

# HealthLink

Helping you connect to your health care information



uhealth.com/myuhealth

HEALTHY TRAVEL 3

DOWNLOAD YOUR INFO 5

INTEGRATIVE MEDICINE 6

## Stretch It Out!

### STAY FLEXIBLE to Avoid Injury

Whether you're running a marathon or jogging around the block, a consistent stretching routine can prevent both acute and long-term injuries. UC Health spine surgeon Steven Agabegi, MD, offers these tips:

- **Put it first:** Gentle stretching before aerobic activity warms muscles, increases blood flow to the body and increases breathing rate.
- **Focus on your legs:** Most people sit for much of the day, says Agabegi, leading to tight hamstrings and calves. Stretch these muscles regularly.
- **Keep it smooth:** Don't bounce when stretching. Relax and hold each stretch for 30 seconds.
- **Listen to your body:** Stretching shouldn't hurt. If you feel pain, take the stretch easier, breathe deeply and relax.
- **The one exception?** Your back. When it comes to preventing or treating back pain, Agabegi says strengthening the abdominal and low back muscles is more important than stretching them. ■

Agabegi can be reached at 513-475-8690.



MyChart® Epic Systems Corporation

## Keep the Whole Family Healthy

Since its launch in 2012, My UC Health has given thousands of UC Health patients direct, secure access to their online medical records.

Patients can manage their prescriptions, appointments and test results—all from one easy-to-use portal. By using My UC Health proxy access, they can even view the medical records of a spouse, parent or family member to keep everyone in the loop on the family's health.

With a new downloadable wallet card, patients can travel securely, knowing all their important health information is right at hand. It's just the information you need during an emergency or on a trip to the pharmacy when out of town.

Together or apart, at home or on the road, you can have easy access to your family's health information with My UC Health. ■



### About My UC Health

My UC Health is a new patient service that allows you to access portions of your medical record through a secure, password-protected website. You'll be able to stay informed about your health care and communicate with your doctor's office, anytime and from any computer. You can:

- Request appointments, see test results, renew prescriptions and send questions to your doctor's office.
- View your health summary including medications, allergies and immunizations.
- View your family's records, or allow another user access to your health information.

There is no additional cost for using My UC Health.



### How to Sign up:

To sign up, you'll need three things:

1. An activation code

*This code will be printed on a summary sheet that you'll receive at the end of your next visit to your UC Health provider. The activation code is valid for 60 days.*

2. The last four digits of your Social Security number
3. Your date of birth

With these three pieces of information, you can complete the sign-up process online at [uhealth.com/myuhealth](http://uhealth.com/myuhealth).

Have a mobile phone with a QR code app? Get to the My UC Health site with this:



### About UC Health

UC Health brings together the region's top clinicians and researchers to provide world-class care to our community. We are the Cincinnati area's largest and most distinguished group of board-certified physicians practicing in every medical and surgical specialty.

[uhealth.com](http://uhealth.com)

*Health Link* is a quarterly publication from UC Health for its patients, offering education and information on health topics and its online medical record system.



## Meet the Experts of **UC Health**

### Kathleen Downey, MD

Family Medicine Physician

*Kathleen Downey, MD, UC Health family medicine physician who sees patients in Wyoming, says that in addition to caring for the general population—both young and old—physicians in her practice are trained to help patients who may be traveling to an exotic location.*

"We know how to prepare people who are traveling internationally and also have the knowledge and capability to treat them if they happen to get sick while abroad," she says. "We can advise on foods to eat, water quality and even the political state of the area to which they are traveling to best prepare them."

Downey says patients should see a physician prior to traveling overseas at least one month in advance, as sometimes it takes longer for vaccines to take effect or physicians might need to order a medication.

"These services are unique to the region," says Downey. "Our physicians are offering their expertise to keep you safe both near and far." ■



# Bon Voyage: Tips for a Healthy Vacation

Vacation season is upon us, and many people are packing their bags for excursions near and far.

Unfortunately, illness doesn't take a break—and sometimes it strikes at the most inopportune times.

Kathleen Downey, MD, a UC Health primary care physician in Wyoming, says there are tips for travelers to follow to avoid

getting sick—or sicker—during trips and ways to handle illness on the road.

