

WOMEN'S healthsource

The latest radiation
therapy technology offers

**OPTIMAL
OUTCOMES
FOR CANCER
PATIENTS**

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Celebrating love
and a triumph over
orthopaedic
trauma

WINTER 2023 HOW MITRACLIP IS CHANGING HEART CARE
WHAT LANKENAU'S NATIONAL OB/GYN RANKING MEANS FOR YOU
AGING DOESN'T HAVE TO BE PAINFUL WITH PHYSICAL THERAPY



Main Line Health®

Get to know Katie Galbraith, new president of Lankenau Medical Center

Katie Galbraith, MBA, FACHE, took the helm of Lankenau Medical Center as president this past September. She brings a wealth of experience, positivity and dedication to her position. We had a conversation with her to learn more about how she is approaching this new role.

Q: Tell us a little about your previous role and how it led you here.

I started in communications/public relations at Duke University Health System and moved through the ranks to serve as Duke Regional Hospital's director of marketing. However, in order to be the organization's chief storyteller, it was important to me to understand the operation inside and out. I was passionate about learning all I could about the hospital and health care. After earning my MBA, I moved into strategic planning and hospital operations and eventually served as president of the hospital for nine years.

I was with Duke University Health System for 26 years and was not necessarily looking to change roles. I loved the team there and always said it would take a very special place to draw me away. With Lankenau Medical Center, I've found that special place—there aren't many like it.

Q: What was it that drew you to Lankenau Medical Center?

Lankenau has deep roots in the community, a collaborative nature and an incredible commitment to patients. Everyone here—at all levels of the organization—truly cares about the patient. People caring for people is really what health care is all about. I inherited that amazing foundation at Lankenau and am thrilled to have the opportunity to build on it.

Q: What does a typical day look like for you?

It's so varied, and that's what I love. Things come up during the day, and you just never know where you're going to be needed. I spend a lot of time in meetings. Unfortunately, these days many are still



virtual. I'd much rather interact with people in person. I try to walk the halls every day to see our team members, thank them and recognize them. I like to hear what's going well and where we still have opportunities to improve.

Q: What career milestone are you most proud of?

The building of a new behavioral health center and expansion of Duke Regional's emergency department was a significant milestone for me and for the hospital. This multiyear \$102.4 million construction project—the largest in the hospital's history—brought together inpatient, outpatient, emergency and electroconvulsive therapy (ECT) behavioral health services on one campus designed by and for behavioral health patients. The services are now much closer to the community, allowing for better continuity of care for patients. And we did that construction on time through COVID.

Q: Who is your biggest inspiration?

Without question, our frontline team members have always been my true inspiration. These professionals come in no matter what else is happening, and they give their very best to our patients

and each other. They have my deep respect and gratitude.

Q: Who has helped mold you into the person you are today?

So many people have influenced me—starting with my parents. I have a little bit of my mom in me and a little bit of my dad in me. My dad was very calm under pressure and great at seeing the big picture. I certainly have that trait.

I've learned from so many amazing leaders over the years, and I've probably learned even more from our frontline team members and providers and, of course, our patients. I've also had great mentors along the way.

Q: What is your first priority at Lankenau?

I've only been here a short time and believe my job right now is to listen and learn. I want to know what's working well and where we can do better for our patients and each other. As a medical center, we've been entrusted to care for people at their most vulnerable time. It's a remarkable privilege. I look forward to working with this amazing team to create the best place to receive and provide care.

Q: How are you enjoying the area? How do you spend your free time?

I grew up in the Northeast but haven't spent much time in Philadelphia. The first thing that struck me is how beautiful it is. I love the change of seasons and am so excited to explore everything this area has to offer.

My husband and I enjoy cooking and traveling together. We also love spending family time. We have one child in college and another who is graduating from high school this year. The silver lining of the past few years is that we've had a little more time together.

Q: Where is your happy place?

On the beach on Cape Cod, usually in the off-season. It's always been a special place for my family. When I need to decompress, that's what I think of.

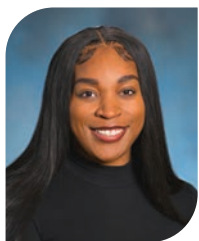
Don't let seasonal affective disorder darken your mood



LET THERE BE LIGHT

"If you think you might have SAD, it's important to reach out to a health care professional because there are ways to treat the symptoms," says Hill. One possible option is light therapy. "Some people find relief by using a special bright light for about a half hour each morning as a way to make up for the lack of sunlight during the fall and winter," explains Hill. "This seems to alter the brain chemicals that regulate your mood."

