



**WELCOME LETTER**

As we settle into November and the upcoming holiday season, it reminds me of how thankful I am. Thanksgiving is the day set aside for giving thanks for the blessing of the harvest and this year I am thankful for so much more and hope you are too!

I'm thankful for being a cancer survivor and being able to share my journey. I'm also thankful for you! Without you - our patients and supporters - we wouldn't be able to do what we love and that is providing women the health care they need and deserve. And last but certainly not least, I'm thankful for the outstanding health care resources available to our patients through UC Health. Advanced specialty providers- backed by academic medicine, personalized and collaborative care plans, and options for your all your health care needs whether straightforward or complex.

In addition to being thankful, I encourage you to focus on your overall health. Whether you have symptoms or not, remember that annual screenings are the best defense against disease. The earlier it's found, the easier it is to treat. This is especially true of lung cancer. Turn to page 4 to learn about the signs and symptoms of lung cancer and how non-smokers can get lung cancer. It's not just a smoker's disease. Also the New Year is right around the corner and today is the best day to start your New Year's resolutions. Read Dr. Fitch's article on page 2 to find out what you can do now to get a jump start on your weight loss goals. And lastly, it's hard to believe but the holidays are quickly approaching! Have you started your holiday shopping? Our skin care team is ready to help. We're offering holiday specials to help you, a family member or friend achieve healthy, glowing skin. Gift certificates are available for purchase.

As the holidays draw near, we give thanks for the opportunity and privilege of serving you and wish you a happy and healthy holiday season!

**Lisa Larkin, MD, FACP, NCMP, IF**

*Director, UC Health Women's Center  
Associate Professor and Division Director, Midlife Women's Health and Primary Care,  
Department of Obstetrics and Gynecology, University of Cincinnati College of Medicine*

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**Save the Date! Catherine Geering  
Community & Provider Sexual Health  
Educational Lectureship**

**Community Event  
March 31, 2016, 6 - 9:00 p.m.**

**Provider Event  
April 1, 2016, 8 - 9:00 a.m.**  
*Location TBA*

**Featured Speaker:** Sheryl Kingsberg,  
PhD, Division Chief, OB/GYN Behavioral  
Medicine, University Hospital Case  
Medical Center

**Annual Juried Art Show Open House  
Tuesday, December 8, 6 - 8 p.m.**

Women's Center, 7675 Wellness Way  
4th Floor, West Chester, OH 45069



# Start Now on New Year Weight Loss Goals



Contributed by **Angela Fitch, MD, Director, Metabolic Health & Weight Loss Program, Associate Professor of Medicine, University of Cincinnati College of Medicine**



Ahh... the holidays are just around the corner. Delicious, multiple course dinners and sweet treats will be invading homes and our waist lines. With the additional expected weight gain, comes the New Year's resolution of weight loss. But why wait until January 1? Start now! Try incorporating these weight loss tips to help you achieve your weight management goals.

**Make water your primary drink.** I can't stress this enough – water is vital to good health. It helps our bodies in several ways including detoxifying toxins, delivering nutrients and making us feel full. Put down the juice and soda and keep refilling your cup with water. If you have to start your day with coffee, that's fine but limit your coffee intake.

**Keep a food journal.** Write down every single thing you eat and drink. Studies have found that people who keep food journals/diaries wind up eating about 15 percent less food than those who don't. Food tracking apps are also good for keeping track of what you eat and drink. And in case you easily forget to write down or enter your food and drinks, set a reminder on your cell phone or post a reminder note on your desk and in your kitchen.

**Reduce portion size.** Whether you're eating at home or a restaurant, immediately remove at least one-third of the food of your plate. Most of us eat more than our body really needs for one meal because it's on our plate. Out of sight, out of mind!

**Fill half your plate with vegetables: Vegetables have fiber.** Fiber makes us feel full and also helps us to have a good gut bacteria profile/microbiome. You are what you eat!

**Eat slowly.** It takes about 20 minutes for your brain to receive signals from your stomach that it's full. If you eat slowly enough, your brain will catch up to tell you don't need any more food. Try putting the utensils down between each bite and drink water frequently. Having a conversation while you eat also helps slow down eating.

**Wear a pedometer and add more daily steps.** Tracking your steps and adding more each day will make you more aware of your needed exercise and help you lose weight, often at a faster pace.

Weight loss can be very stressful but we want to relieve some of the stress by helping you achieve your goals through our medically-supervised program.