When traveling, Downey recommends that patients have a copy of their medicines they are taking, as well as any allergies they have and their past medical history, with them.

"This can all be obtained by putting in a call to your doctor's office before leaving," she says, adding that it is important to keep one to two days' worth of regular medications on your person, in case your luggage gets lost.

Downey says physicians

often get calls from ill patients who are traveling, which is fine if it pertains to a pre-existing condition or an illness that a physician feels comfortable treating over the phone.

"However, that may not be the case. You may be told to go to an urgent care, which is a completely suitable place to go if your condition is not life-threatening," she says. "Additionally, if you do call your primary care physician in need of a prescription, please have a pharmacy fax number and name ready and available for the quickest communication

and treatment."

Downey adds that pharmacists are great resources for over-the-counter remedies and for conditions you might encounter when traveling.

"Vacation is meant to be a fun time to get away from our responsibilities and just enjoy life, but we can't always prevent sickness," she says. "Take the normal precautions to avoid general sickness—eating right, getting plenty of sleep and washing your hands—before and during your trip. If you do get sick while away, take the proper action to remedy the problem before it worsens." ■

Downey can be reached at 513-821-0275.

## Other Travel Well Tips:

- Put together and carry a first-aid kit in your suitcase for fast access to items like ibuprofen, cough drops or bandages.
- Be sure to move your legs or get up and walk around every two hours to avoid possible blood clots during long plane or car rides.
- A decongestant will often help to reduce ear pain experienced because of changing pressure in an airplane. Sucking on a candy, swallowing or holding your nose and blowing are also safe and effective ways to alleviate this pain.
- Drink plenty of water to avoid both dehydration and constipation during travel.
- To avoid jet lag, try to copy the sleep pattern of the place you will be awakening.
- Ask your physician for any special medications you may need for your trip—patches for sea sickness if you are taking a cruise or a sedative if you are uncomfortable flying.



## ■ I WANT TO...

*download my medical information*

With the My UC Health wallet card, you can download and print a wallet-sized summary of your medical information for vacations or daily life. See page 5 for more information.

# Geriatricians Can Provide Expert Care for Aging

Primary care physicians are the front door of health care: able to assess your overall health and decide if you need more specialized care from additional experts.

But at a certain time in life, even the primary care you receive may become specialized because of age-related chronic conditions.

This is when a geriatrician may be beneficial, says Gregg Warshaw, MD, UC Health geriatrician.



Warshaw

"A geriatrician is specially trained to evaluate and manage the unique health care needs and treatment preferences of an older population," says Warshaw. "Older adults may have special health care needs that can make their medical care more complicated. More than half of adults aged 65 and older have three or more medical problems, which can make caring for them a little trickier."

For example, a medication that treats one health problem can worsen another.

Warshaw says the field of geriatrics is known for its team approach to care, supporting

not only the patient but also their families and other caregivers.

"Geriatrics teams work together to take all conditions and treatments, as well as quality of life and mental stability, into consideration," he says.

A team is made up of not only the physician but also nurses, social workers, pharmacists, nutritionists, physical therapists and speech and hearing specialists.

"Together, this team evaluates the person's medical, social and emotional needs as well as other health concerns common in older populations,

like incontinence, falls, memory problems and managing multiple chronic conditions and medications," he says.

Specialists also take the patient's living situation into consideration and his or her ability to perform everyday tasks.

While a geriatrician might be the right fit for you or a loved one, that may not always be the case.

"People over age 65 have varying degrees of disability and illness, and some have no health problems at all," says Warshaw.

"Since most geriatricians focus their clinical practice on the very frail individuals who have extremely complicated medical and social problems, not all older persons need to see a geriatrician. In fact, most older people are cared for by their primary care physicians, family physicians and internists.

"No matter if you decide to see a geriatrician or continue to go to your primary care physician, it's important to regularly receive your checkups and screenings and to continue to enjoy your life healthily." ■

Warshaw can be reached at 513-782-2730.