If you're interested in trying light therapy, you'll need to get a light therapy box. Look for a model that's been specifically designated for the treatment of seasonal depression. Regular household lamps, salt lamps or lighting that is designated for other medical needs won't offer the same health benefits as a light therapy box.



Tatyana Hill, LPC
Psychotherapist

When winter arrived this year, did a gloomy mood arrive with it?

Did you start craving starchy foods? Did you notice changes in your energy level and need to sleep more? If the shifting seasons have seemed to affect

you this way, then you might have SAD says Tatyana Hill, LPC, a psychotherapist at Main Line HealthCare's Behavioral Health outpatient practice.

"SAD stands for seasonal affective disorder, which is a form of depression that's related to the change in the seasons," explains Hill. "As daylight hours get shorter in the fall and winter, people who are affected by SAD start feeling down in a way that affects their daily life." This tends to be most common among those living in more northern regions. Women are also more likely than men to get SAD.

DARK MOODS AND OTHER SYMPTOMS

SAD shares common symptoms with major depression, such as feeling hopeless and having trouble concentrating. However, people with SAD also tend to have other symptoms. These include:

- Overeating
- Gaining weight
- Feeling sluggish
- Oversleeping

Researchers aren't exactly certain what causes SAD, but many believe a disrupted "biological clock"—or circadian rhythm—may be to blame. Limited daylight during the fall and winter months affects the body in many ways that could contribute to SAD.

MORE WAYS TO LIFT YOUR MOOD

Light therapy, of course, is just one option. Hill also recommends these other ways you may be able to lessen the symptoms of SAD:

- Try to get outside or soak in some sunlight through windows. A vitamin D deficiency can be related to SAD, and sunlight can help.
- Be more active. Exercise can help you feel better.
- Spend time with others. It may be harder to be social when you're depressed, but being alone can make you feel worse.
- Talk with a health care professional about whether medication might be right for you.

BRIGHTEN YOUR DAYS

Don't suffer with SAD until spring arrives. Talk with one of the behavioral health specialists at Main Line Health about how to find relief. Call **1.888.CARE.898 (1.888.227.3898)**.



CONVENIENT ACCESS TO OUTPATIENT PSYCHOTHERAPY

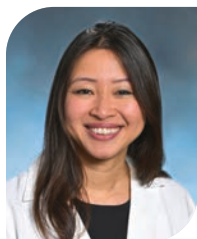
Main Line Health is dedicated to providing comprehensive behavioral health services that meet every level of need within our community.

Our new outpatient psychotherapy practice located on the Bryn Mawr Hospital campus applies evidence-based approaches to treat a wide range of common concerns, with the goal of improving overall mental health and well-being.

Offerings at this practice include individual psychotherapy for people ages 14 and older. Initial visits are in-person. Both in-person and virtual appointments are available for follow-up visits, as well as extended hours on evenings.

To schedule a confidential evaluation and to learn more about our providers, please call **1.888.227.3898** or visit mainlinehealth.org/outpatientpsychotherapy.

The latest radiation therapy technology contributes to optimal outcomes for cancer patients



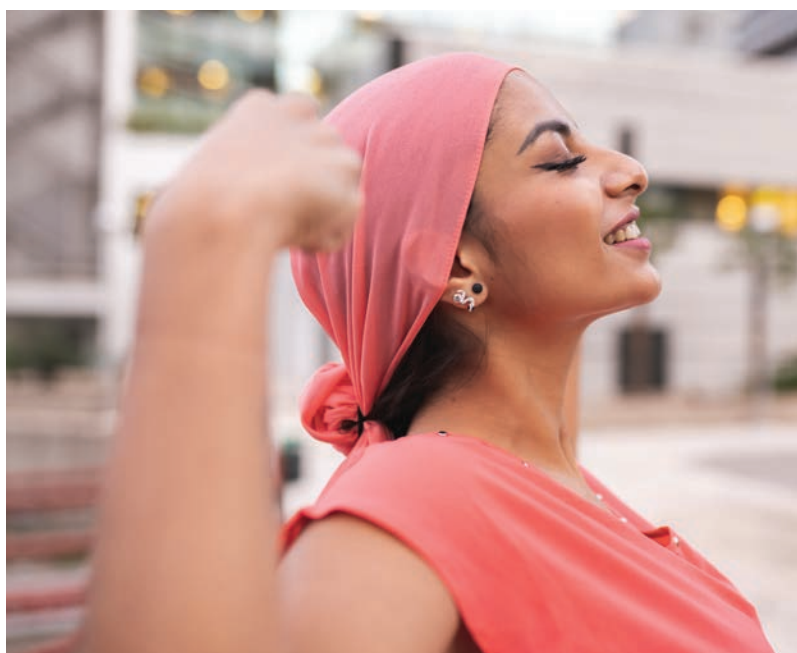
Linna Li, MD
Chief of Radiation
Oncology