## Women's Health Events

### **Pelvic Floor Disorders Seminar**

**November 11, 2015, 7 - 8:30 p.m.**

West Chester Hospital  
7700 University Drive, West Chester, OH 45069

### **Pelvic Floor Disorders Seminar**

**November 14, 2015, 9 - 10:30 a.m.**

West Chester Hospital  
7700 University Drive, West Chester, OH 45069

### **Woman to Woman: An Intimate Talk About Sexual Health After Cancer Treatment**

**November 14, 2015, 10 - 11:30 a.m.**

West Chester Hospital  
770 University Drive, West Chester, OH 45069  
Register at [uhealth.com/events](http://uhealth.com/events)

# Keep Calm and Have a Baby!



Contributed by **Kendal Stephens, MD, FACOG, Obstetrician**  
**Associate Professor of Obstetrics and Gynecology,**  
**University of Cincinnati College of Medicine**

There are approximately four million births annually in the United States, and we understand that every pregnancy is a very unique and personal experience. Women are now more informed about their health care than ever before, and their desires for safety, service, and choice are driving modern obstetric care. We understand that women and their families want convenient, personal state of the art care and I'm proud to be part of a team who offers women a comfortable, supportive and safe atmosphere close to home.

Pregnancy brings excitement, anticipation and sometimes feelings of uncertainty. Our hope is that you know that when you choose UC Health, you choose the academic difference. Our teams of highly trained clinical providers deliver comprehensive prenatal care coordinated at the Women's Center bridging outpatient and inpatient experiences. Routine and complex prenatal care is provided by board certified obstetricians who are committed to addressing your needs. At the Women's Center, we offer an on-site outpatient laboratory, maternal ultrasound, Diabetes in Pregnancy Resource Center, and consultation with maternal fetal medicine specialists, all in one location. This allows collaborative care unparalleled in efficiency and expertise.

When you're ready to deliver, rest assured that board certified obstetricians and anesthesiologists are here 24/7 to deliver your baby. We're equipped with two state-of-the-art operating rooms conveniently located in the Maternity Unit for cesarean sections and tubal ligations, allowing you to promptly and safely receive care. Yet this technology and expertise is not at the expense of your personalized care, as our highly skilled labor, delivery and nursery staff supports you through childbirth, postpartum, and early neonatal care in your inclusive private labor delivery recovery and postpartum room. This allows you and your family to room-in with the infant, learn breastfeeding and newborn care, and prepare for the adventure of parenthood after you leave our hospital.

Lastly, receiving your care through an academic health system allows you to utilize all the ancillary services available at UC Health. This includes women focused comprehensive primary and specialty care and access to the largest group of physician specialists in the Greater Cincinnati area. Our goal is your lifelong care, support, and health education. So as you plan your family, and explore your options, consider West Chester Hospital Maternity Services. For tours or an appointment call (513) 475-8588. With us on your side, you can simply "Keep calm, and have a baby."

## UC Health Obstetrics & Gynecology Services

Midlife Women's Health and Primary Care, Benign Gynecology, Obstetrics and Gynecology, Reproductive Endocrinology and Infertility, Maternal Fetal Medicine, Female Pelvic Medicine and Reconstructive Surgery, and Gynecologic Oncology are all available for expert consultation.



## Get ready to sparkle this holiday season...

### Keep a Healthy Glow and Bright Eyes throughout the Holidays!

**20% off Gift Certificates**

**NIA24Cellular Resurfacing Peel and Eye Mask**

**\$110 (regular price \$140)**

**Obagi Holiday Kits**

**Hydrate and Elastiderm Eye Cream**

**\$130 (regular price \$162.00 while supplies last)**

Exclusions may apply. Offer good through  
December 31, 2015.



## Lung Cancer: It's Not Just a Smokers Disease

Lung cancer is the No. 1 cause of cancer deaths in both men and women in the United States. It accounts for about 27 percent of all cancer deaths and kills more people than colon, breast and prostate cancers combined. Even non-smokers can get lung cancer. New research shows that lung cancer rates are surging among people who have never smoked!

So what can be done to fight against lung cancer? One of the best defenses against this deadly disease is early detection. Lung cancer, if not detected early, can spread before symptoms present, making it more difficult to treat. Good news is that with today's advanced technology and continuous research, screening tests and regular check-ups with your health care provider are your best defenses.

### Common Signs and Symptoms of Lung Cancer

Most lung cancers do not cause any symptoms until they have spread too far to be cured, but symptoms do occur in some people with early stages of lung cancer. The most common symptoms of lung cancer are:

- A persistent cough (with or without blood or rust-colored phlegm)
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Shortness of breath
- New onset of wheezing
- Feeling tired or weak
- Constant or chronic lung infections such as bronchitis and pneumonia

Most of the symptoms listed above do not mean you have lung cancer but should not be ignored. If you experience any of the above mentioned symptoms, it's important to see your doctor right away so the cause can be found and treated, if needed.