**"Geriatrics teams work together to take all conditions and treatments, as well as quality of life and mental stability, into consideration."**

*Gregg Warshaw, MD  
UC Health geriatrician*

## ■ I WANT TO...

*see a specialist*

Patients can request an appointment with a UC Health physician in any department through My UC Health. Click on "Request a Referral" in the Message Center to send a message to your doctor.



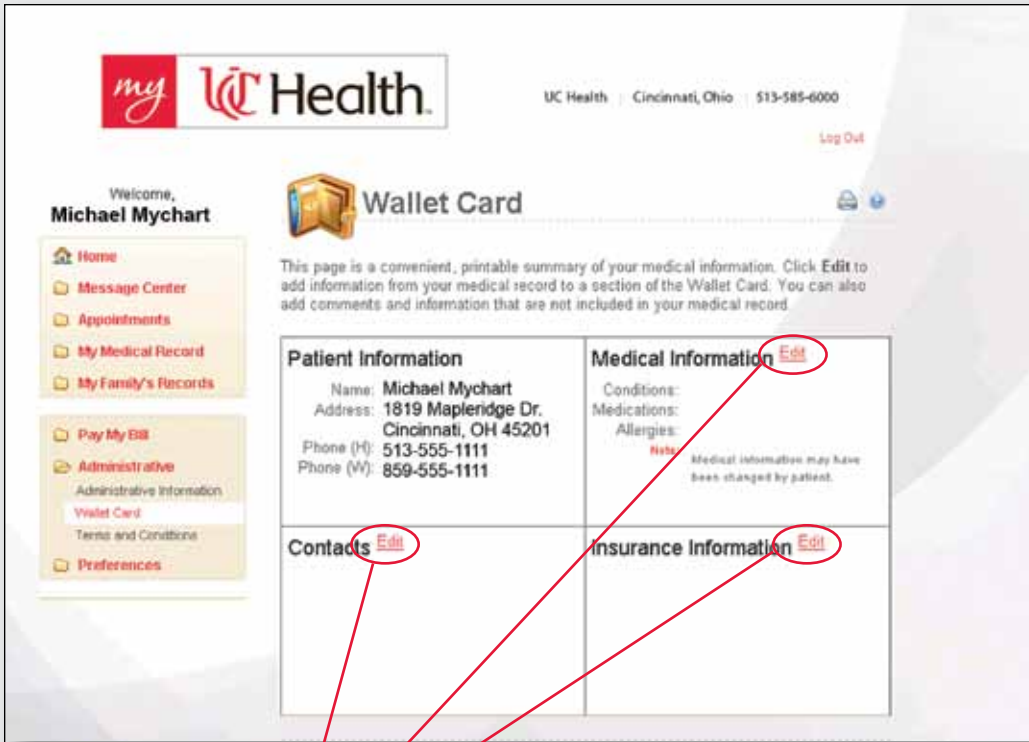
# Print Your Portable Wallet Card from My UC Health

In the Administrative section of My UC Health, patients can edit and print out a wallet card containing a summary of their important medical information.

The wallet card includes contact information, medical condi-

tions, current medications, allergies, provider information and insurance details.

If you have proxy access for a family member's account, you can update and print out his or her wallet card as well. ■



## ■ Emergency contacts

The wallet card includes contact numbers for both your primary care physician and a non-physician emergency contact.

## ■ Insurance information

Though the wallet card includes basic insurance information, it shouldn't replace your regular insurance card. Make sure to carry both with you while traveling.

## ■ Edit your wallet card

Click "edit" to add information from your medical record to this section of the ID Card. You can also add comments and information not included in your My UC Health medical record.



## ■ I WANT TO...

*get help*

For questions or help with My UC Health, call 513-585-5353.

# New Integrative Medicine Practice Opens in West Chester

According to the National Center for Complementary and Alternative Medicine, in the United States, approximately 38 percent of adults—about 4 in 10—and approximately 12 percent of children—about 1 in 9—are using some form of complementary or integrative medicine therapy to deal with illness.

In adults and children with a chronic illness, the numbers are often much higher.

With these statistics in mind, UC Associate Professor of Family and Community Medicine, Sian Cotton, PhD, is now leading UC Health's integrative medicine effort.

