



CHESTNUT HILL HOSPITAL HEALTHY WOMAN

SPRING 2021 | VOL. 14, NO. 1

For women who want to live well



GUT CHECK

Occasional digestive problems are normal. Everyone experiences upset stomach, gas, heartburn, constipation or diarrhea from time to time. These problems may be uncomfortable or embarrassing but fortunately, many are temporary and not due to a serious condition. For women with persistent digestive symptoms, however, the list of possible causes may include both gastrointestinal (GI) and gynecologic disorders.

The gastrointestinal system is more complex in women than it is in men. Female hormones are certainly a factor since studies have shown that women often experience recurring GI symptoms related to their menstrual cycle. Women's intestines are also longer than their male counterparts, and a woman's gastrointestinal organs are more crowded than a man's because they must share space with reproductive organs as well. Women's stomachs tend to process food more slowly than men's, which may explain why women experience nausea and bloating more frequently.

These physiological and hormonal differences may make digestive health a challenge for many women and leave us more susceptible to common digestive problems:

- **INFLAMMATORY BOWEL DISEASE (IBD):** About twice as many women than men have IBD, which mainly consists of Crohn's disease and ulcerative colitis. Intestinal damage can occur. Abdominal pain, cramping, diarrhea and blood in the stool are some common symptoms.

Continued on inside front cover...

Asyia Ahmad, MD, gastroenterology,
Chestnut Hill Hospital

SCREENING *Saves Lives*



45 is the age that the American Cancer Society recommends people at average risk begin screening for colon cancer.

In recent years the age was lowered from 50 to 45 after analyzing data that showed new cases of colorectal cancer occurring at an increasing rate among younger adults. Screening starting at **the age of 45 for adults** of average risk will result in more lives saved from colorectal cancer.

The guidelines stress that whatever screening test you select must be repeated at regular intervals to be effective. And, if you choose to be screened with a test other than colonoscopy, any abnormal test result must be followed up with a timely colonoscopy to complete the screening process. Talk to a health care provider about which test is best for you.

Make a commitment this year to get screened. Schedule an appointment:

THMG Gastroenterology

215-248-8270 (Chestnut Hill)

484-659-0410 (Manayunk)



Chestnut Hill Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.



Continued from front cover...

GUT CHECK

- **IRRITABLE BOWEL SYNDROME (IBS):** Seventy to 80 percent of those with IBS, a condition causing abdominal pain, cramping and bowel irregularity, are women. Symptoms vary, but they generally consist of stomach pain, bloating, constipation, abdominal cramping, and diarrhea. While there is no cure, IBS can usually be managed through dietary changes.
- **GALLSTONES:** Women are diagnosed with gallstones twice as often as men. Female hormones raise cholesterol levels in the bile, which slows down movement in the gallbladder. Gallstones are formed when the cholesterol hardens, and symptoms are usually upper abdominal pain, nausea, yellowish skin/eyes, and clay-colored bowel movements. If you take birth control pills or menopausal hormone therapy or are pregnant, your chance of developing gallstones is even higher.
- **REFLUX:** Women also have a higher incidence of reflux, especially during pregnancy. It's partly due to higher levels of progesterone. Progesterone can cause the lower esophageal sphincter to relax, allowing stomach acid to rise into the esophagus. Carrying extra weight also can cause reflux. Extra weight puts extra pressure on the stomach and diaphragm, making acid reflux more likely.
- **CONSTIPATION:** Women experience constipation three times more often than men. Chronic constipation has also been observed in women with pelvic floor disorders, and women also report higher incidences of constipation during their menstrual cycle. Dietary changes and certain types of physical activity, like yoga, can help ease chronic constipation.

Don't Ignore Digestive Problems: See a Doctor

Ignoring digestive problems, even if they're just mildly annoying, may have long-term consequences. If your digestive system isn't working properly, your body may not be absorbing all the nutrients it needs to stay healthy. That can increase your risk of chronic disease. Most importantly, don't be embarrassed to talk to your doctor about any digestive discomfort. If your doctor has concerns, they may recommend you see a gastroenterologist who specializes in disorders of the digestive tract.

If you want to learn more about digestive health, join Dr. Ahmad on March 4 for a virtual discussion. See below for more information and how to register.

