



# 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

## Heart-Healthy *at Midlife*

The times they are a-changin’—and so are your odds of getting cardiovascular disease. Thirty-nine percent of women between the ages of 40 and 59 are affected. The odds advance to three out of four between ages 60 and 79. After 65, you’re more likely to die of cardiovascular disease than your male peers.

Why? During your childbearing years, estrogen helps keep your LDL, or “bad,” cholesterol level low and your HDL, or “good,” cholesterol level high. This combination keeps your arteries clear and allows for free blood flow.

But your estrogen level diminishes as you age and so does your protection against cardiovascular disease. Gradually, your LDL level rises and your HDL level may go down slightly. This sets the stage for atherosclerosis, high blood pressure, angina, heart attack and stroke. In contrast, men’s cholesterol levels don’t change as drastically.

So, what’s a woman to do? “Step up your activity level,” says Raymond Rodriguez, M.D., cardiologist. “A regular exercise

*continued on inside front cover...*

*Penn Medicine cardiologist Raymond Rodriguez, M.D., is on the medical staff at Chestnut Hill Hospital and just opened a new Penn Cardiology practice in Chestnut Hill at 33 E. Chestnut Hill Avenue, 215-248-1350.*



## Sweet Truth about *Chocolate & Your Heart*

Maybe you’ve heard that chocolate is good for your heart? We’ll get to the truth of this matter and other heart health facts during this fun and informative evening. The reality is that last year, 64% of women and 50% of men who died suddenly of a heart attack had no prior knowledge of their heart disease. About 40% of all heart attack patients have a “normal” cholesterol profile. Perhaps you know that you have some risk factors—a parent or sibling with heart disease? Are you eating a low fat diet and getting plenty of exercise? How do you know whether or not this is working or if you, too, are developing heart disease?

Join University of Pennsylvania cardiologist Raymond Rodriguez, M.D., for an update on heart health. Understand the latest tests for the early detection of heart disease and what prevention measures work the best!

### MONDAY, FEBRUARY 27

### Main Level Conference Room *Chestnut Hill Hospital*

- Participate in a Lively Discussion
- Blood Pressure Check
- Take a Heart Risk Assessment
- Enjoy delicious dark chocolate treats
- Get Answers to your Questions

**FREE!** To register, call  
215-248-6100, option 3  
or sign up online  
[www.chestnuthillhealth.com/  
healthywoman](http://www.chestnuthillhealth.com/healthywoman).



*continued from front cover...*

## Heart-Healthy at Midlife

program is one of the best things you can do to stay feeling young and engaged in life. The recommendation is to engage in moderate aerobic activity for at least 30 minutes-a-day. To make it easier you can divide it into 10-minute sessions, but you have to maintain the activity for at least 10 minutes at a time to get the cardiac benefit. A brisk walk or riding a bicycle are great forms of exercise. Twice-a-week resistance or weight training also helps reduce the chance of osteoporosis.”

“Following a heart-healthy diet to fight the impact hormonal changes have on your body is also key to a women’s heart health,” says Dr. Rodriguez. A heart-healthy woman’s diet should be low in fats and sodium and include the following:

- **Fiber.** As soluble plant fiber passes through your body, it lowers blood cholesterol and blood sugar levels, reducing your risk of heart attack. Eat plenty of oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apples to get enough fiber.
- **Soy.** This “miracle legume” is packed with protein and healthy nutrients. Try adding one to two ounces (25 to 50 grams) of soybeans, tempeh, miso, soy milk, soy flour, tofu or textured soy protein to your diet each day. Soy works in several different ways. It contains a plant estrogen (isoflavone) that fights cholesterol already in your body, much like human estrogen. Soy reduces your total cholesterol, LDL cholesterol and triglycerides (blood

fat) and raises your HDL cholesterol to protect you against heart disease. Also, the linolenic acid and isoflavones in soy inhibit the formation of blood clots, a key cause of heart attacks.