Radiation therapy is often an essential part of cancer treatment. The latest radiation therapy technology is expanding treatment options for many patients, while improving results. Main Line Health's sophisticated tools work seamlessly to treat cancer faster and with more power and precision, in many cases allowing shorter treatment times and fewer rounds of treatment as well as fewer side effects. Here are three examples of state-of-the-art technologies that are offering patients the best possible outcomes at Main Line Health.

3D-PRINTED SKIN MOLDS

To ensure the photon beams used in radiation therapy reach a breast or skin cancer tumor while also protecting healthy tissue, radiation therapists typically place a flat sheet of gel-like material on the skin's surface. But this material doesn't shape well to a patient's contours, leaving air gaps that reduce the effective dose to tumors.

Main Line Health instead creates 3D-printed molds for each patient. "These personalized molds are computer-generated and fit perfectly to each patient's body," says Linna Li, MD, chief of radiation oncology for Main Line Health. "We are the only provider in Pennsylvania and one of a few centers nationally to offer this technology." The 3D-printed molds are available at Bryn Mawr Hospital, Riddle Hospital and Newtown Square.



ADVANCED RADIOTHERAPY

Precision matters. That's why Bryn Mawr Hospital uses the most advanced radiotherapy system available for stereotactic ablative body radiation therapy (SABR or SBRT). Varian Edge allows radiation oncologists to treat a tumor from many directions with pinpoint accuracy and in only three to five sessions compared with 20 to 40 with standard radiation therapy.

SBRT is often used for treating stage IV cancer when it has spread or metastasized to other organs or parts of the body. "SBRT allows us to deliver submillimeter precise radiation to any metastatic disease," explains Dr. Li. "In our experience, more than 95% of stage IV patients have no side effects. When combined with immunotherapy, it effectively controls the tumor target over 95% of the time.

"Now there's ample research that shows SBRT can extend survival for patients with stage IV lung, prostate or breast cancer," she says. "For some patients, it may even cure their cancer, which is extremely exciting."

4D IMAGE GUIDANCE

Sometimes a tumor can be a moving target as the body's organs also move, such as during breathing. To counter this, Main Line Health uses 4D-imaging technology to capture a tumor's precise location at any given moment and to design radiation treatments that are delivered between breathing cycles. The technology is used with SBRT and intensity-modulated radiation therapy (IMRT), which shapes beams of different intensities to fit the tumors.

"4D imaging allows us to ensure that radiation targets tumors while minimizing exposure to internal organs like the lungs or heart during the patient's breathing cycle," says Dr. Li. "Since we avoid more of the healthy tissue, there's less risk of side effects. For stage I lung cancers, we can ablate the tumor entirely, making surgery unnecessary. For breast cancer, we can completely avoid the heart."

PRECISION CANCER CARE

To learn more about our radiation therapy options or to schedule a consultation with one of the cancer care specialists at Main Line Health, call **1.866.CALL.MLH (1.866.225.5654)**.



