



Baystate
Health



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Virtual Events

Weight Loss Seminar

Tuesday, July 13, 6-7 pm



Dr. Romanelli

There are a lot of us struggling with weight control. More than a third of adults in America are obese and obesity is linked to more than 60 chronic diseases. Join Dr. John Romanelli, general and bariatric surgeon, medical director, bariatric and robotic surgery, Baystate Medical Center, for a discussion about obesity, BMI, the multidisciplinary steps for a weight management program such as diet plans, lifestyle, behavioral treatment, medications as well as when and how bariatric surgery is performed. There will be plenty of time for questions and answers.

The Burning Facts About Skin Cancer and Melanoma

Thursday, August 12, 6-7 pm



Dr. Arenas

A beautiful sunny day lying on the beach, being outside while gardening, hiking, swimming and more is time well spent and so good for our health. But when is it too much? Join Dr. Richard Arenas, Chief, Division of Surgical Oncology, Baystate Surgical Oncology & Breast Specialists, for a discussion about skin cancer facts, myths debunked, how to reduce risk, the different types of skin cancers and symptoms, with focus on melanoma and how skin cancers are diagnosed and treated. There will be time for questions and answers.

Missed a Virtual Event?



Watch recorded events anytime at BaystateHealth.org/EveryWoman.



To register for any of the virtual events visit BaystateHealth.org/EveryWoman and scroll to the bottom of the page or visit BaystateHealth.org/Events.

Questions? Email Sue.Fontaine@BaystateHealth.org or call 413-794-5200.

Be Inspired. Be Healthier. Not a member of Baystate Health Every Woman? Join the free program focused on the total well-being of a woman – body, mind, and spirit.

Visit BaystateHealth.org/EveryWoman

New Heart Series Exclusively for Women

Women's Heart Health Lecture Series Menopause and The Heart

Wednesday, August 18, 6-7 pm



Dr. Chaudry

Menopause is riddled with symptoms such as hot flashes, insomnia, and night sweats, and as a woman's body goes through perimenopause and menopause it also changes our bodies in a way that effects the heart. Join Dr. Sabeen Chaudry, cardiologist, Baystate Cardiology, for the first in a series focused on a woman's heart which is strong and resilient yet different when health is concerned. The discussion will include how menopause can be connected to heart disease for women, the symptoms that should never be ignored and how to prevent heart disease no matter what stage of change your body is in. There will be time for questions and answers.

When Laughing is No Longer Funny: Incontinence Situations

Thursday, September 2, 6-7 pm



Dr. Kopcsay

If you have a loss of bladder control you're not alone. It is a common, often an embarrassing situation. The severity ranges from occasionally leaking urine when you laugh, cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a toilet in time. The good news is that for most women, these problems can either be cured or at least better managed. Join Dr. Katelyn Kopcsay, urogynecologist, Baystate Urogynecology, for a discussion about the forms of female incontinence, symptoms, causes, tests, diagnosis, and the many treatments available. There will be time for questions and answers.



Sleep Apnea Treatments: Freedom From Gear

Tuesday, September 14, 4-5 pm



Dr. Lee

Imagine you are dreaming and the muscles in your throat relax enough that tissues block the airway. This is a common form of sleep apnea called obstructive sleep apnea (OSA). One in 15 people in the U.S. have OSA and 80% of them are undiagnosed. If you have tried the CPAP machine, without success, there is a treatment available called Inspire. Join Dr. Jonathan Lee, plastic surgeon, Baystate Plastic Surgery, and Dr. Daniel Plosky, otolaryngologist, Ear, Nose, & Throat Surgeons of Western New England, for a discussion about the technology that you may not have heard of which has decreased snoring, and reduced sleep apnea events.



Dr. Plosky

Topics will include an overview of OSA, how it is diagnosed, and the various surgical treatment options including Inspire. There will be time for questions and answers.



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Kylie Johnson
Senior Philanthropy Officer
& Planned Giving Manager

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PREGNANT DURING COVID-19?

HERE'S WHAT YOU NEED TO KNOW

The coronavirus pandemic has brought fear and uncertainty into the lives of many Americans.

As pregnant women prepare to give birth across the country and at Baystate Health, many are concerned they will be giving birth alone with no loved one by their side, while others are equally concerned about being separated from their newborns if they test positive upon admission to the hospital.



Dr. Heather Sankey, chair of the Department of Obstetrics and Gynecology at Baystate Medical Center, answers questions about what to expect.