- **Fish oils.** Cold-water fish, such as salmon, mackerel and herring, contain high amounts of omega-3 fatty acids, which lower your blood triglyceride level, reduce blood clots and lower blood pressure. Eat at least two meals of fish every week.
- **Folic acid, vitamin B6 and vitamin B12.** These nutrients reduce the amount of homocysteine in your body. Homocysteine increases your risk of heart attack, stroke and loss of circulation in your hands and feet. Eat cereals, pastas, vegetables, fruits, legumes, poultry and fish to take in these nutrients.
- **Vitamin D.** A women’s level decreases post menopause. Sunlight exposure for at least 20 minutes a day is recommended (be careful of too much sunlight) to maintain adequate levels. Symptoms of low Vitamin D levels may include bone pain, depression and fatigue.
- **Antioxidants.** Vitamin C, vitamin E and beta-carotene are antioxidants—substances that can prevent cholesterol from damaging the lining of your arteries. The best way to get antioxidants is by eating lots of fruits and vegetables. Vitamin supplements are not recommended because some offer no protection and some even interfere with the action of cholesterol-lowering drugs.

Regular check-ups with your primary care physician are the best way to monitor your health. If you need a physician or a specialist, you may find one in our area by visiting, [chestnuthillhealth.com/findaphysician](http://chestnuthillhealth.com/findaphysician), or call the Chestnut Hill Hospital physician referral center at 215-753-2000.



Registration required for all Healthy Woman programs.

## HEALTH AND WELLNESS

### The Weight is Over – Weight Loss Information Session

2nd Wednesday of the month; February 8, March 14, April 11 and May 9

6 – 7 p.m.

Board Room, Chestnut Hill Hospital

Looking to make a real change in 2012? Chestnut Hill Hospital's Metabolic and Weight Loss Surgery program is helping men and women who are more than 100 lbs. over their ideal weight gain health. Experienced bariatric surgeon, Aley Tohamy, M.D., uses various surgical weight loss procedures to help with permanent weight loss. Patient results include fewer medications, lower blood pressure, increased energy level and more positive mood. Meet Dr. Tohamy and members of the multidisciplinary weight loss team who can guide you toward achieving your weight loss goals. Registration required. Call 215-248-8520.



Aley Tohamy, M.D.

### Problems Sleeping?

#### – Causes, diagnosis and treatment options

Is it hard for you to fall asleep or stay asleep through the night? Do you wake up feeling tired or feel sleepy during the day, even if you have had enough sleep? You may be suffering from a common sleep disorder that can be corrected with proper diagnosis and treatment. Unhealthy sleep is linked to heart disease, depression, obesity and lower life expectancy. Don't let poor sleep jeopardize your health. Join Scott Rosenberg, M.D., co-chair of the Center for Sleep Medicine at Chestnut Hill Hospital, for a discussion on sleep disorders and treatments. Get answers to your questions.



Scott Rosenberg, M.D.

Tuesday, February 21

Noon – 1 p.m.

Center on the Hill

To register call Center on the Hill, 215-247-4654 or e-mail [jjorko@chestnuthillpres.org](mailto:jjorko@chestnuthillpres.org).

