



CHESTNUT HILL HOSPITAL HEALTHYWOMAN



F o r w o m e n w h o w a n t t o l i v e w e l l

Treating Pelvic Floor Disorders

Women often don't want to talk about it — even to their doctors — because the symptoms are embarrassing: urinary or fecal incontinence, sexual dysfunction, or pressure and bulge in the vagina. These are symptoms of pelvic floor disorders that can negatively affect a woman's social, physical, occupational and sexual well-being.

The good news is that pelvic floor disorders can be treated and significantly improve her quality of life. "These are common conditions and good treatments are available," explains Heidi Harvie, M.D. who recently joined Chestnut Hill Hospital to perform urogynecologic procedures with the Hospital's state-of-the-art daVinci robotic surgery system.

Pelvic floor disorders affect one-third of pre-menopausal and half of postmenopausal women in the United States. The conditions are not life threatening but can be debilitating when they restrict a woman's daily activities. The disorders include urinary incontinence, fecal incontinence, and pelvic organ prolapse. Urinary incontinence comes in two forms: stress incontinence (urine leaks with coughing, sneezing, activity) and urge incontinence (an overactive bladder, as in those "gotta-go" commercials).

Treatment for stress incontinence, Dr. Harvie explains, is primarily outpatient surgery that creates a "sling" under the urethra to give it support. The procedure is minimally invasive and has a greater than

continued on inside front cover...

Heidi Harvie, M.D., Urogynecology,
Chestnut Hill Hospital



SATURDAY, OCTOBER 3

9 a.m. – 3:30 p.m.

New Covenant Campus
7500 Germantown Avenue
Mt. Airy section of Philadelphia



HEALTHY
WOMAN
2009
EMPOWERED
FOR LIFE

WOMEN'S HEALTH
CONFERENCE

INFORMATIVE WORKSHOPS
HEALTHY LUNCH
HEALTH SCREENINGS
DOOR PRIZES

It's Free

Pre-registration is required
for admission.
Complete the form inside.

continued from cover...

Pelvic Floor Disorders

90 percent success rate. Urge incontinence is treated by medication and behavioral methods, such as bladder retraining, fluid management and pelvic floor exercises.

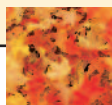
Pelvic organ prolapse is described as a “falling down” of the uterus (or vaginal vault after a hysterectomy), bladder or rectum through the vagina that creates a bulge or pressure in the vagina. It can be treated by inserting a pessary, a brace that sits in vagina and holds the organs in their correct place, but a pessary is not a cure.

Prolapse can also be treated by traditional “open” surgery through the abdomen, vagina surgery, or by laparoscopy (often called “keyhole surgery” because it involves inserting a scope with attached camera through a small incision.) Laparoscopy has been available for several decades, but its latest technological advance is the “robotic” surgical system, Dr. Harvie was trained as a urologic gynecology surgeon at the University of Pennsylvania. Chestnut Hill Hospital is the first hospital in Pennsylvania to acquire the new model of the da Vinci-Si surgical system. In this system, the “robot” technology allows improved visualization, dexterity and access with laparoscopy as the surgeon performs the repair.

“The robot system is good for women with prolapse,” Dr. Harvie says, because “it allows the gold-standard procedure with the highest long-term success rate for repair of prolapse to be performed in a minimally-invasive fashion.” It repairs the prolapse by attaching the top of vagina to the sacrum (the “tailbone”) using a mesh bridge. “Think of a sock turning inside-out. It’s like taking the toe of the sock and lifting it back up, Dr. Harvie explains.

“While the procedure is typically done through open surgery with an incision like a c-section or hysterectomy, it is a technically difficult operation and hard to achieve equivalent results with traditional laparoscopy,” Dr. Harvie notes. The robot allows this procedure to be done in a minimally-invasive way through small incisions, less than one centimeter. Other advantages of the robotic-assisted method over open surgery include fewer complications, shorter hospital stays and recovery times, less pain, and faster return to normal activities.

Meet Dr. Harvie on September 29 at “Transforming Women’s Treatment Options for GYN and Urology” (page 6)



**HEALTHY
WOMAN
2009
EMPOWERED
FOR LIFE**

Informative Workshops, Healthy Lunch,
Health Screenings and Door Prizes

Cost: It’s FREE!