Dr. Sankey

WHY ARE PREGNANT WOMEN BEING TESTED FOR COVID-19?

Baystate is testing all patients admitted to the hospital to get a more accurate count of those patients who are asymptomatic (have no symptoms) or pre-symptomatic (will soon have symptoms) carriers of the virus in the community.

The information will help caregivers to determine the safest approach for their care during their hospital stay and when they leave the hospital.

WILL I BE SEPARATED FROM MY NEWBORN IF I TEST POSITIVE FOR COVID-19?

“We are following guidelines established by the Centers for Disease Control and Prevention regarding the best way to care for the baby when mom tests positive. The determination of whether or not to separate a mother with known or suspected COVID-19

and her infant is a shared decision between the mother and the clinical team,” Dr. Sankey added. “We have found that a small number of women without symptoms test positive. The results allows us to take steps to minimize the spread of the virus to others, including the baby.”

According to the CDC, decisions about how to care for mothers and infants are based on the following considerations:

- The clinical condition of the mother and the infant
- Testing results of the mother (confirmed vs. suspected) and infant (a positive infant test would negate the need to separate)
- Desire to breastfeed
- The ability to maintain separation after leaving the hospital

“Testing also allows for early diagnosis to prevent spread to the newborn, and to family and friends upon returning home. Knowing a mom has tested positive also gives us the opportunity to teach her how to care for baby with minimum risk at home,” Dr. Sankey said.

HOW CAN I PROTECT MY NEWBORN FROM COVID-19 WHEN I GO HOME?

Here are some tips for reducing the the risk of transmission of COVID-19 to your baby:

- Have someone in the home without COVID-19 or symptoms care for your baby.
- Mothers should minimize contact with baby as much as possible.
- When not providing care, keep baby at a distance of 6 feet or in a separate room.
- All caregivers should wash hands before any contact with baby.
- All caregivers should wear a face mask during contact with baby.

IS MY BABY AT RISK FOR GETTING COVID-19?

Dr. Sankey noted that it is believed transmission rarely, if ever, occurs in utero. Getting vaccinated while pregnant may help to protect the baby even after birth.

However, transmission after birth can occur due to contact with infectious respiratory secretions from a cough or sneeze and is a concern because it has been associated with severe complications in some newborns.

IS IT SAFE TO BREASTFEED DURING THE PANDEMIC?

Mothers who test positive are also concerned about breastfeeding.

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.

In limited studies, COVID-19 has not been detected in breast milk. However, it is not known for sure whether mothers with COVID-19 can spread the virus via breast milk, or whether there are protective antibodies in the milk. Even if the virus cannot be transmitted via breast milk, it may still be transmitted to the baby during close exposure, like breastfeeding, due to mothers coughing or sneezing.

“Mothers with known or suspected COVID-19 who choose to breastfeed must put on a face mask and practice hand hygiene before each feeding. If, for some reason, there is a temporary separation, we encourage moms to express their breast milk which will be fed to her baby by one of her caregivers,” Dr. Sankey said.

CAN I HAVE A PARTNER WITH ME DURING BIRTH?

At Baystate Health hospitals, you will not have to give birth alone. According to the current visitor policy (which could change at the time of this publication) one partner is allowed to attend the birth and can stay with the new mom until discharge, unless she or her support person develop respiratory symptoms or a fever. The partner will be screened twice a day for signs of infection. Two additional visitors are also allowed during visiting hours.

“We want what is best for baby and mom. Our goal is to keep baby safe in the hospital and at home upon discharge, even if mom tests positive for COVID-19,” Dr. Sankey said.

SHOULD I GET THE COVID-19 VACCINE IF I'M PREGNANT?

For most people, getting the COVID-19 vaccine as soon as possible is the safest choice. Pregnant COVID patients are 5 times more likely to end up in the intensive care unit than non-pregnant COVID patients.

Doctors at the University of Massachusetts Medical School – Baystate created a shared decision-making guide to help pregnant people and their providers decide whether or not to get the coronavirus vaccine.

Visit [BaystateHealth.org/covid19/vaccine/pregnancy](https://www.baystatehealth.org/covid19/vaccine/pregnancy)





DO YOU KNOW WHAT'S KEEPING YOU FROM GETTING A GOOD NIGHT'S SLEEP?



Dr. Syed

Aaah, a good night's sleep...it's something we all long for but a surprisingly few people actually get. In fact, an estimated 50-70 million U.S. adults have a sleep or wakefulness disorder. According to Dr. Muhammad Syed, a Sleep Medicine Specialist at Baystate Medical Center, the impact of all those sleepless nights is more than just feeling drowsy.