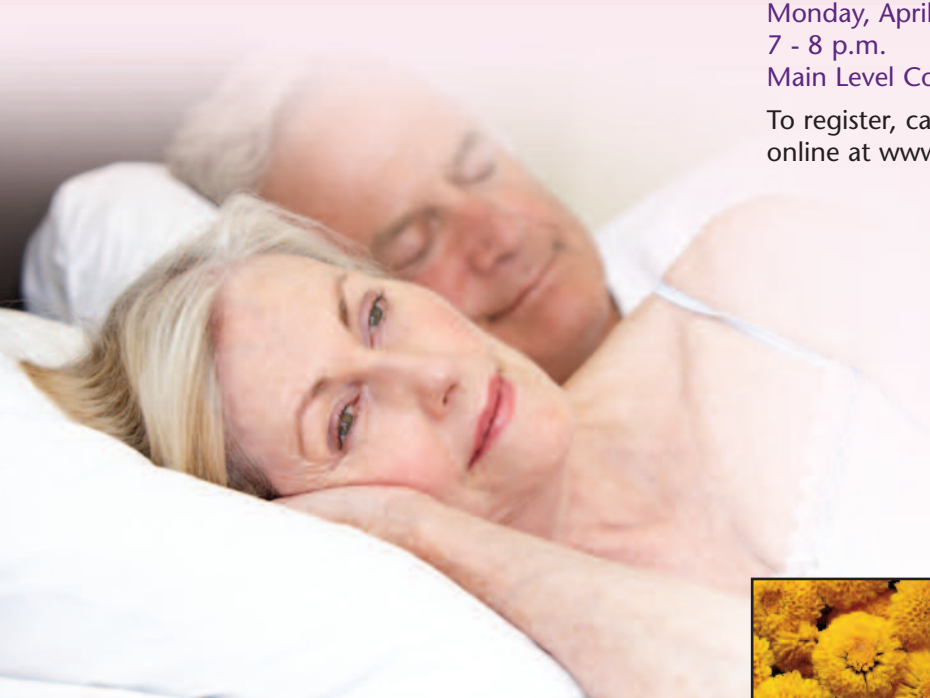
- and -

Monday, April 16

7 - 8 p.m.

Main Level Conference Room, Chestnut Hill Hospital

To register, call 215-248-6100, option 3 or sign up online at [www.chestnuthillhealth.com/healthywoman](http://www.chestnuthillhealth.com/healthywoman).





# LUNA *Fest*

*Films by, for and about Women*

**FRIDAY, MARCH 2**

**6:30 – 7:30 p.m. Hors d'oeuvres / Cash Bar**

**7:35 – 9:15 p.m. Welcome / Film Festival**

**Brossman Center – 7301 Germantown Avenue, Mt. Airy**

**Cost: \$20. Registration required.**

The 11th Annual LUNAFest, national film festival that supports films by, for and about women, comes to our area. Join us for this exciting event to view nine selected films that will compel discussion, make you laugh, tug at your heart strings and motivate you to make a difference in the community. Incredibly diverse in style and content, LUNAFest is united by a common thread of exceptional storytelling – by, for and about women.

LUNA Fest not only supports women in the film community, but also raises awareness for women's issues and support nonprofit organizations across the country. 100% of the proceeds from this event will benefit the Breast Cancer Fund, a national nonprofit and St. Catherine Labouré Medical Clinic in Germantown, that provides primary medical care in a dignified manner solely to those without health insurance, regardless of ability to pay.

Complete the form below and return with your payment. Call 215-248-8395 with questions. *Seating is limited, sign up today!* (Additional forms online at [chestnuthillhealth.com/healthywoman](http://chestnuthillhealth.com/healthywoman).)

*Presented by: Chestnut Hill Hospital's Women's Center, Weavers Way Co-op and LUNA, the whole nutrition bar for women.*

*Please print clearly.*

Name (first)

(last)

Day Phone

Email

Ticket: # \_\_\_\_\_ x \$20 each = \$ \_\_\_\_\_ total

I will make an additional donation to the Breast Cancer Fund and St. Catherine Labouré:  \$25  \$50  \$100

Total amount enclosed \$ \_\_\_\_\_.

Thank you! Please make checks payable to: *Chestnut Hill Hospital and mail to Chestnut Hill Hospital Women's Center, 8811 Germantown Avenue, Philadelphia, PA 19118, Attn: Luna Fest.*

Registration required for all Healthy Woman programs.

## HEALTH AND WELLNESS CONTINUED...

### Fall Prevention

Tuesday, March 6  
Noon – 1 p.m.  
Center on the Hill

According to the CDC, one out of every three adults over the age of 65 falls each year. Falls are the leading cause of hip and forearm fractures in older adults. These fractures typically have a significant impact on quality of life. Approximately 50 percent of falls are preventable. During this presentation, Christian Mongrain, M.P.T., Director of Physical Therapy, Chestnut Hill Hospital will address strategies to prevent falls, including how to “fall proof” your home. Sign up online [www.healthywomanonline.com](http://www.healthywomanonline.com). Pre-registration is required. Call Jackie Yorke, 215-247-4654 or [jyorko@chestnuthillpres.org](mailto:jyorko@chestnuthillpres.org). **Free**



Christian Mongrain, M.P.T.

