Living Healthy

depression and anxiety
reclaiming life

beautiful skin
5 tips for women of all ages

the well-woman exam
a priority for your health

FAMILY WEIGHT-LOSS PARTNERS

A PUBLICATION OF

WellSpan Health
Formerly Summit Health
DEAR FRIENDS,

As a woman, you juggle a lot of roles—mother, partner, friend, employee, leader—and a lot of people rely on you. Along with these roles come responsibilities and certain pressures. Yet, despite this, I see the women in my life handle these competing roles and responsibilities with humor and grace.

I recognize that the pressure you feel at times as you maintain this juggling act must be overwhelming. So, it’s my hope this special double issue of Living Healthy, with topics specific to women based on your unique physical, mental, and preventive-care needs, will be helpful to you.

Learn how a mother-in-law and daughter-in-law worked to support each other on their weight-loss journeys with WellSpan Weight Management on page 8.

On page 5, find out how an elementary-school teacher found relief from crippling menopause symptoms with help from WellSpan OB/GYN in Waynesboro.

This issue also includes details on foods that can help you maintain your best health, tips to manage your mental well-being, and information on the benefits women reap from strength and resistance training.

My hope is you’ll find value in the articles this issue offers so you can take the best care of yourself possible—and be well for all the people who rely on you.

Warm Regards,

Patrick O’Donnell
CEO and President
WellSpan Summit Health

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WELLSpan Summit Health Classes & Events
Learn more about living a healthy life and feeling your best by attending one of our community programs: www.summithealth.org/events.
5 HEALTH FOODS FOR WOMEN

As part of a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, these five foods can help women maintain their best health.

1 BLACK BEANS. Women, especially women looking to become pregnant or who are already pregnant, need folate in their diet. Black beans are not only rich in folate, but also in other health-promoting nutrients like magnesium, iron, and omega-3s.

2 ALMONDS. Women are four times more likely to develop osteoporosis—a condition that causes bones to become weak and break easily—than men. Calcium is important to build and maintain bone strength. Almonds contain calcium and also help the body absorb it. In addition, they have a lot of protein, are high in vitamin E, act as a probiotic to help maintain a healthy gut, and can lower LDL (the bad cholesterol).

3 QUINOA. Compared to men, women are three times more likely to experience migraines. Quinoa is an ancient grain that’s a perfect protein source. It contains both riboflavin and magnesium, two nutrients shown in studies to help prevent and reduce the severity of migraines. Quinoa also is high in iron and is a gluten-free grain option for those who have celiac disease or are gluten sensitive.

4 WILD-CAUGHT SALMON. About 35 to 40 percent of Americans have low vitamin D levels. One very important role of vitamin D is to aid in the absorption of calcium, which helps maintain bone strength. Salmon is an excellent source of vitamin D, especially if it’s wild caught.

5 YOGURT. As mentioned, calcium is a vital nutrient for bone strength. One cup of yogurt has 30 percent of the daily recommended intake of calcium. It’s also a good source of vitamin D, which helps put calcium to work, as well as phosphorus, potassium, and B vitamins. Additionally, yogurts with active live cultures contain probiotics, which aid digestion and are an essential part of a healthy diet.

GET MORE GUIDANCE ON EATING HEALTHIER — ATTEND A FREE GROCERY-STORE TOUR LED BY A REGISTERED DIETITIAN. REGISTER TO ATTEND AT WWW.SUMMITHEALTH.ORG/SHOPHEALTHY.
We’ve all seen older women with incredibly smooth, young-looking skin. And we’ve all seen the opposite—women whose weathered appearance makes them seem older than they are. Genes account for part of the difference, but “it’s also in how you take care of your skin,” says Aureliz Myers, a licensed cosmetologist at WellSpan Plastic Surgery & Skin Care Center in Chambersburg. Follow her top five skin-care tips for women of any age.

1. **STAY HYDRATED.** “Your skin is made up of cells, and they’re made up of water,” says Myers. “If you’re not properly hydrated, this can result in dry, flaky skin, and over time you can start seeing more wrinkles.” Drink at least eight 8-ounce glasses of water daily.

