

Scott Brenman, M.D.

How are fat injections for facial rejuvenation different from commercial fillers?

There are many commercial injectable fillers available for facial rejuvenation. Each of these products has its own unique set of advantages and disadvantages. Fillers are injected into the skin under each depression or wrinkle. The filler pushes the depressed wrinkle forward and makes it less visible. Three factors should be considered when selecting a filler: 1) longevity of the filler, 2) cost; and 3) ease of administration. Typical cosmetic fillers last 4-6 months, are easy to administer and feel natural.

Fat injection is a more involved procedure that requires harvesting the fat using liposuction and disposable harvest devices. The fat must be processed and purified prior to injection. Fat injections may be associated with more bruising and swelling than commercial fillers. The

advantages of fat injections include long acting effects (the fat that does survive is there permanently); the fat is your own tissue so there is no chance of an allergic reaction; and, unlike commercial fillers, the availability of one's own body fat enables its use in larger volumes to fill larger defects.

Chris Tzarnas, M.D.

Is there a "right" age to pursue plastic surgery?

There isn't any overarching rule as to the right age for plastic surgery. In fact, the appropriateness of a certain procedure should be determined more on a case by case basis, looking at the individual's unique body type and aging process. Of course, there are age tendencies for certain procedures. Facelifts generally are not performed on patients under age 30, and mini-lifts or laser procedures might be suggested instead.



Q&A WITH DRs. SCOTT BRENNAN AND CHRIS TZARNAS

Considering plastic surgery? Know your options and understand the outcomes. Meet Drs. Brenman and Tzarnas at Looking Good, Feeling Fabulous, women's health conference on Saturday, May 10 in Ambler. See inside to register. To schedule a consultation with a Chestnut Hill Hospital plastic surgeon call 215-753-2000.



CHESTNUT HILL HEALTH SYSTEM

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

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



CHESTNUT HILL HEALTH SYSTEM

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

The Psychology of Appearance

“Whether we admit it or not, appearance matters in our culture,” says David Sarwer, Ph.D., associate professor at the University of Pennsylvania School of Medicine and consultant at Penn’s Center for Human Appearance. “Our society often idealizes attractive people. Research shows that those who are attractive typically receive preferential treatment across their life span. That’s why it’s not surprising that the way we look has a great deal to do with our own confidence and self-esteem.” According to Sarwer, our appearance can shape our self-image and affect the way we deal with others.

Today’s society spends millions of dollars to improve appearance—from cosmetics and fashion to gym memberships. In addition, the societal and cultural pressures to be young-looking, thin and beautiful have contributed to the current popularity of cosmetic surgery. We, as a society, seem to be comfortable with the idea of using medicine to change our appearance. “What was once considered trivial vanity is now

continued on back cover...

Looking Good
Feeling Fabulous

EMBRACING THE LATEST IN
MEDICINE AND BEAUTY

SATURDAY,
MAY 10

8 a.m. – 12:30 p.m.

Ambler Theater

108 E. Butler Avenue, Ambler

Café Breakfast

Workshops

Ask the Experts

...and a little Self Indulgence

*with Mini-Massages
and Tea Bar, Cosmetics,
Footwear and Image and
Bra Consultants.*

Cost: \$12.

**Call 215-753-2000
to register.**

Enter to WIN

**a Radiant Ritual package from
Pure Spa in Ambler**

*Includes stone massage, calm body polish, detox
facial, manicure,
pedicure and lunch (\$405).*



continued from cover...

The Psychology of Appearance

seen as a legitimate concern for some people: maintaining and improving appearance and body image is an important part of our quality of life,” says Sarwer.

Recent studies measuring the psychological aspects of cosmetic surgery reveal few differences between people who sought surgery and those who did not. Yet statistics indicate that more than half of American women and slightly fewer than half of American men report that they are unhappy with the way they look. According to Sarwer, few people are completely content with their appearance. “For a lot of people it’s a matter of getting up in the morning, looking in the mirror and saying, ‘I don’t like X,’ and they don’t give it a second thought. For others, dissatisfaction is greater and probably motivates the pursuit of cosmetic surgery.”