*Registration is required
for admission.*

Listening to Your Hormones— From PMS to Menopause

Lynda Thomas-Mabine, M.D., graduated from Howard University and earned a medical degree from Temple University School of Medicine. She was selected as one of the best African American GYN physicians in a nationwide survey of *Essence* magazine readers. She has discussed women’s health issues as a guest speaker on WDAS radio and WYBE television.



SATURDAY, OCTOBER 3, 2009

9 a.m. – 3:30 p.m.

New Covenant Campus
7500 Germantown Avenue
Mt. Airy section of Philadelphia

9 a.m.

Registration

9:45 a.m.

Welcome

10 a.m.

Breast Health Jeopardy

Patricia Bailey, M.D.,

*University of Pennsylvania breast surgeon
and medical director, Chestnut Hill
Hospital Women's Center*

10:45 a.m.

Workshops/Lunch/

Information Booths and Screenings

2:15 p.m.

Thank you

2:30 p.m.

Keynote:

*Lynda Thomas-Mabine, MD,
Essence magazine, Top Doc*

Listening to Your Hormones— From PMS to Menopause

A guide to causes and treatment of the physical and emotional symptoms created with the hormonal changes of premenstrual, peri-menopausal, menopausal and post-menopausal syndromes

3:15 p.m.

Door Prizes

To register

Complete the form and mail by
September 22. Call **215-248-6100**
with questions.

Presented by:



Sponsored by:



MAKING STRIDES
Against Breast Cancer



2009 Healthy Woman REGISTRATION

Step 1. Choose a session for lunch. If you do not choose lunch, one will be selected. Teens may attend all three sessions.

Step 2. In the remaining two sessions select from each your first and second choice of the programs offered by placing a "1" or "2" in the box.

Step 3. Complete the form and mail to Chestnut Hill Hospital, Healthy Woman, 8835 Germantown Avenue, Philadelphia, PA 19118 by September 22.

WORKSHOPS

Session I (10:45 to 11:40 a.m.)

- Lunch/Health Fair
- TEENS ONLY**—Sexuality, *Tiffani Lemen, MD, Chestnut Hill Hospital*
- Weight Loss Surgery—*Penn surgeon, Chestnut Hill Hospital*
- Non surgical options for facial rejuvenation—*Scott Brenman, MD, Chestnut Hill Hospital*
- Self Esteem Make Over—*Beverly Richards, Phd*
- Diet and Heart disease prevention—*Patti Morris, RD*
- Latest Developments for Treating Infertility—*Benjamin Gocjal, MD, Chestnut Hill Hospital*
- Line Dancing—*Lorraine McClary & Tina Allen*

Session II (11:55 a.m. to 12:50 p.m.)

- Lunch/Health Fair
- TEENS ONLY**—Self Esteem, *Lyn Hammond*
- African American Skin Problems—*Nicole Davis, MD, Chestnut Hill Hospital*
- Living your Greatest Life—*Kathleen Walls, PsyD*
- Nutrition for Weight Loss—*Patti Morris, RD, CDE*
- Bladder Health/Uterine Prolapse—*Heidi Harvie, MD, Chestnut Hill Hospital*
- Taking the Stress Out of Caregiving—*New Courtland*
- Line Dancing—*Lorraine McClary & Tina Allen*

Session III (1:05 to 2 p.m.)

- Lunch/Health Fair
- TEENS ONLY**—Love Doesn't Have to Hurt—*Azuncena Ugarte*
- Diabetes—*Karen Agersborg, DO, Chestnut Hill Hospital*
- Treatment for Common Foot Problems—*James Sang, DPM, Chestnut Hill Hospital*
- Coping with Loss—*Alicia Parker, RN, BS*
- Cosmetic Surgery Options—*Scott Brenman, MD, Chestnut Hill Hospital*
- Exercise for Healthy Living—*Jackie Yorko, MEd, Chestnut Hill Hospital*
- Line Dancing—*Lorraine McClary & Tina Allen*

Please print clearly.

Name (first)

(last)

Address

City

State

Zip

Phone

Email

Seating will be filled on a first come basis. One registration form per person.
You may copy the form.

EDUCATION PROGRAMS

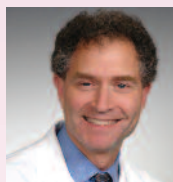
For Women Who Grieve

Second Tuesdays of the month
6:30 - 8 p.m.
Women's Center

For most women, the loss of their spouse or loved one is intensely personal and overwhelming. Their life is forever changed, yet they are expected to be the same. Achieving balance and independence is a constant struggle. For Women Who Grieve, facilitated by Barbara A. Penny, a local attorney and advocate who lost her husband to cancer 13 years ago, will provide emotional support and the tools to move forward. Additionally, Barbara will provide the opportunity for participants to talk openly in an intimate setting about life after this life-altering event. *For more information or to register, call 215-260-1268. Free.*

Leg Pain and Peripheral Artery Disease

Tuesday, September 8
6:30 p.m.
Lea Auditorium, CHH



Mark Kahn, M.D.