THE HIGH COST OF TOO LITTLE SLEEP

"Studies show that adults who sleep less than six hours a night are more likely to suffer from a number of chronic conditions including diabetes, obesity, and coronary heart disease and are more likely to suffer a stroke than those who sleep 7 to 9 hours per night," says Syed. "In addition, people who don't get enough sleep are 10 times more likely to suffer with depression and 17 times more likely to have anxiety."

Syed also notes that poor sleep habits can also have a negative impact on performance at work. "Lack of sleep can affect your ability to remember and process information and can slow your reaction time, which depending upon your line of work or if you're driving a car, can put your safety at risk."

THE SCIENCE BEHIND SLEEP

One of the keys to addressing sleep disorders, says Syed, is understanding how it works.

He explains, “There are really two processes at work that create our sleep rhythm. The first is the production of a compound called adenosine that is responsible for making us fall asleep at night. The level of adenosine in your brain slowly builds throughout the day. By evening, there’s a sufficient amount to make you sleepy. While you sleep, it breaks down so that by morning you wake feeling refreshed and the whole process starts over again.

“The other important influence is your circadian rhythm,” says Syed. “This is like an internal clock that runs continuously in the background keeping essential bodily functions — including the sleep-wake cycle — on track. Together, the adenosine production and circadian rhythms drive us to sleep and wake. Sleep disorders most often occur when these processes are interrupted.”

RECOGNIZING COMMON SLEEP DISORDERS

A ‘sleep disorder’ is any one of a number of conditions that affect sleep quality, duration, and how well you function during the day. While there are over 100 different types of sleep disorders, the most common ones are insomnia, restless leg syndrome, obstructive sleep apnea, and narcolepsy. The symptoms, causes and treatments for each vary dramatically.

Here’s quick look at each:

Insomnia

Symptoms: difficulty falling asleep, frequently waking up during the night, and waking too early

Potential causes: napping, viewing screens late into the day, stress, physical conditions including restless leg syndrome, caffeine, nicotine, or alcohol

Treatments: establishing a sleep routine, relaxation techniques, lifestyle changes, behavioral therapy

Restless Leg Syndrome

Symptoms: overwhelming urge to move your legs when at rest, particularly at night

A ‘sleep disorder’ is any one of a number of conditions that affect sleep quality, duration, and how well you function during the day.

Potential causes: iron deficiency, medication, nerve damage, pregnancy, the use of alcohol, nicotine or caffeine

Treatments: lifestyle changes, medication changes, iron supplements

Obstructive Sleep Apnea

Symptoms: loud snoring, excessive daytime sleepiness, observed episodes of stopped breathing during sleep, abrupt awakenings accompanied by gasping or choking, waking with a dry mouth or sore throat, morning headache, difficulty concentrating during the day.

Potential causes: narrowed airway, excessive weight, smoking, use of alcohol or sedatives

Treatments: CPAP machine, dental device, weight loss, sleep repositioning, surgery

Narcolepsy

Symptoms: excessive sleepiness, sleep attacks, sleep paralysis, hallucinations, loss of muscle control

Potential causes: genetics, lack of hypocretin in the brain

Treatments: medication, lifestyle changes.

DIAGNOSING AND TREATING SLEEP DISORDERS

One of the best ways to diagnose a sleep disorder is through a sleep study.

Baystate Sleep Medicine, the largest sleep center in western Massachusetts, offers a variety of studies for diagnosing sleep apnea, restless leg syndrome, and more. Conducted in comfortable, private, home-like rooms, studies are non-invasive and, depending upon your condition, may be conducted in less than an hour during or may require an overnight stay.

Syed notes, “A proper diagnosis is key in helping patients. A diagnosis will determine the cause of the problem and then a treatment can be assigned. Very often it’s a matter of simply resetting one’s sleep cycle. Fixing that is not difficult but, again, you have to understand what’s creating the problem. In cases of apnea, a diagnosis from a sleep study will determine how serious the problem is and point to the proper type of treatment.”

The goal of all treatment, Syed says, is improving a person’s overall health by improving the quality of their sleep.

Join us on Tuesday, September 14, 4-5 pm, for a discussion on Sleep Apnea Treatments: Freedom From Gear. See page 3.

For more information visit BaystateHealth.org/Sleep or call 413-794-5600.





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”

- Dr. Amanda Westlake, Physician at Baystate Mason Square Neighborhood Health Center & Infectious Disease Specialist

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