There are documented psychological benefits to these cosmetic procedures. “Patients show improvements in things like body image, quality of life and a decrease in depressive symptoms,” says Sarwer. “But there remains a minority group of the population for whom cosmetic surgery is not the most appropriate form of treatment, those who thought the surgery would save a relationship and those who hold unrealistic expectations about the procedure.”

Learn if your perceptions of appearance, cosmetic surgery and natural aging are based on reality or social norms at during “The Psychology of Appearance” at Looking Good, Feeling Fabulous on Saturday, May 10. See registration information on page 4.

Don’t miss our fantastic line up of speakers.

Keynote presenter

David Sarwer, Ph.D., is Associate Professor of Psychology in Psychiatry and Surgery at the University of Pennsylvania School of Medicine. Dr. Sarwer is a consultant to the Center for Human Appearance at the University of Pennsylvania Medical Center where he conducts research on the psychological aspects of cosmetic and reconstructive surgery.

Workshop presenters

Anthony Fabricatore, Ph.D., is a Research Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine.

Chris D. Tzarnas, M.D., named “Top Doc” and “Top Plastic Surgeons” in *Philadelphia Magazine*.

Scott Brenman, M.D., has been honored as a “Top Doc” by *Philadelphia Magazine* as one of the regions best plastic surgeons for cosmetic surgeons.

Randi Cardonic, M.S., R.D., L.D.N., teaches a non-diet approach to healthy eating.

KC McQuillian, R.N., is a holistic healer and a registered nurse with a masters degree in nutrition.

Beverly Richards, Ph.D., is a certified psychotherapist and certified diplomat of The American Psychotherapy Association.

Lynda Thomas-Mabine, M.D., has been recognized as a “Top Doc” by *Philadelphia Magazine* and is a guest speaker on WDAS radio and WYBE television.



SATURDAY, MAY 10

8 a.m. – 12:30 p.m.

Ambler Theater

108 E. Butler Avenue, Ambler

Cost: \$12



Looking Good Feeling Fabulous

EMBRACING THE LATEST IN MEDICINE AND BEAUTY

8 a.m.

Registration and Café Breakfast
(Crème Brulee French Toast,
Egg white Frittata and more!)

9 - 9:45 a.m.

Keynote: Psychology of Appearance
by David Sarwer, Ph.D., is Associate Professor of
Psychology in Psychiatry and Surgery at the
University of Pennsylvania School of Medicine and
consultant to Penn's Center for Human Appearance.

9:50 -12:30 p.m.

**Workshops, Ask the Experts and
Self Indulgence**

Registration required. Call 215-753-2000 to register by May 1.

Select a session for Ask the Experts/Self Indulgence. In the remaining two sessions select your choice of the programs offered.

Workshops

Session I (9:50 - 10:40 a.m.)

- Ask the Experts/Self Indulgence
- Latest in Weight Loss Management
Anthony Fabricatore, Ph.D.
- Cosmetic Surgery Options for Facial Rejuvenation
Chris D. Tzarnas, M.D., board certified plastic surgeon

Session II (10:45 - 11:35 a.m.)

- Ask the Experts/Self Indulgence
- Nip Tuck...or Not: Non Surgical Options for Facial Rejuvenation
Scott Brenman, M.D., board certified plastic surgeon
- Feeling Good by Eating Right
Randi Cardonic, M.S., R.D., L.D.N.

Session III (11:40 a.m. - 12:30 p.m.)

- Ask the Experts/Self Indulgence
- Therapeutic Value of Herbs
KC McQuillian, R.N.
- Menopause ...Managing Psychological and Physical Effects
Lynda Thomas-Mabine, M.D., and Beverly Richards, Ph.D.