### UC Health Women's Center

Integrated • Multidisciplinary • Comprehensive

### Primary Care & Multispecialty Services

Diagnostic, treatment and wellness services designed specifically for women-under one roof.

### Vision

Our common vision is to create a comprehensive system — strengthening primary care by transforming basic practice operations and leveraging a multi-level provider care team. This medical home model delivers enhanced access, coordinated care, proactive chronic disease management, wellness and patient education resulting in maximized outcomes.

## *Get to know Carrie Deaton*

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Always wanted to be a teacher until she had a change of heart in college and graduated with a marketing degree.

As a mother of a daughter, appreciates any way to evolve women's health. Sees the challenges women face as they go through life and loves being a part of changing that for the future

Although skydiving is on her bucket list, she may need to be pushed out of the plane

Thanks to a recent LASIK surgery, she now has 20/20 vision

Morning routine: shower, cup of joe, complete a crossword puzzle, get daughter ready for daycare, another cup of joe

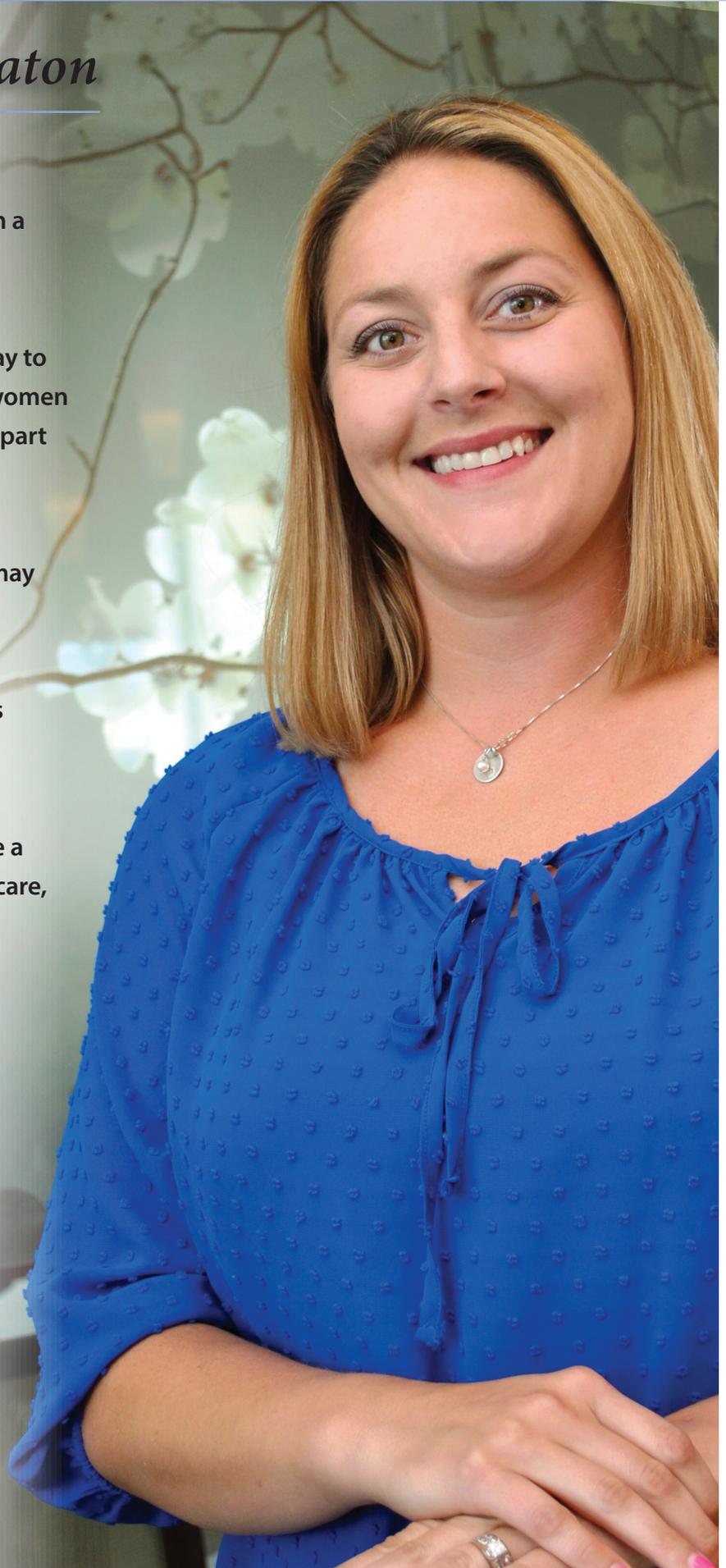
She's a t-shirt and jeans kind of girl

Inspired by her mom; took her work ethic and outlook on life

Loves watching reality TV shows

Is a local gal; grew up in West Chester, Ohio

Enjoys the variety and challenge of her job. Every day is different and never boring!