GUT CHECK

Thursday, March 4

Turning food into fuel for the body is a complex job done every day by your digestive system, but sometimes digestive disorders can impact quality of life. What's upsetting your digestive system? Learn healthy tips and recipes to keep your digestive system working smoothly from Asyia Ahmad, MD, gastroenterologist. You'll receive gut-friendly recipes too! To register, visit CHWellnessEvents.com.



REGISTRATION IS REQUIRED TO RECEIVE THE PROGRAM LINK.
Visit CHWellnessEvents.com to register.

TIPS FOR PREVENTING WOMEN'S DIGESTIVE ISSUES

If you have recurring issues, see a doctor. But you can also take steps to keep your digestive system running smoother.

- **KNOW YOUR TRIGGERS.** While no foods or nutritional supplements can prevent IBD or IBS, knowing and avoiding your dietary triggers is the first step to avoiding flare-ups. That goes for everyone. Even bouts of acid reflux can be avoided by staying away from fried foods, greasy or fatty foods, caffeine, carbonated beverages, citrus and chocolate.
- **LIMIT GAS-PRODUCING FOODS.** Beans, onions, broccoli and cabbage are notorious gas-producers, so enjoy them in moderation to avoid bloating and discomfort. The same goes for carbonated beverages. For some people, the sugar substitute sorbitol can cause excess gas, bloating, cramping and diarrhea.
- **MORE FIBER.** A high-fiber diet helps keep you regular, improves your heart health and reduces your risk of type 2 diabetes and certain cancers. Women should consume 25 grams of fiber per day, but most don't eat nearly that much. (Average American adults only get 15 grams.) To up your fiber intake, eat generous servings of vegetables and fruit. Opt for whole wheat bread and other whole grains, such as brown rice and quinoa. Drink more water as you eat more fiber to avoid constipation.
- **EAT SLOWER.** Eating at a more relaxed, steadier pace is good for your gut. Chewing food well can help your stomach digest easier. And eating slowly can help you avoid swallowing too much air, which can produce gas.
- **CONSIDER PROBIOTICS.** Probiotics are friendly bacteria or yeast that are thought to improve digestion and keep the intestines healthy. They may also help to strengthen the immune system and ward off diarrhea caused by infection, IBS or IBD. You can consume probiotics as supplements or in foods such as yogurt, dairy drinks and some cheeses. But check with your doctor before you start — they aren't for everyone.



DIET VS DISEASE

Thursday, January 21

Having too much or too little of certain foods and nutrients can increase the risk of chronic diseases.

Join registered dietitians Emily Thompson and Jocelyn Baumgarten to learn how a healthy eating plan can influence and lower your risk for heart disease and other health conditions. To register, visit CHWellnessEvents.com.



ALL WELLNESS PROGRAMS ARE VIRTUAL
12:00 – 1:00 p.m.

HEALTH AND WELLNESS



RESOLUTIONS FOR A HEALTHY 2021

Tuesday, January 19

The new year is a good time to make healthy commitments. Many resolutions focus on health and wellness. One of the best things you can do to improve your health is to establish a good relationship with your primary care physician. Join Edwar Youssef, MD, to learn ways to prioritize basic care, know what questions to ask your doctor and what you can do in advance to make the most of your annual visit.



Edwar Youssef, MD

BACK PAIN

Thursday, January 28

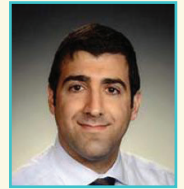
Moving is a key part of protecting your spine and in today's digital world, many are complaining of back and neck discomfort or pain after logging long hours in front of a computer, TV or tablet. Don't struggle with back pain. Get pain management and ergonomic tips from Amy Spiegel, DPT. We'll try them together!

All Wellness Programs are Virtual
12:00 – 1:00 p.m.
Register at [CHWellnessEvents.com](https://www.chwellnessevents.com)

HEART HEALTH AND WHY SCREENINGS MATTER

Thursday, February 4

February is all about hearts, but not just the candy kind. American Heart Month is recognized in February annually to educate communities about heart disease, the number one killer of Americans. Join Saum Shamimi-Noori, MD, Penn Cardiology, to learn ways to prevent heart disease and improve heart health. Get the latest information and tips to live healthier.