Ask the Experts

Get answers from experts to help you feel fabulous! Available in the lobby all morning.

Aching Joints

William Chollak, M.D., and
Dennis McHugh, D.O.

Continance Management

Diane Smith, R.N.P.

Herbs—Culinary Therapy

KC McQuillian, R.N.

Cosmetic Surgery

Scott Brenman, M.D.

Solving Foot Problems

James Sang, M.D.

Laser Hair Removal

Carol Bowes-Lawlor, M.D.

Maintaining Weight

Randi Cardonic, registered dietitian

Self Indulgence

Tea Bar

by Pure Spa

Mini Massage

by Pure Spa and Chestnut Hill Health System Women's Center

Spa Treatment

Raffles by Pure Spa

Makeup—the Right Colors

MAC cosmetics (all proceeds go to HIV/Aids)

Ultimate Footwear Experience

by Aerosoles

Buying the Right Bra

by Nordstrom

Must Haves for a Woman's Wardrobe

by Macy's

Enter to WIN a Radiant Ritual package from Pure Spa

stone massage, calm body polish, detox facial, manicure, pedicure and lunch (4 1/2 hours and valued at \$405).



CHESTNUT HILL
HEALTH SYSTEM

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

EDUCATION PROGRAMS

Heart Saver CPR with AED

April 21, May 19, June 24 and July 23

6-10 p.m.

Lea Auditorium, CHH

CPR for adult, child and infant includes rescue choking and automated external defibrillator training. *Registration required. Call 215-753-2000. Cost: \$50.*

**Erectile Dysfunction (E.D.):
When Medication Fails, What's Next?**

Saturdays; April 26, May 17, June 21

10 a.m.

Lea Auditorium, CHH



Bruce Garber, M.D.

Bruce Garber, M.D., a urologist at CHH will review all approved treatments for male ED including lifestyle changes, counseling, exercises, medication and more! Learn what may be right for you. *Registration required. Call 215-753-2000. Free.*

**Journaling Workshop—
For People Living with Cancer**

Wednesdays, April 2, 9, 16 and 23

2-4 p.m.

Williams Conference Room, CHH

Journals have been used for centuries to tell stories, keep memories and private thoughts, and reflect on experiences. This session, especially designed for cancer patients/survivors, can help you work through your cancer experience. Each week, journal, talk, reflect and learn to use a range of creative writing and imagery experiences to explore the thoughts and feelings you encounter in your journal. All materials are provided. Presented by Tony Meadows, Ph.D. Co-sponsored by The Cancer Foundation for Personal Wellness. *Registration required. Call 215-753-2000. Free.*

Senior Circle New Member Orientation

Monday, April 7

11 a.m.

Lea Auditorium, CHH

This orientation meeting provides you with the opportunity to review your *Senior Circle* benefits with Jackie Yorke, *Senior Circle* advisor, and to ask any questions you might have about your membership. Come and meet your fellow members and hear about the many upcoming events and travel opportunities. Refreshments served. *Registration required. Call 215-753-2000. Free.*

**Diabetes and
Metabolic Syndrome**

Tuesday, April 8

6:30 p.m.

Lea Auditorium, CHH

Excess belly fat and high blood pressure may put you at risk for a serious illness called metabolic syndrome. Others are at high risk of, or already have, diabetes. In many cases, both circumstances are preventable. Meet Karen Agersborg, D.O., endocrinologist, and find out if you are at risk for metabolic syndrome or diabetes and learn what you can do to prevent and treat these conditions. *Registration required. Call 215-753-2000. Free.*



Karen Agersborg, D.O.

Treating the Enlarged Prostate (BPH)

Saturday, April 12

10 a.m.