# Restoring the Younger You



Contributed by **Ryan Gobble, MD, Plastic & Reconstructive Surgeon, Assistant Professor of Plastic Surgery, University of Cincinnati College of Medicine**



Every year millions of Americans make New Year's resolutions. In fact 45 percent of all Americans make a resolution with the two most common being self-improvement/educational related and weight related. Sadly, only eight percent of people who make a New Year's resolution are successful in achieving that resolution. The older we are the less successful we are in achieving resolutions.

While losing weight, exercising, and learning a new skill are all great ways to feel better about yourself, another way people are working on self-improvement is by turning to plastic surgery. The American Society for Plastic Surgery (ASPS) recently released statistics from 2014 that show an overall increase in cosmetic procedures. The top five surgical procedures were breast augmentation, nose reshaping, liposuction, eyelid surgery, and facelifts; while the top five minimally invasive procedures were botulinum toxin type A (Botox), soft tissue filler, chemical peel, laser hair removal, and microdermabrasion. I agree with Scot Glasberg, MD, ASPS president on what he says about patients; "Today, more than ever, patients are empowered with choices to achieve the results they are seeking. Through open communication and mutual understanding of expectations, patients work closely with their surgeon to determine the procedures most appropriate for them to achieve their optimal outcomes."

According to the ASPS, women are not the only ones turning to plastic surgery as a means of self-improvement. Cosmetic cases in men have steadily increased since 2014, with most surgical

procedures being pectoral implants and male breast reduction for gynecomastia (swelling of breast tissue in males).

With the coming New Year many patients choose to undergo plastic surgery; some because the "gifting" of plastic surgery and others because they want a new look. With the increasing popularity of "gifting" cosmetic surgery, it should be noted that this usually involves only paying for the services and that the decision to undergo surgery should be initiated by the patient and the decision to perform any procedure is at the discretion of the plastic surgeon evaluating the patient. Even though it's elective and often not a medical necessity, cosmetic surgery is still surgery that can have risks just as any other surgery.

In the coming months, I will be delving deeper into the myriad of cosmetic procedures commonly performed by plastic surgeons. Upcoming topics will cover minimally invasive plastic surgery (botulinum toxin type A (Botox), soft tissue filler, chemical peel, laser hair removal), facial rejuvenation (blepharoplasty, brow lift, rhinoplasty, face/neck lift), breast surgery (augmentation, reduction, breast lift, gynecomastia), abdominal rejuvenation (abdominoplasty), and body contouring after massive weight loss (arm lift, thigh lift, body lift).

## A Healthy Start with Prenatal Care

Each year 500,000 babies in the United States are born too soon (less than 37 weeks). While the preterm birth rate has declined in recent years, it still remains too high. November is Prematurity Awareness Month and UC Health and the March of Dimes is working to find solutions to the cause of preterm birth. Reduce the risk:

- Get prenatal care as soon as you think you may be pregnant and throughout the pregnancy.
- Talk to your provider about how long to wait between pregnancies.
- Get treated for chronic health conditions, such as thyroid problems, diabetes and high blood pressure.
- Don't smoke, avoid alcohol and illicit drugs.
- Reduce your stress. Exercise, be active and eat healthy foods.
- Seek medical attention for any warning signs or symptoms of preterm labor.

# Healthy & Beautiful Skin



Contributed by **Cathy Fricke, Skin Care Specialist**

A good skin care routine doesn't have to be complicated. If you follow the basic guidelines: cleanse, moisturize and protect using a broad spectrum UVA/UVB sunscreen of at least SPF 30 everyday, regardless of the season or weather conditions, you can have beautiful skin.

Picking a good skin care product can be quite overwhelming but take a deep breath and take time to get to know your skin type. Knowing your skin type is key to choosing products that perform well and feel good. Is your skin dry, oily or maybe a combination of both? Is your skin sensitive? Do you have brown spots, wrinkles

or acne? Your skin may fall into one or more of these common skin categories which factor in to choosing the products with ingredients that will perform best for your skin.

If you need help with your skin care, please call us. Our cosmetic and aesthetic in-office services include a wide range of safe and effective treatments to help care for your skin and achieve your desired results. For more information or to schedule a consultation, please call (513) 475-8881.