2. **STOP SMOKING.** “Chemicals from smoking have an adverse effect on the skin,” warns Myers. “If you’re constantly putting those chemicals on your face and into your body by smoking, your skin is definitely going to have an adverse reaction in color and texture.” The pucker you make when smoking can create deep wrinkles around the mouth, too.

3. **USE A MOISTURIZER WITH SUNSCREEN.** Look for one with an SPF of at least 30 and apply it daily, including in winter—especially if you enjoy outdoor activities. “Winter’s rays can still reach you and be damaging,” Myers explains. She’s a fan of moisturizing formulas that contain zinc oxide, a physical protectant that works well and tends not to have a strong “sunscreen smell.”

4. **DON’T OVERDO IT WITH ABRASIVE SCRUBS.** “Overusing them can overdry the skin or in some cases leave it open to free radicals or bacteria that can cause breakouts or premature aging,” says Myers. Your skin-care professional can help you decide which exfoliant is right for you.

5. **AVOID CHANGING PRODUCTS TOO OFTEN.** It takes about four to six weeks for your skin to adapt to a new product. If you stop sooner, you may not reap any antiaging benefits.

Above all, says Myers, keep up your good habits. “Over time,” she explains, “you can keep your skin looking and feeling younger as long as you are consistent with what you’re doing.”
n 2007, fourth-grade teacher Fawn Stitely started experiencing symptoms of perimenopause. By the end of 2014, she was miserable.

“I was having 17 hot flashes a day—it was like a contraction; I would time them, and they would be three minutes long,” she explains. “I would literally be red and feeling like I was going to faint from the heat. It would take my breath away.”

Periodic insomnia made Fawn feel constantly drained. And, as she looked to female relatives still having hot flashes in their 70s, she didn’t have much hope things would get better. “There was no end in sight. I was emotionally not well—it was such a difficult time.”

Fawn started to explore her options and found that some herbs and prescribed synthetic hormones helped ease severe symptoms, but the relief they gave her was always temporary.

In Spring 2016, she began seeing Certified Registered Nurse Practitioner Dana Hull of WellSpan OB/GYN in Waynesboro.

By summer, Fawn finally had consistent relief from her symptoms thanks to Bioidentical Hormone Replacement Therapy (BHRT).

Bioidentical hormones are exact replicas of natural hormones tailored to the specific needs of each patient.

As a Certified Registered Nurse Practitioner, Hull has an advanced nursing degree that allows her to see and treat patients. CRNPs can order laboratory testing; order imaging such as X-rays, MRIs, and CT scans; and prescribe medications. Hull also has specialized training in BHRT through the American Academy of Anti-Aging Medicine and has patients who travel from as far as two hours away for her care.

HORMONE IMBALANCE ISSUES

“Natural hormones start to decline a lot sooner than many women realize—as early as the mid-20s,” explains Hull. “Hormonal imbalance can lead to many issues, including anxiety, hair loss, trouble sleeping, and mood swings. For women who are candidates for the therapy, bioidentical hormones can really improve their quality of life.”

Fawn says that Hull took time to listen and evaluate her unique case. “Dana’s approach was, ‘I find this challenging, but we will figure it out,’” says Fawn. “I just can’t say enough good about her, both as a person and as a medical professional.”

The 53-year-old has referred at least three friends to Hull for BHRT. “You shouldn’t have to suffer. Just give it a shot. Go talk to her,” says Fawn. “You have nothing to lose and everything to gain.”

FOR INFORMATION ON WELLSPAN OB/GYN IN WAYNESBORO, VISIT WWW.SUMMITHEALTH.ORG/OBGYN. FOR AN APPOINTMENT, CALL 717-765-5086.
DEFEATING
Depression
AND
Anxiety
Anxiety and depression can strike at any time, making daily activities a challenge and reducing enjoyment of life. Fortunately, help is available. The sooner treatment is begun, the less likely these conditions are to cause devastating consequences.

WHEN ANXIETY ATTACKS
Women are more than two times as likely as men to experience anxiety disorders. “There are a number of reasons for that,” says Colleen Martin, a licensed clinical social worker with WellSpan Behavioral Health in Chambersburg. “Some of the cause is genetic—a susceptibility to anxiety can run in families.” Another factor is the stress that women are under. “Many of us are trying to manage multiple roles,” she explains. “We’re juggling being wives, mothers, and full-time workers, while also caring for our parents and doing ‘extracurricular’ activities like going to book clubs.”