Lea Auditorium, CHH

By age 60, over one-half of men have BPH and by age 85, the number climbs to 90%. Symptoms and the need for treatment vary from person to person and every treatment has its own benefits and risks. Bruce Garber, M.D., urologist, will help you determine if you would benefit most from watching and waiting, medication, a minimally invasive procedure, or surgery. *Registration required. Call 215-753-2000. Free.*

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

Credit card payment for programs now accepted by phone.

Living Safely with Coumadin



Ram Gordon, M.D.

Tuesday, April 22
6:30 p.m.
Lea Auditorium, CHH

Join Ram Gordon, M.D., cardiologist, and Scott Rosenberg, M.D., pulmonologist, to learn everything you need to know about taking Coumadin (warfarin) safely and properly. Learn how the medication works, about drug and food interactions, and how to recognize problems. We'll also discuss those foods you thought you could no longer eat.

Registration required. Call 215-753-2000. **Free.**



Scott Rosenberg, M.D.

Revolutionary Treatment Option for Prostate Cancer

Saturday, April 26, June 21
2 p.m.
Lea Auditorium, CHH

Learn about a revolutionary new treatment for prostate cancer that does not involve major surgery or radiation. This minimally invasive, FDA-cleared, outpatient treatment is called primary or salvage CRYO and actually freezes the cancer. Bruce Garber, M.D., Chestnut Hill Hospital urologist and cryosurgeon, will explain this procedure and help you determine if you might be an appropriate candidate. Call 215-753-2000 to register.

Free.

Meet the Pediatrician

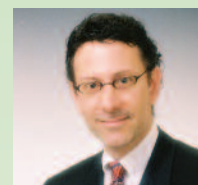
Monday, May 5 and Wednesday, August 6
7-9 p.m.
Lea Auditorium, CHH

Meet a CHH pediatrician and a parenting educator to discuss your baby's first few weeks at home. Topics include choosing your baby's doctor, immunizations, infant bathing, sleep patterns and sleeplessness, ways to soothe fussy babies, adjusting to new roles and responsibilities and helpful ways to involve family and friends. Q&A session follows. Call 215-753-2000 to register. **Free.**

Pain Awareness

Monday, May 5
5:30 p.m.
Lea Auditorium, CHH

Are you or a loved one suffering in pain? Come find out what advances have been recently made in the field of pain medicine. Matthew Schwartz, M.D., F.A.A.P.M.&R., medical director, Montgomery Rehab Hospital of Chestnut Hill, will make a brief presentation and answer questions. Dr. Schwartz has been recognized by Castle Connolly Medical, Ltd., as a *Philadelphia Magazine*, "Top Doctor" in Physical Medicine and Rehabilitation and Pain Medicine in 2005, 2006, and 2007. Registration required. Call 215-753-2000. **Free.**

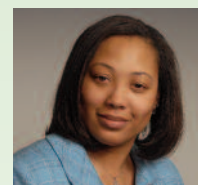


Matthew Schwartz, M.D.

Keep it Moving— Be Constipation Free

Tuesday, May 13
6:30 p.m.
Williams Conference Room, CHH

Constipation is a common problem as we grow older. Nicole Davis, M.D., family medicine, will discuss normal and abnormal stool patterns and let you know when you should see a doctor about your bowel symptoms. Refreshments served. Registration required. Call 215-753-2000. **Free.**



Nicole Davis, M.D.

AARP Driver Safety Refresher Course

Friday, May 14
11 a.m. - 4 p.m.
Lea Auditorium, CHH

The AARP Driver Safety Refresher Course is available to all those who have completed the two-day, eight-hour AARP Driver Safety Class, or the AAA equivalent, within the past three years. Interested participants will need to bring to class their driver's license and proof of having previously completed the 2-day training. In order to continue to receive the 5% discount on your Pennsylvania car insurance premium, your AARP certificate needs to be updated every three years. Please bring your lunch to class. Fee: \$10. Registration required. Call 215-753-2000.



