalsTogether.com](https://www.hospitals-together.com).

ER V. URGENT CARE In case of an emergency that requires rapid or advanced treatments, call 911 or go to your nearest emergency room. If you need urgent care, save time and check in online at [mainlinehealth.org/urgentcare](https://www.mainlinehealth.org/urgentcare).



Michelle Smith, MD
Neurosurgeon

Two tales of lifesaving care: Minimally invasive approach saves brain aneurysm patients

HEATHER'S STORY

Heather was cleaning her house one Sunday when she woke up confused and with extreme head pain. "It felt like there was a rubber band around my neck creating pressure in my head," she says. Heather was brought to Bryn Mawr Hospital, part of Main Line Health, where she was immediately given a CT scan and diagnosed with a ruptured brain aneurysm.

Michelle Smith, MD, a neurosurgeon on the team at Main Line Health-Jefferson Neurosurgery, performed a coiling procedure to treat the aneurysm. "Coiling is a minimally invasive procedure, where we're able to snake tiny catheters under X-ray guidance into the blood vessels in the brain and inside the aneurysm," says Dr. Smith.

Heather was impressed at how quickly Dr. Smith diagnosed and treated her condition. "She also identified that the type of brain aneurysm I had could be hereditary," Heather says. "So, she was able to save my brother's life, too, by suggesting that he have a scan to identify and prevent this from happening to him."

Now fully recovered and back to work, Heather is grateful for her care. "The neurointervention team not only saved my life, but they also gave me back the quality of life I had before the brain aneurysm."

Watch Heather's full story at mainlinehealth.org/stroke.



DONNA'S STORY

Donna experienced a crushing pain in her head while cooking dinner. "I took an ambulance ride to Paoli Hospital, part of Main Line Health, where they contacted the neurosurgeon on call."

That neurosurgeon happened to be Michelle Smith, MD, of Main Line Health-Jefferson Neurosurgery. "When I met Donna, she was so sick and already unconscious," says Dr. Smith. "We had to do an emergent bedside procedure ... to save her life." The next step was to do an emergency coiling to treat the aneurysm and prevent it from growing back.

In 2023, Paoli Hospital, part of Main Line Health, opened a new state-of-the-art Neurointervention Lab. Through Main Line Health's collaboration with Jefferson Health Neurosurgery and Tele-Neurocritical Care Services, the lab provides leading neurointervention care to Chester County.

"It's so huge to be able to have a less-invasive procedure in the Neurointervention Lab that was able to save my life, and also go back later and treat the aneurysm so that it wasn't ever going to come back and haunt me," says Donna. "I feel very fortunate to have had care at Main Line Health. I can't imagine that I would have received better care any place else."

Today, Donna says everything in life seems a little sweeter. She is back to doing all the things that bring her joy, like spending time with her family, reading and doing jigsaw puzzles. "The neurointervention team made all this possible — they really gave me a second chance at life."

Watch Donna's full story at mainlinehealth.org/stroke.



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