While anxiety can occur at any point in a woman’s life, it’s especially likely after a trauma such as a car accident or abuse, or at milestones like the loss of a job or the death of a family member. Women also are more likely to become anxious after having a child, says Martin. This tends to show itself as obsessive-compulsive disorder. “A woman might obsess over her baby,” she explains. “Is he breathing? Is something wrong with him? And they won’t rest because of it.”

One of the most prevalent anxiety-related issues Martin sees is Generalized Anxiety Disorder, or GAD, which often is accompanied by depression. While panic attacks come and go, a person with GAD always has anxiety, which can center on anything from health to work.

No matter what type of anxiety a patient has, treatments exist. “Cognitive behavioral therapy, which involves examining your thoughts and how they lead to certain behaviors, is very helpful,” says Martin. If a patient needs medication, Martin can refer her to a prescribing physician.

INSIGHT INTO DEPRESSION
Like anxiety, depression is often caused by the stress of filling multiple roles. “A lot of times, body image goes along with that,” says Martin. “Society has a pretty strong image of what it thinks a woman should be. And if someone’s not confident, she can feel like she’s not good enough. That kind of thinking goes hand in hand with depression.” Financial stressors also can send patients into a spiral, as can a series of setbacks, such as the loss of a loved one followed by the loss of a job. Trauma can leave depression in its wake as well.

To diagnose depression, Martin looks for certain symptoms, including an increase or decrease in appetite and/or sleep, along with a feeling of hopelessness. “People’s energy will be low and they will not want to do things they used to like to do,” she explains. “Sometimes they’ll have suicidal ideation, or a passive death wish—maybe not wanting to actually harm themselves, but thinking they’d rather be dead.”

“Cognitive behavioral therapy is a go-to for treating depression, as is general talk therapy,” says Martin. There are many avenues for treatment, including medication. “At some point in our lives, we all need help,” says Martin. “Starting the process of getting help is sometimes the hardest part, but it’s well worth it.”

SELF-CARE COUNTS

“Women are more likely to make sure everyone else’s needs are met than they are to care for themselves,” says Colleen Martin, a licensed clinical social worker with WellSpan Behavioral Health in Chambersburg. But showing yourself a little love, through steps like those below, can help stave off both anxiety and depression.

FIND A HOBBY.
“It’s relaxing, and seeing your progress—improvements in skill or in conditioning—will make you feel good about yourself,” Martin says.

GET REGULAR EXERCISE.
Aim for at least 20 to 30 minutes a day. “It’s very beneficial for the brain and the body,” Martin points out. Exercise releases endorphins, the body’s natural “feel-good” chemicals. “Even better, exercise outside,” she urges. “You’re going to get some vitamin D, and low vitamin D levels have been linked to depression.”

DRINK ADEQUATE WATER AND MAINTAIN A HEALTHY DIET.
As Martin notes, “If our basic needs aren’t met, it’s really hard to progress anywhere else.”

GET ENOUGH SLEEP.
Adults need roughly seven to nine hours per night. “Sleep is when our brains recoup and regenerate,” Martin explains.
TAYLOR EVerson (LEFT) AND CYNTHIA RAY, HER MOTHER-IN-LAW, TEAMED UP TO COLLECTIVELY LOSE 165 POUNDS WITH THE HELP OF WELLSPAN WEIGHT MANAGEMENT.
Taylor Everson and Cynthia Ray have more in common than their affection for the same man. In 2018, the daughter-in-law and mother-in-law committed to a journey of getting healthier together, pushing each other to make better food choices with guidance from WellSpan Weight Management.

Together, they lost the weight of a person—a combined 165 pounds.

“I’d been on so many diets—I’d try everything out there,” explains Cynthia, noting that wraps, pills, and starving herself were just a few of the methods that failed. “I didn’t have the support.”

In her late 20s, Cynthia had two children just 10 months apart.

“I gained weight and then—boom—got pregnant again so, I didn’t have time to lose it.”

When Cynthia’s daughter-in-law Taylor suggested the two go to WellSpan Weight Management together, Cynthia knew it was the structure and accountability she needed to make a true lifestyle change.