EDUCATION PROGRAMS *(continued)*

FREE! Breast Cancer Screening

Thursday, May 15; 4–6:30 p.m.
Women's Center

Early detection of breast cancer saves lives. The Women's Center, in conjunction with the Linda Creed Breast Cancer Foundation, will provide mammograms, a physical breast exam by a physician and instruction in breast self exam. *Free for women who meet eligibility requirements of not having insurance or whose insurance doesn't cover mammograms. Appointment required. Call 215-248-8395.*

Relay for Life

10 a.m., Saturday, May 17
through 10 a.m., Sunday, May 18
Wissahickon High School,
Ambler

Join Chestnut Hill Health System at the Wissahickon Valley Relay for Life. The American Cancer Society's Relay for Life raises money for local cancer research. CHHS has been the medical sponsor of Relay for six years. *Call the CHHS Cancer program, 215-248-8047, for more information.*

Prostate Screening

Saturday, June 14; 10 a.m.–3 p.m.
New Covenant Church of Philadelphia
7500 Germantown Avenue, Mt. Airy

Join Chestnut Hill Hospital physicians for a day of men's health at the annual New Covenant Men's Health Conference. Last year more than 100 men were screened for prostate cancer at this event. *Registration required for the conference and your free screening. Call 215-753-2000.*

Safe Sitter

Mondays, June 16; July 14 and
August 11; 8:45 a.m.–4 p.m.
Education Center (3rd floor), CHH

Prepare your young student (ages 11 to 13) to be an attentive, responsible babysitter. The 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, 215-753-2000. Cost \$45.*

Snoring—Don't Just Dream of Restful Sleep

Tuesday, June 17
6:30 p.m.
Board Room, CHH



Todd Morehouse, D.O.

Snoring is often the source of jokes and stories, but it is a serious problem to those who live with it every night. It can lead to restless sleep for the snorer and the bed partner, creating daytime exhaustion for both. Snoring may indicate a medical problem called sleep apnea, an easily treatable disease that, if left undiagnosed, can cause high blood pressure, heart problems, strokes and increased risk of motor vehicle accidents. Fortunately, both snoring and sleep apnea can be treated. Join Todd Morehouse, D.O., otolaryngologist, and stop just dreaming of restful sleep. Bring your questions! *Call 215-753-2000 to register. Free.*

New! Free Orientation Freedom from Smoking



Orientation; Wednesday, June 4th; 7 p.m.
Eight sessions; Wednesdays, June 4–July 23; 7 p.m.
Special session; Friday, June 27; 7 p.m.
Cancer Center, Suite 46, Medical Office Bldg, CHH

Many people think that stopping smoking is a matter of knowing how harmful it is. In truth, nicotine can cause a powerfully complex addiction linked to brain chemistry and behavioral, psychological and social components. Quitting is tough, but the more you try to quit, the more likely you are to succeed. If you're ready to try, join us for a FREE informational orientation on June 4. Then, when you're ready to commit, CHH healthcare professionals will offer supportive techniques and tips to help you stop this addiction. Facilitated by Rose Mueller, B.S.N., O.C.N., director, cancer program, and Debra Roberts, coordinator, prenatal education. *Cost: \$60 for eight sessions; orientation free.*

PROGRAMS

growth through every phase of a woman's life

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

Credit card payment for programs now accepted by phone.

FITNESS PROGRAMS

Tai Chi

Tuesdays & Thursdays, 8:30–9:30 a.m.
Mondays, 7 p.m.
Chapel
Montgomery Rehab Hospital of Chestnut Hill

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 215-233-6314. Cost: \$7 per class/paid monthly.

Awareness through Movement

Mondays, 11–noon
Wednesdays, 5–6 p.m. or 7–8 p.m.
Chapel
Montgomery Rehab Hospital of Chestnut Hill
Cost: \$10/class; \$50/six classes
(20% discount for Senior Circle members)

Ease chronic pain or overcome injuries through a movement re-education program for people of all ages and abilities. Injuries, stress, or bad habits hamper our movement patterns until we're in pain or disabled. Gain awareness of these patterns and learn how to correct them. Increase flexibility, strength and balance at your own pace and ability. Classes are run by Joanne Fagerstrom, physical therapist and certified Feldenkrais practitioner. For more information or to register, call 215-233-6244.