With you through your cancer journey

SUPPORT GROUPS:

Information, support, connections

BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 5:30 pm

Contact: 484.227.3141 or mantegnad@mlhs.org

CAREGIVER SUPPORT GROUP

Second Wednesday of each month, 5:30 pm

Contact: 484.565.1253 or powersv@mlhs.org

COLORECTAL CANCER SUPPORT GROUP

Second Thursday of each month, 1:00 pm

Contact: 484.476.8503 or bidasg@mlhs.org

COPING WITH CANCER A TO Z

Second Monday of each month, 4:30 pm

Contact: 484.227.3794 or stolbergt@mlhs.org

METASTATIC BREAST CANCER SUPPORT GROUP

First Tuesday of each month, 4:30 pm

Contact: 484.565.1253 or powersv@mlhs.org

NUTRITION SEMINARS:

Virtual classes
Visit mainlinehealth.org/KOEvents

FIGHTING CANCER WITH A FORK AND KNIFE

EATING WHILE TREATING: NUTRITION DURING CANCER TREATMENT

PLANT-BASED DIET

SMALL STEPS TO BETTER HEALTH

HEALTHY EATING ON A BUDGET

THE MEDITERRANEAN DIET

THRIVING DURING & AFTER CANCER TREATMENT:

Virtual seminars with Q&A

THE NUTS AND BOLTS OF MEDICAL MARIJUANA

January 24, 5:00 pm

Contact: 484.227.3794 or stolbergt@mlhs.org



Human care means seeing our neighbors.

Main Line Health's network of convenient patient care locations offer many of the day-to-day health care services you need, including primary and specialty physician offices, urgent care, physical medicine, radiology and laboratory services. Visit mainlinehealth.org to find care near you.



Fixing Leah's leaky heart valve with MitraClip™ therapy



William Gray, MD
Chief of Cardiovascular
Diseases



Howard Kramer, MD
Cardiologist

Leah Crane, age 80, is one of more than 300 people at Lankenau Medical Center treated with MitraClip therapy, a less invasive alternative to repair a condition known as mitral valve regurgitation without open-heart surgery.

"It's incredibly satisfying to see this transcatheter-based, nonsurgical therapy benefiting so many patients in life-changing ways," says William Gray, MD, chief of cardiovascular

diseases at Main Line Health and co-director of Lankenau Heart Institute.

"MitraClip is a tremendous advancement for those who are living with mitral regurgitation and who would not tolerate an open-heart surgery due to age or other health concerns," says Howard Kramer, MD, a cardiologist at Bryn Mawr Hospital, part of Main Line Health. "MitraClip broadens the spectrum of people we can treat and help feel better with shorter hospital stays, faster recovery and reduced risk of stroke."

LEAH'S STORY

Leah was born with mitral valve prolapse (MVP), though she had no symptoms.

"About two and a half years ago, I became short of breath when climbing the stairs. Bonnie Ashby, MD, my Main Line Health primary care physician, recommended I see a cardiologist," says Leah.

That cardiologist, Dr. Kramer, compared Leah's echocardiogram with earlier studies and saw that her heart function had declined and her mitral valve was leaking. A healthy mitral valve has two flaps (leaflets) that open and close to keep blood flowing in one direction. When leaflets don't close sufficiently, blood can



leak backward (regurgitate), forcing the heart to work much harder. Unrepaired regurgitation can lead to severe problems such as heart failure, arrhythmias or pulmonary hypertension.

"He explained what was happening in detail. We talked about options, including surgery, but I felt fine. As a two-time breast cancer survivor, I didn't want to pursue surgery at that time," says Leah.

THE MITRACLIP OPTION

Leah came across an article about MitraClip that prompted her to revisit the topic with Dr. Kramer.

With a decision made to now pursue this treatment, she was referred to Dr. Gray, who teamed up with Scott Goldman, MD, director of the Structural Heart Program, and Katie Hawthorne, MD, a noninvasive cardiac imaging specialist at Lankenau Medical Center, to perform Leah's procedure.

This involved threading a tiny, fabric-covered metal clip through the femoral vein in Leah's leg and up to her heart

using a tube called a catheter. Using ultrasound and X-ray to guide them, they positioned the clip where the mitral valve was leaking and then released it, pinning the two leaflets together and reducing the regurgitation.

BACK IN ACTION

"My care was outstanding from start to finish," says Leah. "I was astonished by how good I felt after the procedure." Leah loves spending time with her family, gardening and taking walks—activities she can enjoy even more now that her heart doesn't have to work so hard.

Renew your heart-health knowledge

Lankenau Heart Institute's Women's Heart Initiative is excited to offer a new digital library for women of all ages. Hear from our experts on such need-to-know topics as:

- Unique risk factors for heart disease
- Understanding skipped heartbeats, flutters and palpitations
- The connection between diabetes and heart disease in women
- Pregnancy complications that increase risk for heart disease

... and more!