Peripheral artery disease (PAD) is a condition, similar to coronary artery disease, where fatty deposits build up in the inner linings of the artery walls. With PAD blood flow is restricted to the kidneys, stomach, arms, legs and feet. In its early stages a common symptom is cramping or fatigue in the legs and buttocks during activity. Come hear Mark Kahn, M.D., director of vascular and endovascular surgery for Chestnut Hill Hospital, shed some light on this important topic. *Registration is required. Call 215-753-2000. Free.*

**The Weight is Over —
Weight Loss Surgery Information Session**

Wednesdays, September 9, October 14,
November 11, December 9
6-7 p.m.
Board Room, CHH

Chestnut Hill Hospital's Weight Loss Surgery program is helping patients gain life through medically supervised weight loss surgery. With years of experience in weight loss surgery, Penn surgeons lead a multidisciplinary team of specialists who can help you gain confidence and knowledge as you discover a whole new you. *Registration required. Call 215-753-2000. Free.*

Special session in Blue Bell**The Weight is Over —
Weight Loss Surgery Information Session**

Tuesday, September 29
6 - 7 p.m.

Do you suffer from diabetes, high blood pressure, joint pain, sleep apnea, or other health conditions related to your excess weight? Has your doctor recommended that you lose weight to get healthy? Diet after diet just isn't working? Being healthy is not easy, we understand.

Join us to learn about Weight Loss Surgery. You will have the opportunity to meet and talk with one of our Penn surgeons, Aley Tohamy, M.D., in a warm and friendly atmosphere. Please call 215-248-8520 to register. Maybe now is the time to take the first step toward gaining a new, healthier and improved quality of life. **Free.**



Aley Tohamy, M.D.

Locator Key

The abbreviations shown in the calendar listings refer to the following health care facilities:

**Chestnut Hill Hospital
Women's Center
(Women's Center)**
8811 Germantown Avenue
Philadelphia, PA 19118

Chestnut Hill Hospital (CHH)
8835 Germantown Avenue
Philadelphia, PA 19118

Montgomery Rehab Hospital (MRH)
8601 Stenton Avenue
Wyndmoor, PA 19038

REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for some programs now accepted by phone.

AARP Driver Safety Course

Wednesday September 2 and Thursday September 3
noon - 4:30 p.m.

Lea Auditorium, CHH

This eight hour, in-classroom, driving refresher program is designed for adults 50 and older who want to develop safe, defensive driving techniques. Full attendance is mandatory in order to receive the AARP certificate. Pennsylvania state law requires insurance companies to give a 5% premium reduction to persons 55 years of age and older who complete this course. Checks, made out to AARP, must be sent in ahead of time to Jackie Yorko, Chestnut Hill Hospital, 8835 Germantown Avenue, Phila., PA 19118. *Phone reservation and pre-payment is required. Call 215-753-2000. Cost: \$12 for AARP members. \$14.00 for non-AARP members. (Please put your AARP membership number on your check.)*

The Ladies' Perfect Fit — Professional Bra Fitting Day

Sunday, September 13

Fittings 11a.m. - 5 p.m.

Presentation on "The Perfect Fit" 2 p.m.

Nordstrom, Lingerie Department, Third Floor,
King of Prussia Plaza

Chestnut Hill Hospital and Nordstrom are partnering for a day of bra fitting tips and free fitting appointments! The right size bra does wonders for your figure and the wrong size bra can not only be unsightly, but also painful. At our "Perfect Fit for Ladies" day, you can learn how to find the perfect bra for your size and shape. Certified bra fitters will be available by appointment throughout the day. Vendor representatives will be on hand to answer questions and refreshments will be served. *Fittings will be done by appointment only. Call 610-265-6111. Free.*



Challenges and Benefits in Mid-life

Mondays beginning September 14
6:30 - 7:30 p.m.