This effort is part of a larger initiative involving the UC College of Medicine, Cincinnati Children's Hospital Medical Center and certified integrative medicine and wellness experts in the community.

Now, adult outpatient clinical services are available for the first time at the new UC Health Women's Center in West Chester, with plans to expand to additional clinical sites within the next one to two years.

Cotton has spent years



Stefanie Stevenson, MD, clinical director (left), with Sian Cotton, PhD, director, integrative medicine

studying the benefits of coupling integrative medicine techniques with traditional therapies.

She says conventional medicine focuses primarily on pharmaceuticals and surgical applications to help patients—while integrative medicine practices, like stress manage-

ment, nutrition, yoga or Pilates, have been increasingly shown to help both chronic and acute conditions.

"Patients who use these therapies in conjunction with traditional therapies often report improved quality of life and better functional outcomes," she says.

**"UC Health is taking further steps to treat the whole patient and tailor care to each patient's needs."**

*Sian Cotton, PhD  
UC Health Integrative  
Medicine director*

Cotton, who teaches about the benefits of complementary medicine at UC, says that UC Health's integrative medicine experts will provide more options for patients who may want to include these techniques in their care plans.

"UC Health is taking further steps to treat the whole patient and tailor care to each patient's needs," she says. "We are very excited to offer these services under the UC Health umbrella and ultimately improve the quality of life for the patients and families we serve." ■

## UC Health Integrative Medicine Services

The new program offers options for men and women including:

- Integrative physician consults with Stefanie Stevenson, MD
- Acupuncture
- Massage
- Mindfulness groups
- Medical QiGong
- Reflexology
- Tai Chi
- Therapeutic Pilates
- Therapeutic yoga

Most insurance plans are accepted for the integrative physician consultations.

Some of these services are offered as open or group classes, while other programs begin with a functional assessment from one of our physicians. For more information or to schedule an appointment, call 513-475-WLNS (9567).



## ■ I WANT TO...

*send a  
message*

Interested in starting yoga? Check with your primary care physician before you begin.

The My UC Health message function allows you to send a secure message to your doctor's office at any time. You can expect to receive a reply from the office within one to three business days.

# UC Health News

## New Diabetes Management Program at West Chester Hospital

For those who have recently been diagnosed with diabetes or those who have diabetes and are in need of a refresher course, West Chester Hospital is offering a new diabetes management program.

The three-part series of classes will help patients manage their diabetes. Offered on a monthly basis with alternating day and evening class times, the

series will be presented by a diabetes nurse educator, a certified wound care nurse, registered dietitians and a pharmacist.

The hospital also will host a diabetes support group for the community on the first Tuesday of each month.

For more information on both programs, call 513-298-3000 or visit [uhealth.com/westchesterhospital](http://uhealth.com/westchesterhospital). ■



## UC Health Physicians Named Health Care Heroes

Two UC Health physicians have been named 2013 Health Care Heroes by the *Cincinnati Business Courier*.

**Yash Patil, MD**, UC Health otolaryngologist, won in the award's Provider category for his work starting a support group for patients and caregivers with head and neck cancer.



Patil

**John Hawkins, MD**, chief of psychiatry at the Lindner Center of HOPE, was the winner in the Innovator category. He won for his research and delivery efforts in the field of transcranial magnetic stimulation, a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. ■



Hawkins

## Johannigman Honored by Fire Department

Jay Johannigman, MD, UC Health trauma surgeon, received a Citizen's Distinguished Service Award at the Cincinnati Fire Department's second annual Firefighter Awards Banquet, held Thursday, April 11. Johannigman also serves as professor of surgery at the UC College of Medicine and director of the division of trauma and critical care. ■



Johannigman

## Bone Marrow Transplantation Services Now Available at UC Cancer Institute

Each year, nearly 140,000 American adults are diagnosed with a cancer affecting the blood or bone marrow, according to the National Cancer Institute. These cancers include multiple myeloma, lymphoma, leukemia and myelodysplastic disorders.

This spring, the University of Cincinnati (UC) Cancer Institute launched a new program focusing on subspecialty care for these cancers. Based at the UC Medical Center, the UCCL Hematologic Malignancies Program focuses on providing individualized, patient-tailored care plans, while investigating new treatment options through clinical research. The institute currently has two adult clinical trials open, with more expected to open in the coming months.