### Taking Steps Towards Wellness.... it starts with YOU!

Wednesday, March 14  
7 p.m.  
Main Level Conference Room,  
Chestnut Hill Hospital

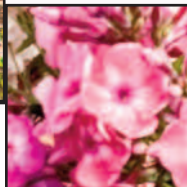
According to the World Health Organization, “Health is more than the absence of disease. Health is a state of optimal well-being.” Optimal well-being is a concept of health that goes beyond the curing of illness to one of achieving wellness. Achieving wellness requires balancing the various aspects of the whole person including physical, emotional, mental and spiritual elements. This broader, holistic approach to health involves the integration of all of these aspects and is an ongoing process.



Robyn Jones, M.D.

Join Robyn Jones, M.D., is an integrative wellness coach who trained at the Duke University Integrative Medicine Health Coach Professional training program. She will inspire you to take the first steps that can lead you to achieve and maintain a healthy lifestyle and happier life! Through this interactive session Dr. Jones will help you begin to set your wellness goals and “coach” you on how to set a plan of action for your journey to optimal health. Information on ongoing coaching sessions will be available.

We know that all we really need to do is get a little more active and eat a little better, but in this hectic day and age, these little changes can seem awfully intimidating and difficult to incorporate into our lives. Sign up online, [www.chestnuthillhealth.com/healthywoman](http://www.chestnuthillhealth.com/healthywoman). **Free**





## HEALTH AND WELLNESS CONTINUED...

## Prevention of Heart Disease

Tuesday, March 20

1 p.m.

Whitemarsh Township Building

Did you know that heart disease is the leading cause of death for men and women in America? Heart disease is the cause of 26 percent of deaths every year. But the good news is that measures can be taken to prevent heart disease. Studies show that nearly everyone can become more heart healthy by following a few key steps. Join Dr. Brandon Bussler, Chestnut Hill Family Care, and learn how to protect yourself from America's number one killer. Registration is required. Call 610-828-7276, Ext. 2404.

## Health and Senior Resource Fair

Tuesday, April 24

10 a.m. - 2 p.m.

Center on the Hill

Come to an important, informative event with screenings and information by Chestnut Hill Hospital professionals, including stroke screenings, foot screenings, and breast health information. Bring your questions for the expert nutritionists, physical therapists, podiatrists, sleep care specialists, vein care specialists, and women's health specialists. Come experience some alternative health disciplines, such as acupuncture, massage, Reiki, and more. There will also be community representatives from a multitude of organizations that support seniors. Whether you're looking for home care, transportation, financial counseling, senior day care, exercise, or meals at home, you'll find services to make life easier. Healthy refreshments will be served.

Presented by Center on the Hill ... the place for active adults, Chestnut Hill Hospital and Chestnut Hill Center for Enrichment. Pre-registration is required. Call Jackie Yorko, 215-247-4654 or jyorko@chestnuthillpres.org.

Ladies, Get  
CONTROL...

What every woman needs to know about **bladder health**

Thursday, April 26

6 - 7 p.m. food/ 2 glasses of wine

7 - 8:30 p.m. lecture

Bombay Room at the Chestnut Hill Hotel, 8229 Germantown Avenue, Chestnut Hill

Cost: \$20

A special evening for any woman wanting to learn more about urinary incontinence (the involuntary loss of urine) and problems of pelvic support (prolapse).



Heidi Harvie, M.D.

Pelvic floor disorders are prevalent, affecting one in two postmenopausal women in the U.S. If you experience painful bladder, pelvic organ prolapse, recurrent urinary tract infections, urinary frequency, or pelvic pressure you should meet University of Pennsylvania fellowship-trained urogynecologist and pelvic reconstruction surgeon Heidi Harvie, M.D. Discuss recommended treatments with Dr. Harvie who has done more robotic-assisted sacrocolpopexies than any other surgeon in our area. Call 215-248-6107 with questions.

To register, send payment to Women's Center, 8811 Germantown Avenue, Philadelphia, PA 19118. Include name and phone number.

Registration required for all Healthy Woman programs.



### Your Health and Wellness Fair

Wednesday, May 9

1 – 3 p.m.

Whitemarsh Township Building

Join local health care experts for an important, informative event for your wellbeing. Take advantage of **FREE screenings** and information. Bring your questions for the specialists in physical therapy, podiatry, vein care, and women's health issues.