CHH, Medical Offices, 8815 Germantown Ave., Suite 40

Supportive therapy and education group to assist in new perspectives and growth for women in mid-life. Areas addressed will be perimenopause and menopause, body image, relationships, career and enjoyment. The positive effects of healthy lifestyle, as well as alternative and conventional medical treatments will also be discussed.

Facilitators are Lisa Lambert, M.D., Chestnut Hill gynecologist and alternative medicine advocate and Nancy Pollack, M.S.W., psychotherapist and health educator. *Cost: \$15 per session. Registration is required. Call 215-753-2000.*



Lisa Lambert, M.D.

Heartsaver CPR with Automated External Defibrillator

Tuesdays, September 21, October 9,
November 16 and January 20
6 - 10 p.m.

Volunteer Conference Room, CHH

This certification course covers adult, child and infant CPR, as well as rescue choking and automated external defibrillator training. *Registration is required. Call 215-753-2000. Fee: \$50 per person / \$85 per couple.*

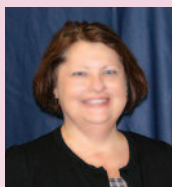




EDUCATION PROGRAMS *(continued)*

Freedom from Smoking

Session runs Wednesdays,
September 16 through October 28
Special session Friday, October 9
7 - 9 p.m.
Volunteer Conference Room, CHH



Debra Roberts

If you are considering quitting smoking, please join Freedom from Smoking facilitator for an informational class designed to help you understand your smoking habit and make a positive change in your health. Invest in your good health and breathe free! Registration is required. Call 215-753-2000. Fee: \$60 (Participants who complete the class receive a \$30 refund.)

Introduction to the Senior Circle Program

Wednesday, September 23
11 a.m.
Lea Auditorium, CHH



Jackie Yorke

This meeting provides an opportunity for you to learn all about the Senior Circle program at Chestnut Hill Hospital. Senior Circle members are at least 50 years old and enjoy a generous selection of national, local and hospital discounts, including free hospital parking. In addition to these discounts

and benefits, the program includes regular free health talks and exciting trips.

*The membership fee is \$15 per year. Registration for the orientation is required and refreshments will be served. Members and non-members are welcome. Call 215-753-2000. **Free.***



The Main Street Fair

presented by

CHESTNUT HILL HOSPITAL
CHESTNUT HILL COMMUNITY ASSOCIATION

Main Street Fair

Saturday, September 26
11 a.m. - 5 p.m.
Chestnut Hill Hospital
8835 Germantown Avenue, Philadelphia

Join us under the tent and on the grounds of the Hospital for a new twist on a long-standing community event. For more than 50 years, neighbors of Chestnut Hill gathered to celebrate their Hospital and community at the annual Main Street Fair. We'll raise the tent again this September for families to come together to enjoy gourmet food vendors, moon bounce, face painting, raffles, local artists, health fair and live musical performances all day. All proceeds benefit The Elissa Messori Jacobsen Scholarship Fund and the Chestnut Hill Community Fund for Community Green Spaces.

Sponsored by:
Xerox, Bowman Properties
and Citizen Bank



Illustration by: Jane Piotrowski

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Credit card payment for some programs now accepted by phone.

Your BONE HEALTH



Osteoporosis, a disease involving the thinning and weakening of the bones, affects 44 million people in the U.S. and 55 percent of all people age 50 and older. Women are more likely to develop osteoporosis than men. Some important steps can be taken to prevent the disease:

- Get enough calcium and vitamin D. Calcium is found in dairy products, leafy greens, legumes, and fortified cereals and juices.
- Engage in muscle-strengthening exercise.
- Don't smoke and avoid excessive drinking.
- **Know your risk and have a bone density test.**

The Chestnut Hill Hospital Women's Centers in both Chestnut Hill and Blue Bell offer the DEXA scan, a special type of X-ray considered the gold standard for measuring bone density. This technology calculates your bone density in relation to a normal value, and also can compare your measurement to those of other people your age. The DEXA scan delivers a very low dose of radiation and takes just a few moments. According to the U.S. Preventive Services Task Force, women should begin having bone density scans at age 65; those women with a family history or notable risk factors should start earlier.

Additionally, both Chestnut Hill Hospital Women's Centers have added an exciting new feature: vertebral fracture assessment (VFA). VFA examines the shapes of vertebral bodies in your back, revealing any fractures, osteoporosis, or spinal injuries. Patients who have become shorter, have stooped posture, have had any fractures as an adult, or have unexplained back pain are at risk for vertebral fractures and should consider undergoing VFA. You should discuss this test with your physician to determine if it would be beneficial. *To make an appointment call 215-248-8400.*

WEIGHT LOSS SURGERY CAN *change your life.*



If you're more than 100 pounds over your ideal weight, please join us for an informational session. Or if you've already had surgery and would like ongoing encouragement, join us at a support group meeting.