# Digestive Conditions: Heartburn, Acid Reflux, GERD



Contributed by **Vidhya Kunnathur, MD, Gastroenterology, Digestive Diseases**  
**Assistant Professor of Medicine, University of Cincinnati College of Medicine**



Millions of adults deal with that uncomfortable burning sensation, burping, sour taste, bloating and even chest pain every day. These symptoms are all common of heartburn, GERD and acid reflux but do you know the difference between the three digestive conditions?

## Heartburn

Heartburn is mild to severe chest pain people may feel after eating a meal. It commonly causes a burning or tightening sensation that can worsen when bending or lying down and can happen to anyone at any age. Heartburn actually has nothing to do with the heart. It occurs when acid in the stomach flows back up into the esophagus, causing irritation to sensitive tissues. Unfortunately, there isn't one trigger for heartburn. Pregnancy, obesity, anxiety and certain foods can be a cause. Antacids can usually help relieve the pain.

## Acid Reflux

Similar to heartburn, acid reflux is the backward flow of stomach acid into the esophagus. The most common symptom of acid

reflux is heartburn, but it isn't the only one. Some don't experience heartburn but may get the feeling of acid backing or refluxing up into the throat. This can cause a sour or bitter taste in the mouth.

## GERD

GERD, or gastrointestinal reflux disease, is the most serious of the three digestive conditions. GERD occurs when the esophagus or throat are regularly exposed to stomach acid (acid reflux) for a prolonged period of time (usually two or more times a week). GERD can cause pain, inflammation of the esophagus and tissue abnormalities that may not be relieved with antacids or other over-the-counter medication. Often strong medications prescribed by a doctor and lifestyle changes are needed to treat GERD. If left untreated, it can lead to serious health problems.

When symptoms occur two or more times a week or if over-the-counter medication doesn't relieve the discomfort, call (513) 475-UC4U to schedule a consultation.

UC Health Women's Center promotes industry-leading health care solutions, resources and education focusing on women's primary care and specialty services. The newsletter is published monthly by UC Health and offers health education, news and stories centered on academic based, discovery-driven health care. It is not a substitute for a consultation with a physician. UC Health Women's Center is located at 7675 Wellness Way, West Chester, Ohio 45069. For information, call (513) 475-UC4U (8248) or visit [UCHealth.com/women](http://UCHealth.com/women). If you wish to be removed from our mailing list, please email [WomensCenter@UCHealth.com](mailto:WomensCenter@UCHealth.com).

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## Health Care Designed for Women

### The region's preeminent leader in women's health care.

The journey to great health presents unique hills and valleys at every age. That's why UC Health created the Women's Center — to offer diagnostic, treatment and wellness services designed specifically for women. Whatever you may need along your individual path to health is under one roof, from primary care, obstetrics, sexual health and menopause to weight loss, skin care, cancer survivorship or behavioral health.

At UC Health we are passionate about helping you feel your best and improving women's health care. From researching and testing new treatments, to advancing the national dialogue, to implementing new standards of care — we're your partner in helping you get to where you want to be.

### A Medical Home

The Women's Center—a place where more than 50 nationally-renowned primary care and multi-specialty providers work together to serve the health care needs of women. Our mission is to deliver care through a comprehensive system which leverages expertise across disciplines. Our medical home model delivers enhanced access, coordinated care, proactive chronic disease management and patient education—all to help you live healthier.

### Evidence-Based Care, Specialized for Women

We turn breakthrough research into improved treatments and therapies. Evidence-based care drives our efforts and the academic strength of the University of Cincinnati College of Medicine makes us unique in the region.

### Advancing Women's Health Care

We're educating and inspiring the next generation of health care professionals. Through the UC College of Medicine and our community outreach efforts we are committed to service learning, bidirectional education for health-care professionals and providing women a local resource for expert health and wellness advice, support and services that complement their needs. All under one roof:

- |   |                              |                               |                    |
|---|------------------------------|-------------------------------|--------------------|
| • Primary Care                          | • Adolescent Care            | • Pelvic Floor Therapy        | • Sleep Medicine   |
| • Menopause & Sexual Health             | • Weight Loss & Nutrition    | • Executive Health            | • Gastroenterology |
| • Comprehensive Breast Health & Imaging | • Cardiology & Pulmonology   | • Integrative Medicine        | • Mental Health    |
| • Bone Health & Endocrinology           | • Obstetrics                 | • Plastic Surgery & Skin Care | • Geriatric Care   |
|   | • Gynecology & Urogynecology | • Headache & Pain Medicine    |                    |