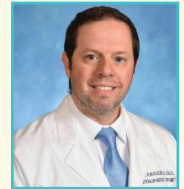


Saum Shamimi-Noori, MD

HAND PAIN

Tuesday, February 9

We rely on our hands to grasp, feel and touch. Hand and wrist specialists understand that any kind of hand and wrist pain deeply interferes with quality of life. Take steps to alleviate hand pain. Join John Pasquella, DO, Premier Orthopaedics, to learn the facts, common causes and latest treatments for hand pain.



John Pasquella, DO

BONE HEALTH

Thursday, February 18

Bones play many roles in the body – providing structure, protecting organs, anchoring muscles and storing calcium. Join Angela Chang, MD, to learn how diet, physical activity and other lifestyle factors can affect bone mass.



Angela Chang, MD



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Visit CHWellnessEvents.com to register.

DIETS, MEDICAL WEIGHT LOSS, AND SURGERY

Thursday, February 25

Tried diets and exercise, but still can't shed the weight? Want to learn more about how medical weight loss or surgery have helped thousands of people and might be the answer for you? Join this free, informational webinar to learn about the options and support available at Chestnut Hill Hospital. Come prepared with your questions for bariatric surgeon Roshin Thomas, DO, and Jocelyn Baumgaurten, registered dietitian and program coordinator.



Roshin Thomas, DO

SHOULDER PAIN

Wednesday, March 17

Strong, flexible and surprisingly fragile, our shoulder and elbow joints control the movements of our arms throughout the day. Problems with these upper extremity areas disrupt daily activities at home, at work and most importantly at play! Don't let pain interfere with quality of life. Learn the facts, common causes and latest treatments for shoulder pain from expert Timothy Amann, DO, Premier Orthopaedics.



Timothy Amann, DO

WHEN TO CHOOSE EMERGENCY ROOM VS URGENT CARE

Thursday, March 18

Many medical conditions are considered emergencies because they require rapid, advanced treatments that are only available in a hospital setting. Certain conditions or symptoms warrant immediate attention in the emergency room and other situations that are non-life threatening can be handled at an urgent care. Join Jenice Baker, MD, Medical Director of Emergency Medicine at Chestnut Hill Hospital, to discuss when you should go to the Emergency Room versus Urgent Care for medical attention.



Jenice Baker, MD

JOIN IN



Active but can't lose the weight? We Can Help!

Sometimes, diet and exercise aren't enough to help you lose the weight. Chestnut Hill Hospital clinicians understand the difficulties that come with losing weight and keeping it off for good. Whether you need nonsurgical weight management assistance or are considering minimally invasive weight loss surgery, we're here to help.

FREE WEIGHT LOSS SUPPORT GROUP

First Wednesday of each month

5:30 – 6:30 p.m.

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 lifestyle modification, nutrition and exercise. Guest speakers provide expert advice on related topics.

WEIGHT LOSS SURGERY

If your attempts to lose weight have been unsuccessful, surgery may be the best option. Our experienced surgeons can help you enjoy a healthier life. To learn if weight-loss surgery is the right choice for you, schedule a private consultation today. Call **215-248-8520**.





HEALTH AND WELLNESS *(continued)*

INJURY PREVENTION

Thursday, March 25

No matter if you're in the rink, on the field or down the court, all sports and activities come with their own risks that can cause injury. Learn precautions to take that can help reduce the risk of injury. James Hill, MD, will discuss prevention tips to keep you in the game.



James Hill, MD

FOOD & MOOD

Tuesday, April 6

Have you ever felt hangry (hungry + angry)? Food and mood influence one another. Join Laura Cresta, registered dietitian, to learn good mood foods so you can make good diet choices and avoid emotional or impulse eating.

CANCER SCREENINGS

Thursday, April 15

Regular exams and screenings for various types of cancers – such as skin, colon, cervix and breast – can increase your chances of discovering cancer early, when treatment is most likely to be successful. Join Jessica Berman, MD, oncologist and hematologist, to learn about the best cancer screening schedule for you. Find out what risk factors may move up the timing and frequency for screenings.



Jessica Berman, MD

HIP & KNEE PAIN

Thursday, April 8

Most people will at some point have knee or hip pain because these large joints have the demanding task of bearing the full weight of the body while also allowing for a wide range of movement. Depending on the cause of pain, the solution might be a set of exercises, pain relief medication, surgery, or a combination of these. Join Jeffrey Vakil, MD, Premier Orthopaedics, to discover the latest treatment options for hip and knee pain.