Call 215-753-2000 for this month's programs.
Call 215-753-2000 for this month's programs.


CHESTNUT HILL HOSPITAL
UNIVERSITY OF PENNSYLVANIA
COMMUNITY HEALTH NETWORK
8835 Germantown Avenue
Philadelphia, PA 19118
cdchestnut@chealth.com

EDUCATION PROGRAMS *(continued)*



Transforming Women's Treatment Options for GYN and Urology

Tuesday, September 29
6:30 p.m.
Lea Auditorium, CHH

University of Pennsylvania surgeon Heidi Harvie, M.D., will present the expanded treatment options now available with the addition of robotic surgery and its benefits over traditional approaches including shorter hospital stay, less pain, less scarring and faster return to normal activity. Minimally invasive surgical treatments with da Vinci may be the best choice for hysterectomies, uterine fibroids, endometriosis and uterine prolapse repair. Join us for an informative discussion. Bring your questions! *Call ahead to reserve your seat, 215-753-2000. Free.*

Managing Menopause Holistically

Wednesday, September 30
6:30 - 8:30 p.m.
Lea Auditorium, CHH

This two hour workshop will be presented by holistic nurse Margaret Brown, B.S.N., M.N.S., and Maureen Collins, C.Y.T. The program will include a 45-minute discussion regarding holistic interventions for menopausal symptoms, followed by a 45-minute "yoga for menopause" session. The only class requirement is the desire to feel better. No flexibility or coordination is needed for this introductory class. Wear comfortable clothes, bring a yoga mat or towel, and prepare to have fun. *Registration is required. Call 215-753-2000. Free.*

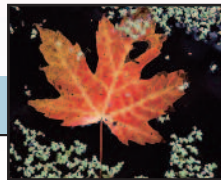
Bio-Identical Hormones as Treatment for Peri-Menopause and Menopause

Tuesday, October 6
6:30 p.m.
Lea Auditorium, CHH

Making a smooth transition to menopause and living a healthy and active life in the subsequent years is easier said than done. In this enlightening session, Marialisa Lambert, M.D., will speak on both alternative and conventional treatments for the symptoms of menopause, including bio-identical compounds, and the important lifestyle changes that will help you make the best of your "golden years." *Registration is required. Call 215-753-2000. Free.*



Lisa Lambert, M.D.



REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for some programs now accepted by phone.

Prostate Worries

Tuesday, October 27

6:30 p.m.

Lea Auditorium, CHH



Brian Rosenthal, D.O.

Ladies, if a man in your life is concerned about his prostate health then this program is for both of you. A new surgical procedure is now available that is designed to reduce the risks of incontinence and sexual dysfunction associated with prostate cancer. Brian Rosenthal, D.O., surgeon, will discuss

the benefits of this less invasive procedure. Chestnut Hill Hospital is the first hospital in Pennsylvania to offer this treatment with the da Vinci Si robotic surgical system. *Don't miss this informative session. Reserve your place; call 215-753-2000.*



Look Good...Feel Better®

Monday, October 19

5:30 – 7:30 p.m.

Williams Conference Room, CHH

This free program teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments. Volunteer beauty professionals will be available to teach participants about makeup, skin care, nail care, and ways to deal with hair loss such as with wigs, turbans and scarves. Sponsored by the American Cancer Society. *Registration required. To register or for more information, call 215-248-8047.*



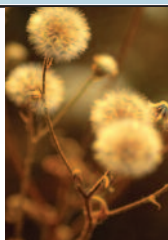
Safe Sitter

Saturday, December 5

8:45 a.m. – 4 p.m.

Volunteer Conference Room, CHH

Prepare your young student (ages 11 to 13) to be an attentive, responsible babysitter. Course stresses how to handle major and minor emergencies and covers the basics of childcare. Students should bring a brown bag lunch and beverage. Space is limited. *Register early. Call 215-753-2000. Cost \$45.*



SUPPORT GROUPS

Weight Loss Surgery Support Group

Fourth Wednesday of the month
7 - 8 p.m.