For information, visit [uccancer.com/blood](http://uccancer.com/blood) or call 513-584-4BMT. For clinical trial information, call 513-584-7698. ■



Photos: UC Creative Services



## UPCOMING EVENTS

### Informational Seminar—UC Health Weight Loss Center

Thursday, June 13, 7–8 p.m.

UC Health West Chester Hospital, 7700 University Drive, West Chester  
For more information, or to register, call 513-939-BAND (2263).

### Free Screenings for Oral, Head & Neck Cancer

Thursday, June 20, 8:30 a.m.–4:30 p.m.

UC Health Barrett Cancer Center, 234 Goodman St., Cincinnati  
Space is limited. Call 513-475-8400 for an appointment. ■

# We're Here for You

*Connecting you and your family  
to the region's most advanced care.*

**UC** Health is proud to have nearly 60 primary care physicians conveniently located throughout Greater Cincinnati—all providing top-notch medicine and accepting new patients. ■

**Clifton**..... 222 Piedmont Ave., Cincinnati  
3130 Highland Ave., Cincinnati  
3120 Burnet Ave., Suite 406 Cincinnati

**Forest Park**..... 1295 Kemper Meadow Dr., Cincinnati

**Harper's Point**..... 11340 Montgomery Rd., Cincinnati

**Mason**..... 9313 Mason Montgomery Rd., Cincinnati

**Montgomery**..... 9275 Montgomery Rd., Cincinnati

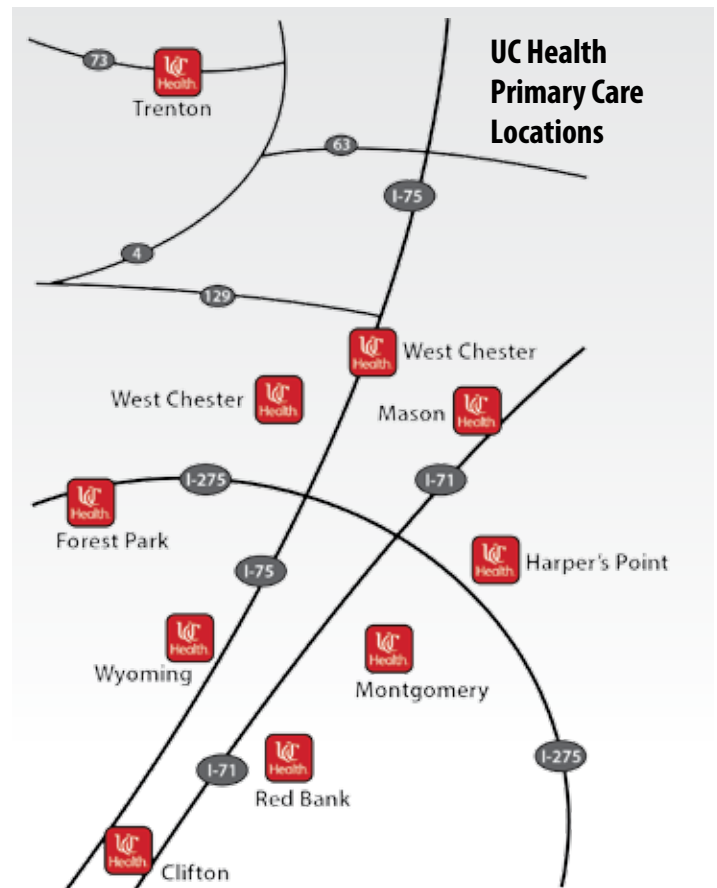
**Red Bank**..... 4460 Red Bank Expressway, Cincinnati

**Trenton**..... 841 West State St., Trenton

**West Chester**..... 7690 Discovery Dr., West Chester  
5900 W. Chester Rd., West Chester

**Wyoming**..... 305 Crescent Ave., Wyoming

We have more than 700 physicians working in a variety of specialties in additional locations. For more information, visit [www.ucphysicians.com](http://www.ucphysicians.com) or call 513-475-8000.



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