Jeffrey Vakil, MD



FOOT CARE

Thursday, April 22

Stand up to aching feet. People use their feet almost constantly – don't let foot pain stop you in your tracks. Learn the facts, common causes, symptoms and treatments for foot and ankle conditions, including arthritis at our free webinar presented by John Scanlon, DPM, podiatrist.



John Scanlon, DPM

All Wellness Programs are Virtual
12:00 – 1:00 p.m.

Register at CHWellnessEvents.com

REGISTRATION IS REQUIRED TO RECEIVE THE PROGRAM LINK.

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SEASONAL ALLERGIES

Thursday, April 29

Spring means flower buds and blooming trees – and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies develop when the body's immune system overreacts to something in the environment, usually during spring, summer or fall when certain plants pollinate. Join Nishi Elangbam, MD, to learn ways to nip seasonal allergies in the bud.



Nishi Elangbam, MD

FIBROIDS

Thursday, May 6

By age 50, many women have developed fibroids, muscular tumors, that grow in the wall of the uterus. Not all women with fibroids have symptoms, but those who do find fibroids hard to live with. Join Lynda Thomas-Mabine, MD, gynecologist, to learn various ways to manage fibroids.



Lynda Thomas-Mabine, MD

HEALTHY HABITS

Thursday, May 13

Help prevent chronic diseases like type 2 diabetes, heart disease and cancer by developing healthy habits. Join Ciera Johnson, MD, to learn ways to be sun safe, rethink your drink, eat a healthy diet, get enough sleep and more so you can stay healthy and prevent chronic disease.



Ciera Johnson, MD

MEDICAL IMAGING



SERVICES

- X-Ray*
- Ultrasound*
- MRI
- PET/CT
- CT – 64 Slice*
- Nuclear Medicine
- Mammography/DEXA Scan
- Vascular Diagnostic Center

MEDICAL IMAGING CLOSE TO HOME

- Same-day and next-day appointments available
- Same-day results, in most cases
- Free, Convenient Parking
- Most insurances accepted

**(Walk-ins Welcome!)*

FREE SCREENING MAMMOGRAPHY PROGRAM:

Regular mammograms are still the best tests doctors have to find breast cancer early. The Chestnut Hill Hospital free screening mammography program provides mammograms to women without insurance. For complete details and to schedule a mammogram, call the Chestnut Hill Hospital Women's Center at **215-248-8400**.



MEDICAL IMAGING LOCATIONS

CHESTNUT HILL HOSPITAL

8835 Germantown Ave, Phila., PA 19118

WOMEN'S CENTER (CHESTNUT HILL)

8811 Germantown Ave, Phila., PA 19118

WOMEN'S CENTER (BLUE BELL)

1777 Sentry Pkwy. W. | Dublin Hall, Ste 120, Blue Bell, PA 19422

SCHEDULE AN APPOINTMENT: 215-248-8400



Chestnut Hill Hospital

TOWER HEALTH

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8835 Germantown Avenue
Philadelphia, PA 19118

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WELLNESS PROGRAMS ARE VIRTUAL!

All Programs are **12-1 p.m.**

Register at
CHWellnessEvents.com

This facility has agreed to comply with the provisions of the Federal Civil Rights Acts of 1964 and the Pennsylvania Human Relations Act and all requirements imposed pursuant thereto to the end that no person shall, on the grounds of race, color, national origin, ancestry, age, sex, religious creed or disability, be excluded from participation in, be denied benefits of, or otherwise be subject to discrimination in the provision of any care service.

CONNECT TO SUPPORT

Don't wait to get your loved ones the care they need.

Our bodies change as we age, and so do our minds. Seniors face an increased risk of mental challenges, including clinical depression and memory impairment. But there's good news – in most cases, these conditions can be successfully treated and managed with specialized care. The skilled staff at Chestnut Hill Hospital provides hope and healing.

The Senior Behavioral Health Program offers:

- Individual and Family Therapy
- Group and Activity Therapy
- Anger and Stress Coping Skills
- Medication Education
- Family Education

For more information on inpatient care
Call: 215-248-8117



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