Williams Conference Room, CHH

Join us for a monthly get-together where we'll share information for those who have had weight loss surgery and learn from others' experiences. Guest speakers will discuss current news on issues including lifestyle modification, nutrition and exercise and provide ongoing support. *Registration required. Call 215-753-2000.*

Man to Man® Prostate Cancer Support Group

New time!

Third Tuesday of the month
5:30 – 7 p.m. beginning September 15

Williams Conference Room, CHH

A free, confidential support group for men cancer designed to provide a forum for sharing information, feelings and concerns about living with prostate cancer. Spouses and partners welcome. Facilitated by Tish Wakefield, LCSW, oncology social worker. Sponsored by the American Cancer Society. *Registration requested. To register or for more information, call 215-248-8325.*

Breast Cancer Networking Group

Fourth Tuesday of the month
5:30 – 7 p.m.

Williams Conference Room, CHH

A free, confidential support group for women designed to provide a forum for sharing information, feelings and concerns about living with breast cancer. Facilitated by Tish Wakefield, LCSW, Oncology Social Worker. *Registration requested. To register or for more information, call 215-248-8325.*



Tish Wakefield, LCSW



TREAT *yourself*

to a therapeutic massage at
the Women's Center
in Chestnut Hill or Blue Bell

20% off
a one-hour massage

*One per person. Not valid with
other discounts. Expires Nov 30.*

Call for an appointment:
Chestnut Hill: 215-248-6100
Blue Bell: 215-646-7795



REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for some programs now accepted by phone.

FITNESS PROGRAMS

Exercise at Aerobics, Etc.

On-going exercise classes for seniors

The First Presbyterian Church of Springfield
Mill Road and Bethlehem Pike, Flourtown

Senior Circle members receive prizes for participation. Informed consents and waivers must be signed prior to participation in the classes. Call 215-356-5500 for more information, or to register. **The first class is free.**

Golden Yoga—A Breathing, Stretching and Relaxation Class

Fridays, 2:30 - 3:30 p.m.

Lea Auditorium, CHH

Registration for 4 classes at a time required.

Golden Yoga is Classical Yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The program includes postures, breathing, relaxation and meditation techniques, all performed while sitting in a chair and standing. Instructor Barbara Levitt has been teaching yoga for the past 30 years and has even taught people in their nineties. *Registration is required. Call 215-247-3029. Cost: \$20 for 4 classes per month.*

Tai Chi

Tuesdays and Thursdays, 8:30 – 9:30 a.m.

Chapel, Montgomery Rehab Center

8601 Stenton Avenue, Wyndmoor

Classes, for the novice or beginner/intermediate student, are designed to improve balance, power, posture, coordination, flexibility and mental focus. Slow, gentle movements are modified to most everyone's abilities. *For more information or to sign up for a free introductory class, call 215-233-9004. Cost: \$7 per class/paid monthly.*



Change of HEART

Do you have high cholesterol?
Have you tried a statin drug (like Zocor or Lipitor) but had to stop this medication due to side effects such as muscle aches?

Chestnut Hill Hospital cardiologists, David Becker, M.D., and Ram Gordon, M.D., are recruiting patients to participate in a year-long study.

Participation is **FREE** and includes the Change of Heart program, a lifestyle change course that can help lower your cholesterol (*cost normally \$400*).

Interested individuals will receive supplements, blood work and all study materials free of charge.

No time for the 12-week Change of Heart program? You can still participate in the study and receive the supplements and blood work **FREE** of charge. *Please call the Change of Heart Study Group, 215-242-2755.*



**CHESTNUT HILL
HOSPITAL**

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

8835 Germantown Avenue
Philadelphia, PA 19118

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Need a doctor? More information?

Call the Chestnut Hill Hospital physician referral and information center at 215-753-2000, or visit us at chestnuthillhealth.com

NEXT DAY mammography appointments available in Blue Bell

CHESTNUT HILL HOSPITAL
Women's Center

The Women's Center offers diagnostic and clinical services and educational programs for all stages of a woman's life.

- Breast health program • Penn breast surgeon
- Digital mammography with computer-aided detection
- Minimally invasive breast biopsies
- High-resolution breast ultrasound
- Gyn ultrasound (Blue Bell)
- DEXA-bone density screening
- Therapeutic massage

Blue Bell

1777 Sentry Parkway West
Dublin Hall, Suite 120
215-248-8400 (appointments)
215-646-7795 (information)

Chestnut Hill

8811 Germantown Avenue
215-248-8400 (appointments)
215-248-6100 (information)

Map of Blue Bell Offices