A FRIENDLY CHALLENGE

In fact, the accountability kicked in before the two women even enrolled in the program. Cynthia and Taylor attended an information session about the weight management program and challenged each other to lose 10 pounds on their own, first.

“When we had started in June, it was her and me pushing each other,” says Taylor.

Once they began regular appointments, Certified Registered Nurse Practitioner Jen Hutsler helped the duo understand proper nutrition, which was complemented by medication to enhance their weight-loss efforts.

“They both did very well,” says Hutsler. “They tracked and journaled their calories. They made healthier selections, eliminated liquid calories, and started eating at home more. They both continue to follow up with me at medical weight management and continue to journal their calories.”

Taylor explains that the continued appointments with Hutsler and the team at WellSpan Weight Management are times to check in and continue accountability.

“They’re just so wonderful,” Cynthia says of the staff. Taylor has gone from a size 18 pant and 2X shirt to a size 6 pant and shirts in Small or Medium. Cynthia started her journey wearing a size 20 pant and 2X tops. She now wears a size 10 and Large in pants and shirts, respectively.

While they did take medication to aid in weight loss, that was only a small piece of the puzzle—about 80 percent of their weight loss is attributed to learning how to eat properly and making a true lifestyle change. The remaining 20 percent of weight loss is a result of the medication.

“You can’t depend on that pill,” says Cynthia.

Taylor agrees: “You have to change your lifestyle.”

BEYOND THE WEIGHT LOSS

As their weight-loss journeys are nearing an end, both women have turned to Dr. Wayne Ledinh with WellSpan Plastic Surgery & Skin Care Center for what they consider the final pieces of the puzzle.

“You work so hard to lose this weight,” explains Taylor, noting that she and her mother-in-law were both left with excess skin as a result of weight loss, which hindered self-assurance. “I wanted to feel confident.”

Cynthia had excess skin removed from her arms in Spring 2019 and is planning a tummy tuck this Fall. She says Dr. Ledinh’s accessibility helped put her at ease when she had questions.

“Any time I messaged him, he has told me to ‘come on in.’”

In June, Taylor had a “Mommy Makeover” surgery that consisted of a breast augmentation and tummy tuck.

“I’m so glad I did it,” she says. “It’s a good feeling—a real confidence booster. Dr. Ledinh is phenomenal. I couldn’t have asked for a better surgeon.”

3 TRIED-AND-TRUE TIPS

Cynthia Ray and Taylor Everson list three things they learned from Jen Hutsler, Certified Registered Nurse Practitioner at WellSpan Weight Management, that were especially helpful with weight loss.

1. Don’t waste calories on drinks. Instead, fill your calories for the day with nutritious foods.
2. Log calories using an app such as MyFitnessPal to track how much you consume.
3. When eating at restaurants, order off the children’s menu.

DON’T WAIT TO GET HEALTHY – MAKE A POSITIVE CHANGE WITH OUR GET FIT NOW PROGRAM. REGISTER BY CALLING 717-262-4472 OR VISIT WWW.SUMMITHEALTH.ORG/GETFITNOW.
Maintain your best health and catch illness early, when it’s most treatable, by getting an annual well-woman exam.

Dr. Mawuli Brosius is on a mission. She wants to help ensure that women understand the importance of getting their annual exam—even when they’re not due for a Pap test. “Women need to come in for that annual screening—there are things I can pick up before your next Pap test,” explains Dr. Brosius. “For example, we need to make sure there are no lesions; no a-typical bleeding; no abnormalities in the cervix and ovaries; and no bladder or pelvic prolapse.”

A CLOSE BOND WITH PATIENTS

Dr. Brosius started practicing at WellSpan OB/GYN in Waynesboro in 2017. She chose the group because of its midwife model and the close relationships it fosters between providers and their patients. “I wanted a very intimate practice where the provider and patient have a close bond,” she says.

Dr. Brosius has young children and enjoys having that in common with many of her patients. “Having kids myself,” she says, “I can share that experience with my patients and can relate to what they’re
going through.”

Using the midwife model also means providers in the group work side by side to achieve the best outcomes. “We all have a role to play for the best benefit of the patient,” explains Dr. Brosius. “We have mutual respect and understanding as we collaborate, each bringing our own knowledge for the best possible care.”