Yoga—Introduction for Cancer Patients

Monday, May 12
6-7:30 p.m.
Lea Auditorium, CHH

This gentle classical type of yoga program includes postures, breathing, relaxation and meditation techniques. Instructor Barbra Levitt has been teaching yoga for 30 years. Wear comfortable clothes and bring a yoga mat. Based on participant interest, ongoing classes will be scheduled. Physician permission required. Call 215-753-2000 to register. **Free.**

55-Plus & Fit

Mondays, Wednesdays & Fridays
9–10 a.m.
Chapel
Montgomery Rehab Hospital of Chestnut Hill

Low impact aerobic program for people ages 55 and older. Join two or three days a week for eight weeks. Cost: \$55/two days a week; \$80/three days a week

65-Plus & Fit

Tuesdays and Thursdays
9:30–10:30 a.m.
Chapel
Montgomery Rehab Hospital of Chestnut Hill

Modified, low-impact exercise program for people age 65 and older. Classes involve seated and standing activities and light free weights. Cost for eight weeks: \$55/two days a week.

Continuous sessions run throughout the year. Senior Circle members receive a 10% discount and must sign the Exercise and Fitness Program Release and Indemnification Consent. Physician consent and pre-program screening are required for new participants. Free screenings to assess function level are available through the class instructor. Screenings do not take the place of physician consent. For more information or to register, call 215-233-6314. To schedule a screening, call 215-233-6240.





PRENATAL PROGRAMS

Prenatal Yoga

Thursdays, 6:45-7:45 p.m.

Lea Auditorium, CHH

Pregnant women can enjoy yoga adapted to their special needs. Continue your yoga routine or learn a new, gentle way to exercise and ease stress during your pregnancy.

Physician permission required. Call 215-753-2000 to register. Cost: \$25/month.

Focus on Motherhood

Call for dates; 6:30 p.m.

Big Blue Marble Bookstore, 551 Carpenter Lane

Offered by Child, Home and Community this 12-week program is for pregnant adolescents, fathers-to-be and their support persons to prepare for childbirth.

Registration is required. Call 1-888-215-9770. **Free.**

Mid-Wives Meet and Greet with Maternity Department Tour

Thursdays, April 3, May 1, June 5, July 3 and August 7

Maternity Department Solarium, CHH

Have you met the midwives at Chestnut Hill Hospital? Get answers to your questions about how a midwife may benefit you. Learn about the midwife's role during pregnancy, delivery and post-partum. This informative get-together includes a guided tour of the labor/delivery suite and post-partum area. Call 215-753-2000 to register.

Free.

Maternity Department Tours—Mornings

April 15, May 20, June 17, July 15 and August 19
10 a.m.

Lobby, CHH

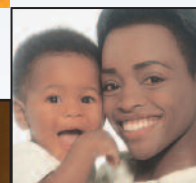
Before delivery, acquaint yourself with labor, delivery and recovery suites (LDRs). Visit the new postpartum rooms, nursery and intensive care nursery. Private LDRs offer home-like atmosphere, adjustable birthing beds/chairs and vital medical equipment. Intensive care nursery is equipped with the latest technology and lifesaving devices. Call 215-753-2000 to register. **Free.**

Maternity Department Tours—Evenings

April 3, May 1, June 5, July 3 and August 7
7 p.m.

Lobby, CHH

Before delivery, acquaint yourself with labor, delivery and recovery suites (LDRs). Visit the new postpartum rooms, nursery and intensive care nursery. Private LDRs offer home-like atmosphere, adjustable birthing beds/chairs and vital medical equipment. Intensive care nursery is equipped with the latest technology and lifesaving devices. Call 215-753-2000 to register. **Free.**



PROGRAMS

growth through every phase of a woman's life

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

Credit card payment for programs now accepted by phone.