To watch, visit
[mainlinehealth.org/
whivideos](https://mainlinehealth.org/whivideos) and

check back often as we continue
to add content.

DON'T MISS A BEAT

Main Line Health cardiac specialists are experts in the treatment of mitral valve disease and the use of minimally invasive mitral valve repair. If you've been diagnosed with mitral valve disease, we can help. To schedule an appointment, call 1.866.CALL.MLH (1.866.225.5654).



Lankenau's national OB/GYN ranking

UNDERSTANDING WHAT THE U.S. NEWS & WORLD REPORT RANKING MEANS TO YOU

U.S. News & World Report has ranked Lankenau Medical Center among the best in the nation for obstetrics and gynecology. OB/GYN has long been a marquis patient care program for Lankenau, with a focus on caring for women throughout their lives. But what exactly goes into the prestigious national ranking by U.S. News?

U.S. News evaluated more than 4,500 hospitals nationwide for its Best Hospitals rating and rankings. Of these, they selected 233 hospitals that see a significant number of challenging patients for pelvic, cervical, uterine, and ovarian disease and procedures as well as obstetrics. They then analyzed various data categories, including outcomes, volume of high-risk patients, patient experience, nurse staffing and advanced clinical technologies. Each hospital is given a score based on these ratings, and Lankenau was ranked in the top 50 nationwide.

"It's not surprising that Lankenau ranked so highly for OB/GYN," says Joseph Gobern, MD, MBA, FACOG, chair of

obstetrics and gynecology for Main Line Health. "Our experts in maternal-fetal medicine and our level III NICU provide peace of mind for high-risk pregnancies, and our overall maternity program received high marks on key measures of safety and quality."

"Generations of our neighbors have begun life at Lankenau," says Lisa MacDonald, MSN, CMSRN, NE-BC, nurse manager for obstetrical services. "Last year, more than 3,000 babies were born here. This, coupled with our excellent ratings for nurse staffing and patient services, reflects our commitment to new families and the confidence our community has in us."

For gynecology, U.S. News evaluated hospitals for advanced gynecologic procedures and conditions including

gynecologic cancer care. Lankenau received high marks for the number of patients treated, noting that higher volume is associated with better outcomes. Lankenau also received a score of excellent for nurse staffing, noting that more nursing care per patient is associated with better outcomes and better patient experiences.

"Lankenau's use of advanced technology such as robotic-assisted gynecologic surgery, care for patients with complex conditions and recognition as a Magnet hospital for nursing care are some of the factors recognized," Dr. Gobern says. "It is gratifying that U.S. News has validated our commitment to providing the highest-quality care for women at every stage of life."

A HIGHER STANDARD OF CARE

To learn more about Lankenau Medical Center's OB/GYN care, visit mainlinehealth.org/womenshealth.



Renovations to Lankenau Medical Center's postpartum maternity unit include expansive suites and patient-centered environmental upgrades designed to enhance the patient and family experience and complement care provided by obstetricians, fertility and maternal-fetal medicine specialists and neonatologists.



Dr. Joseph Gobern and nurse practitioner Valerie Wood are part of the advanced gynecology team caring for women experiencing common and complex disorders of the reproductive system.

First comes love: Celebrating a wedding one year after a near-fatal car crash



Mitesh Shah, MD
Orthopaedic Surgeon

When Alex Knight, 30, walked down the aisle and danced with his bride, Ryann, at his wedding in April 2021, it wasn't just a milestone. It was a triumph.

Alex had been on his way home from work in May 2020 when he lost control of his car. "I hit a couple of trees, veered into an oncoming car, and ended up backward and upside down, with the car on fire," he says. Quick action by witnesses and a near-immediate response by emergency crews saved his life, but it still took nearly 45 minutes to extract him from the wreckage.

TRIAGE TEAMWORK

At Lankenau Medical Center, a trauma team swung into action to assess Alex's injuries, which included fractures in his neck, ribs, pelvis, thigh, kneecap, knee joint, wrist and ankle; bleeding in his lungs and brain; and other organ and soft tissue injuries.