- Stroke screening
- Foot screening
- Mini massages
- Physical therapy
- Cancer
- Weight loss surgery
- Veins
- Women's Center
- Gynecology
- Blood sugar
- Wound Care

Registration is required. Call 610-828-7276, Ext. 2404.

### Linda Creed Screening

Thursday, May 10

4 – 7 p.m.

Women's Center, Chestnut Hill Hospital

Early detection of breast cancer saves lives. The Women's Center will host the Linda Creed Breast Cancer Foundation, to provide mammograms, a physical breast exam by a physician and instruction in breast self exam. Free for women over age 40 who meet eligibility requirements of not having insurance or whose insurance doesn't cover mammograms. Call 215-248-8395 for an appointment.

### Look Good...Feel Better®

Tuesday, February 14 – 1:30 – 3:30 p.m.

Tuesday, May 15 – 5:30 – 7:30 p.m.

Williams Conference Room, Chestnut Hill Hospital

This program is a non-medical, product-neutral workshop facilitated by trained cosmetologists that teaches women who are undergoing cancer treatment how to manage appearance-related concerns such as skin changes, hair loss and nail care. Registration is required and space is limited, if interested, call 215-248-8930 to register.



## SUPPORT GROUPS

**Menopause Support Group**

Mondays

6:30 – 7:30 p.m.

Medical Office Building, Suite 40, Chestnut Hill Hospital

Supportive therapy and education session. We'll address issues such as menopause, body image, relationships, career and enjoyment. Facilitated by Lisa Lambert, M.D., and Nancy Pollack, M.S. Cost: \$15 per session. Registration required. Call 215-482-0408.

**Weight Loss Support Group**

Last Wednesday of each month

7 - 8 p.m.

Main Level Conference Room, Chestnut Hill Hospital

Join us each month for an evening of education, support and lively exchange of information and ideas to help achieve your weight loss goals. Topics include life style modification, nutrition and exercise. Guest speakers provide expert advice on related topics. Registration required. Call 215-753-2000.

**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.

**Advanced Cancer Support Group –  
NEW GROUP!**

Second Wednesday of the month, starting January  
January 11, February 8, March 14, April 11,  
May 9, June 13

Conference Room 109, Chestnut Hill Hospital  
10:30 a.m. – Noon

This new monthly group for people with any type of cancer that has recurred, is metastatic, or advanced is an opportunity to discuss the stresses, changes and challenges that such a diagnosis may bring. The group is facilitated by Lori Curtis, MSW. Please call the Cancer Resource Center at 215-248-8047 to register.

**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  
Park behind center

**Chestnut Hill Hospital (CHH)**  
8835 Germantown Avenue  
Philadelphia, PA 19118  
Park in garage



Registration required for all Healthy Woman programs.

## Man to Man® Prostate Cancer Support Group

Third Tuesday of the month  
January 17, February 21, March 20, April 17,  
May 15, June 19  
5:30 – 7 p.m.  
Williams Conference Room, Chestnut Hill Hospital

Man to Man® is an education and support group for men diagnosed with prostate cancer, whether newly diagnosed, in or post-treatment, sponsored by the American Cancer Society. Spouses and partners welcome. Please call the Cancer Resource Center at 215-248-8047 to register.

## Breast Cancer Networking Group

Fourth Tuesday of the month  
January 24, February 28, March 27, April 24,  
May 22, June 26  
5:30 – 7 p.m.  
Women's Center

A support and educational group for women diagnosed with breast cancer, who are currently receiving treatment or are dealing with survivorship issues. Group is facilitated by Linda Simmons, C.R.N.P., and Lori Curtis, M.S.W. Please call the Cancer Resource Center at 215-248-8047 to let us know if you plan to attend.



**TREAT** *yourself*

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

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

**\$10 off** a one-hour massage

*One per person. Not valid with other discounts.  
Expires: May 30, 2012.*

**Springfield Residence**  
8601 Stenton Avenue  
Wyndmoor, PA 19038

**Whitemarsh Township**  
Parks and Recreation Building (Miles Park)  
4021 Joshua Road  
Lafayette Hill, PA 19444

**Center on the Hill**  
The Presbyterian Church of Chestnut Hill  
Harris Room  
8855 Germantown Avenue  
(adjacent to Chestnut Hill Hospital)  
Plenty of free parking. Easy access.