WellSpan OB/GYN in Waynesboro gives patients a full physical examination in addition to the standard gynecologic and breast exams, so women get a head-to-toe check of their overall health. Patients have an opportunity to ask questions and share concerns they may have, and providers can help set goals to improve health for the upcoming year.

SCREENING TIMELINE

Visiting your primary care provider regularly and following recommended screening guidelines may mean catching disease or ailments early, when treatment can be most effective. This handy guide shows what screenings you should have when.

BONE MINERAL DENSITY TEST

Age 40–64, discuss with your doctor if you are at risk for osteoporosis. Age 65 or older, get this test at least once. Talk to your provider about repeat testing.

BLOOD PRESSURE TEST

Get tested at least every two years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 129/80. Discuss treatment if you have blood pressure of 130/80 or higher. Ask your provider if you need a baseline screening cholesterol test.

BREAST CANCER SCREENING (MAMMOGRAM)

According to American Cancer Society (ACS) guidelines, women age 40–44 who are considered average risk have the option to start screening every year. The ACS recommends that average risk women age 45–54 have a mammogram every year. Women age 55–74 can switch to a mammogram every other year, or continue yearly mammograms. Speak with your provider to determine your risk. Women age 75 and older should ask their provider if they need to be screened.

CERVICAL CANCER SCREENING (PAP TEST)

Beginning at age 30 until age 64, as part of their annual well-woman exam (including breast and pelvic exams), all women should get a Pap test and HPV test together every five years. Your provider may recommend a different frequency based on your health. Women age 65 and older should ask their doctor or nurse if they need a cervical cancer screening.

COLORECTAL CANCER SCREENING (COLONOSCOPY)

The ACS recommends that average risk women get a colonoscopy every 10 years starting at age 50. Women with an increased risk, such as a family history of colorectal cancer, may need to receive different tests more frequently or start screening at a younger age. Discuss your risk with your primary care provider. Women age 76 and older should ask their doctor or nurse whether they need to continue screening for colorectal cancer.

FOR MORE INFORMATION ABOUT WELLSPAN OB/GYN, VISIT WWW.SUMMITHEALTH.ORG/OBGYN.
Weight training—also called strength or resistance training—has immediate and long-term benefits for women. Resistance training increases muscle strength by making muscles work against an external force or weight. This can be body weight (squats, lunges, planks), free weights (barbells, dumbbells), resistance bands, or weight machines.

**THE TRUTH ABOUT WEIGHTS AND WOMEN**

But many women don’t add weight to their workouts, thinking it’s unnecessary, that it will take too much effort, or the end result will be bulky muscles. Nicole Mallory, a Certified Strength and Conditioning Specialist and special programs coordinator at WellSpan Results Fitness, says the opposite is true.

“Women lack the male hormones needed to pack on muscle,” she says. Instead, regular weight training increases metabolism which makes it easier to lose fat and build muscle—leading to a shapelier physique. Resistance training also equals better bone health and reduced injuries, and helps make everyday tasks easier.

The good news: “There’s never a wrong time in a woman’s life to begin a strength-training program,” says Mallory. “Anyone, at any point, will reap the benefits—whether they’re 20 years old or 80.”

**GETTING STARTED**

A certified personal trainer can take the mystery out of resistance training by customizing a safe and effective program. They’ll demonstrate proper form and help choose poundage for weights.

Mallory recommends circuit workouts that elevate the heart rate and incorporate compound exercises that use multiple muscle groups. The American Heart Association says adults should exercise each muscle group at least two times per week, performing one set of eight to 12 repetitions, working the muscles to the point of fatigue.

Here’s a sample strength-training workout for beginners:

**UPPER BODY:**
- 12 bicep curls
- 12 triceps extensions
- 12 chest presses
- 12 dumbbell rows

**LOWER BODY:**
- 12 bodyweight squats
- 12 stationary lunges
- 12 side lunges
- 12 glute bridges

**REPEAT.**

“Weight training can totally reshape your body,” says Mallory. “But your actual weight may not change. Pay attention to body composition changes and how your clothes fit, not the number on the scale.”