For orthopaedic surgeon Mitesh Shah, MD, the first priority was stabilizing Alex enough to undergo the numerous procedures that would be required to essentially rebuild his skeleton.

"While Alex was in the ICU, we put external frames on his legs and kept him in traction to keep everything in place until his vital signs normalized," Dr. Shah says. "We created a priority list of his injuries and started addressing them, one by one."



Working with a team of two orthopaedic residents, an anesthesiologist and specialty orthopaedic nurses, Dr. Shah reset Alex's thighbone, stabilized the fractures in his kneecap and cleaned out his wounds, which took nearly eight hours. A few days later, during another five-hour procedure, the team rebuilt his hip socket, reassembling the bones like puzzle pieces. A subsequent four-hour surgery addressed the remaining fractures in his right knee, ankle and foot.

THE HEALING BEGINS

Alex was unconscious for nearly three weeks after the accident, and Dr. Shah and the Lankenau Medical Center staff did their best to communicate with his family, who couldn't visit due to COVID-19 protocols. When he awoke in mid-May, he had no memory of the accident.

"I woke up and thought, 'Where am I?'" Alex says.

More surgery and weeks of inpatient therapy at Bryn Mawr Rehab followed. "When I went to rehab, I couldn't even sit up," he says. But every day, he made progress, rebuilding his core strength and gradually moving from a wheelchair to a cane.

A TIME TO CELEBRATE

On September 2, with Ryann and his mother by his side, Alex walked out of Bryn Mawr Rehab and went home. Months of outpatient therapy followed. Recovery was grueling at times, but all the hard work led to the joyous April wedding and a memorable first dance that ended with Alex lifting his new wife in his arms.

After his final surgery with Dr. Shah in November 2021, Alex and Ryann brought wedding pictures to the follow-up appointment. "It was incredibly rewarding to see that," Dr. Shah says.

Today, Alex has made a full recovery. "I'm able to live without limitations," he says. "I'm so grateful to everyone, from the emergency responders to my therapists to Dr. Shah and his team, for putting me back together again."

GET BACK TO YOUR BEST

If you've been experiencing pain or limited mobility, our team may be able to help. To schedule an appointment with an orthopaedic specialist at Main Line Health, call 1.866.CALL.MLH (1.866.225.5654).



Using diagnostic ultrasound to pinpoint pain



Emily Levy, MD
Sports Medicine
Physician

Describing your muscle or joint pain to a doctor might feel a little like telling your mechanic about car trouble.

“My knee is making a weird clicking sound,” you might say. Or, “My shoulder only hurts when I move like *this*.”

At Main Line Health, Emily Levy, MD, a board-certified sports medicine physician, offers a noninvasive, convenient way to diagnose these issues: diagnostic ultrasound.

Ultrasound uses a small probe that emits high-frequency sound waves to produce images. Unlike X-rays and CT scans, it doesn't use radiation, and unlike MRI, it can be performed during an in-office visit.

“Ultrasound allows me to closely evaluate muscles, tendons, ligaments and other structures, and sometimes even pick up signs of small fractures that X-rays might miss,” Dr. Levy says. “I can also ask a patient to move the limb to do dynamic testing with the ultrasound, which you wouldn't be able to do with an MRI.” In some cases, Dr. Levy can then administer a

targeted injection of medication or another treatment to diagnose and address the issue in one office visit.

Dr. Levy recalls a recent patient with arthritis like knee pain. He had already had a knee injection that did little to address his pain and came in for a second opinion. Ultrasound revealed that it was actually a large Baker's cyst, a fluid-filled sac behind the knee. “We were able to aspirate the cyst in the same visit,” she says. “He left the office feeling great.”

LOOKING FOR ANSWERS?

To learn more about how diagnostic ultrasound may be able to help pinpoint your pain, schedule an appointment with an orthopaedic specialist at Main Line Health. Call **1.866.CALL.MLH (1.866.225.5654)**.

Providing a clear answer to the question: Is it an infection?



Carl Deirmengian, MD
Orthopaedic Surgeon,
Clinical Assistant
Professor

In the U.S., approximately 600,000 knees and 400,000 hips are replaced every year with prosthetic (artificial) joints, according to the American Academy of Orthopaedic Surgeons. While most surgeries lead to pain-free function, some patients experience a rare complication called periprosthetic joint infection (PJI), which involves the prosthetic joint and surrounding tissue. In this case, additional surgery may be needed.