## ONGOING SUPPORT GROUPS & CLASSES CONTINUED...

### Look Good...Feel Better®

Tuesday, February 14 – 1:30 – 3:30 p.m.

Tuesday, May 15 – 5:30 – 7:30 p.m.

Williams Conference Room, Chestnut Hill Hospital

This program is a non-medical, product-neutral workshop facilitated by trained cosmetologists that teaches women who are undergoing cancer treatment how to manage appearance-related concerns such as skin changes, hair loss and nail care. Registration is required and space is limited, if interested, call 215-248-8930 to register.

### Caregiver Support Program

1st Thursday of the Month (except for March –

February 2, March 7, April 5, May 3 & June 7)

5:30 – 7 p.m.

Williams Conference Room, Chestnut Hill Hospital

Caregivers for people with cancer face challenges as they try to support and assist their loved ones, and also balance other aspects of their lives. This monthly series, sponsored and presented in partnership with Keystone Care, will teach caregivers how to communicate with the health care team, family and friends; find meaning in the caregiver experience; manage difficult situations, e.g., legal matters and advanced illness and understand the importance of self-care. Call 215-248-8930 to register.



### Grief Support Group for Adults who have Lost a Spouse or Partner to Cancer

2nd Thursday of the Month

February 9, March 8, April 12, May 10 & June 14

5 – 6:30 p.m.

Conference Room 109, Chestnut Hill Hospital

When people lose someone important to them, they go through a normal process called grieving which can help in accepting and understanding their loss. Grieving involves feeling many different emotions over time, all of which help the person come to terms with the loss of a loved one. This group provides a safe, caring place to understand and share experiences and feelings for persons who are facing living alone, sometimes for the first time in decades. Group is facilitated by Lori Curtis, M.S.W., L.S.W., oncology social worker. Please call 215-248-8930 if you want to attend.



REGISTER ONLINE AT [WWW.HEALTHYWOMANONLINE.COM](http://WWW.HEALTHYWOMANONLINE.COM) UNLESS OTHERWISE NOTED.

Registration required for all Healthy Woman programs.

## FITNESS

### 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, Chestnut Hill Hospital  
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.



CHESTNUT HILL  
HOSPITAL

UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

8835 Germantown Avenue  
Philadelphia, PA 19118

Presort Standard  
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Philadelphia, PA  
Permit No. 1356

## LUNA Fest

Films by, for and about Women

See page 4 for details.

### Need a doctor? More information?

Call the Chestnut Hill Hospital  
physician referral center  
at 215-753-2000, or visit us  
at [chestnuthillhealth.com](http://chestnuthillhealth.com)

## Mark Your Calendar — Spring Health and Wellness Fairs!

### Health & Senior Resource Fair

Tuesday, April 24, 10 a.m. - 2 p.m.

Center on the Hill

#### FREE Screenings and Information

- Stroke screenings
- Foot screenings
- Breast health
- Nutritionists
- Physical Therapy
- Sleep care
- Vein care
- Women's health
- Acupuncture
- Massage
- Reiki
- Wound Care

Also meet representatives from a multitude of organizations that support seniors.

- Home care
- Transportation,
- Financial counseling
- Senior Day Care
- Exercise
- Meals at home

Pre-registration is required. Call Jackie Yorko,  
215-247-4654 or [jjoroko@chestnuthillpres.org](mailto:jjoroko@chestnuthillpres.org).

*Healthy refreshments will be served.*

*Presented by Center on the Hill, Chestnut Hill Hospital and  
Chestnut Hill Center for Enrichment.*



### Your Health & Wellness Fair

Wednesday, May 9, 1 – 3 p.m.

Whitemarsh Township Building

#### FREE Screenings and Information

- Stroke screening
- Foot screening
- Mini massages
- Physical therapy
- Cancer
- Bariatric
- Veins
- Women's Center
- Gynecology
- Blood sugar
- Wound Care

Registration required. Call 610-828-7276, Ext. 2404.

*Presented by Chestnut Hill Hospital and Whitemarsh Township.*