SUPPORT GROUPS

Childbirth Preparation

Four-week classes
Beginning April 2, May 7, June 9, July 7 and August 4
6:30–9:30 p.m.
Lea Auditorium, CHH

Learn comfort measures for labor and anesthesia options including epidural anesthesia, breathing techniques and strengthening and postpartum exercises. Baby bath and tour of maternity department finish the series. Mother and baby care is covered. *Call 215-753-2000 to register. Cost: \$85/couple.*

Breastfeeding Classes

Tuesdays, April 15, May 20, June 17,
July 15 and August 19
7-9 p.m.
CHH

Educational class led by a lactation consultant for expectant mothers planning to breastfeed. Fathers are encouraged to attend. Every expectant mom will receive the book, "Breastfeeding, a Great Start." *Call 215-753-2000 to register. Cost: \$15.*

Big Brother/Big Sister

Saturdays, March 29, May 3 and July 12
10-11:30 a.m. for children of parents delivering at
Chestnut Hill Hospital
Lea Auditorium, CHH

Children ages three to 10 can prepare for the arrival of a baby by becoming acquainted with the Hospital, maternity department and nursery. Children will learn why a baby cries, how to keep a baby safe and how to interact with a newborn. Hands-on activities make the morning fun. *Call 215-753-2000 to register. Cost: \$5/per child.*



Man to Man- Prostate Cancer Support Group

Third Thursday of the month
8-9 a.m.
Williams Conference Room, CHH

A networking group for men diagnosed with prostate cancer designed to provide education, support and encouragement. Spouses and partners welcome. Facilitated by Amanda Zavodnick, M.S.W., L.C.S.W., oncology social worker. *Registration required. Call 215-248-8325.*

Breast Cancer Networking Group

Fourth Tuesday of the Month; 5:30-7 p.m.
Williams Conference Room, CHH

This small, emotionally supportive group is offered to women living with a diagnosis of breast cancer. Facilitated by Amanda Zavodnick, M.S.W., L.C.S.W., oncology social worker. *Registration required. Call 215-248-8325.*

Locator Key

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

**Chestnut Hill Health System
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

Opening this summer...

Penn Radiation Oncology at Chestnut Hill



Chestnut Hill Health System Cancer Program:

Penn Radiation Oncology at Chestnut Hill

Penn Surgery at Chestnut Hill Hospital

National Clinical Trials

Oncology Social Worker

Prevention and Screening Programs

Member of the University of Pennsylvania Cancer Network

Comprehensive Breast Health Program.

Community Cancer Care...Now more powerful than ever.

MASSAGE COUPON

Mother's Day Massage

20%
discount

THERAPEUTIC MASSAGE AT
THE CHHS WOMEN'S CENTER.

Call 215-248-6100 for an appointment.

One time only. Not to be combined with other discounts. Expires August 1.



PROGRAMS



The Chestnut Hill Health System Women's Center offers diagnostic and clinical services, support groups and educational programs for all stages of a woman's life.

Contact Us

Appointments for mammogram, breast ultrasound or DEXA scan: **215-240-8400.**

Consultation with breast health coordinator: **215-248-8084.**

Information on other women's services **215-248-6100.**



Change of HEART



If you're looking for a natural way to improve your cardiovascular health, Change of Heart could be for you!

Do you have high cholesterol? Have you tried a statin drug (like zocor or lipitor) but have stopped this medication due to complications? Change of Heart, featured on the front page of The Philadelphia Inquirer in 2007, is looking for individuals to participate in a study beginning this spring. Participation is FREE and includes the Change of Heart program (cost for non-study participants is \$300), blood work, meals and supplements. Cardiologist David Becker, M.D., is the lead investigator in this study.

Call 215-242-2755 for more information