For a long time, orthopaedic surgeons lacked a reliable way to diagnose PJI. This made it difficult to tell whether inflammation around a prosthetic joint was due to an infection or to another cause, and therefore to recommend the best treatment plan for the patient.

Carl Deirmengian, MD, an orthopaedic surgeon at Main Line Health and a clinical assistant professor at Lankenau Institute for Medical Research, LIMR, was determined to tackle the problem.

“When surgeons tested for PJI, the results left room for interpretation, so there was a level of inconsistency among hospitals,” says Dr. Deirmengian. “It was a big problem for the orthopaedic field overall.”

While most previous strategies to diagnose PJI aimed at trying to detect the pathogen, with mixed results, Dr. Deirmengian instead started looking at the patient's immune response. Experiments completed in his lab showed that alpha defensin, a protein released by white blood cells that have been activated

in response to infection, was an ideal biomarker for PJI. His team then devised a test that could pinpoint alpha defensin in joint-surrounding synovial fluid.

Since the initial research was completed, Dr. Deirmengian's test has received FDA approval. Now known as Synovasure[®], the test, which can detect PJI in 10 to 20 minutes, marks a truly exciting development in orthopaedic care.

“We were thrilled when the FDA authorized the diagnostic test after it demonstrated excellent performance in the clinical trial,” says Dr. Deirmengian. “By meeting our goal to provide a more consistent, standardized approach to diagnose infection, we've also been able to improve patient care, lower risk and reduce health care costs.”

HAVE A QUESTION ABOUT JOINT REPLACEMENT?

To schedule an appointment with an orthopaedic specialist, call **1.866.CALL.MLH (1.866.225.5654)**.

INTERESTED IN INNOVATION?

Learn more about the research happening at Main Line Health at mainlinehealth.org/limr.

Aging doesn't have to be painful: Five reasons to go to physical therapy as you age



Robyn Edwards-Lihota, DPT
Physical Therapist

There are many things to look forward to as you age. But getting older can also include changes in your physical ability that may be less exciting.

As you age, it's important to pay attention to your

body—and what it may be trying to tell you.

Whether you want to be able to do the things you love or simply live in less pain, here are ways physical therapy (PT) can support you as you age.

1 Recover from—and prevent—falls and injuries

When people think about PT, they often think about it after an injury. PT can also help you prevent an injury by focusing on your:

- Balance
- Walking ability
- Strength
- Endurance
- Home safety

Each year, 1 in 4 older adults in the U.S. will experience a fall—which accounts for approximately 36 million falls each year for older adults. By focusing on different areas of ability and safety with a physical therapist, you can lower your risk of falling and injury.

2 Relearn physical abilities after a stroke

Every day, your body helps you do many tasks and movements that we often take for granted. But after a stroke, you may struggle with those day-to-day tasks.

Your physical therapist can help you relearn how to perform activities and movements like:

- Walking
- Sitting
- Standing
- Lying down
- Switching between different types of movement

3 Retain your independence

Nearly 80% of adults ages 50 and older want to stay and age in their own homes. In PT, your therapist will learn about your goals and create a plan to help you meet them.

Maybe you want to work on walking on uneven surfaces so that you can get the paper every day. Perhaps your goal is to build arm strength because you love cooking. All these goals are important, and your physical therapist can help you with different exercises to prioritize your mobility, strength and confidence.

4 Speed up recovery after joint replacement

After a joint replacement surgery (like a hip or total knee replacement), the last thing on your mind might be moving around or exercising. But in reality, PT is just as important as the surgery itself.

"After surgery, exercises should start even before you are discharged from the hospital," says Main Line Health physical therapist Robyn Edwards-Lihota, DPT. "Your orthopaedic surgeon or physical therapist will provide exercises you can do in the recovery room that will help you move your knee or hip."

5 Get support for a range of conditions

PT isn't one-size-fits-all. The exercises you do there will be tailored to your ability and goals. PT can be beneficial for a wide range of health concerns and goals, including:

- Back pain
- Chronic pain
- COPD
- Incontinence
- Vertigo

If you are experiencing pain or loss of ability, talk with your Main Line Health provider about how PT can help.



KEEP THE PEP IN YOUR STEP

For more information or to schedule an appointment with one of our expert physical therapists, call **484.596.5000** or visit mainlinehealth.org/rehab.



Calendar of events

A MATTER OF BALANCE®

This free evidence-based program for adults ages 55+ explores concerns about falling, the value of exercise, fall prevention and assertiveness. Offered in virtual and in-person formats, the program is eight to nine sessions. Participants must commit to at least five sessions. For available program dates, questions or to register, call **484.337.5212** or email kanem@mlhs.org.

THE DEEVER HEALTH EDUCATION CENTER AND THE WELLNESS FARM

Offering in-person and virtual health and education classes to schools and community or church organizations. Classes are for school-age or adult groups and can be scheduled by calling **484.476.3434** or emailing lhhealthcenter@mlhs.org.

MLH KING OF PRUSSIA TEACHING KITCHEN

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

QUESTION. PERSUADE. REFER® (QPR)

This free virtual, evidence-based program provides practical and proven suicide awareness and prevention training. Appropriate for any adult community member. For registration questions or to schedule this free program for your organization, call **484.565.8328** or email eckenrodel@mlhs.org.

SENIOR SUPPERS (VIRTUAL)

Join us for a fun and informative presentation on various health topics geared to promote well-being as you age. These programs are offered monthly. Upcoming dates: January 25, February 22, March 22 and April 26. To register, visit mainlinehealth.org/events.

SMOKEFREE (VIRTUAL)

Our six-session program helps tobacco and e-cigarette users quit. Participants can enroll in group or individual counseling and may be eligible to receive free nicotine-replacement therapy (NRT). Call **484.227.FREE (484.227.3733)** to register.



SAVE THE DATE for Women's Heart Initiative's Heart of Life: An event to support maternal cardiac health

Enjoy an afternoon devoted to all women—mothers, daughters, sisters, spouses—while supporting heart-health initiatives during pregnancy and beyond. **Sunday, May 7, 2023, 1:00–4:00 pm, Waynesboro Country Club.** Visit mainlinehealth.org/heartoflife for more details.

STOP THE BLEED®

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

STRETCH YOUR LIMITS (VIRTUAL)

Strength training, balance training and stretching. A sturdy chair without arms is needed. Fee: \$5/class. Call **1.866.CALL.MLH (1.866.225.5654)** to register or **484.337.5206** for more details.

FREE WIG PROGRAM

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

ZUMBA GOLD (VIRTUAL)

New to ZUMBA? Our compassionate approach supports all ages and physical abilities. This program is offered once a month on the second Wednesday at 4:00 pm. Upcoming dates: January 11, February 8, March 8 and April 12. To register, visit mainlinehealth.org/events.

HIP AND KNEE PAIN SEMINAR (VIRTUAL)

Attend a free hip and knee pain seminar hosted by Main Line Health orthopaedic program managers. Upcoming dates: January 12 and 23; February 6 and 20. View more dates and register at hipandknee360.com.

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December 2022 *Women's Health Source* is published by Main Line Health. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2022 Printed in U.S.A. Developed by Krames.

This publication is part of the Women's Health Source health and wellness program. You may unsubscribe at any time by emailing whs@mlhs.org.



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Human care means seeing even our littlest neighbors.

Main Line Health is excited about its pediatric affiliation with Children's Hospital of Philadelphia (CHOP). CHOP providers care for pediatric patients in the neonatal intensive care units (NICU) at all four acute care hospitals, as well as Bryn Mawr Hospital's Inpatient Pediatric Unit and Emergency Department. This is another example of Main Line Health's commitment to providing convenient, compassionate care close to home.

For more information visit mainlinehealth.org/pediatrics.



KEEPING KIDS HEALTHY: WINTER HEALTH TIPS

With winter in full swing, it's a good time to review tips for keeping kids (and families) healthy this season:

- Teach good handwashing techniques. Wash hands often or use hand sanitizer if handwashing isn't possible.
- Minimize touching your mouth, eyes, nose and face to reduce the likelihood of spreading germs.
- Avoid sharing drinks and utensils.
- Know where to go when your little one is sick.
- Know what's in your medicine cabinet.
- Don't skip well-child visits.
- Never be afraid to message or call your pediatrician if you have a concern about symptoms or if something feels "off" with your child.

For more information on navigating the winter months with your little one, visit mainlinehealth.org/pediatricblog.

