## Cincinnati Flying Pig Marathon

**Health & Fitness expo: May 3-4, Duke Energy Center**

**Post-Race Party: May 5, Yeatman's Cove**

Joining in the Flying Pig festivities this month? Be sure to check out the UC Health mobile diagnostics van, which will be available for walk-throughs at the post-race party and the two-day health and fitness expo preceding the event at the Duke Energy Center.

Coming soon to a community near you, our mobile diagnostics van will be the first and only in the region to offer one of the latest innovations in breast imaging, digital tomosynthesis. Tomosynthesis' 3D technology allows radiologists to see "inside" the breast, detecting smaller tumors at earlier stages and offering more accurate results for women with dense breasts.

UC Health is proud to be the official health care provider and Team Wellness sponsor for the 15th Cincinnati Flying Pig Marathon. **Visit flyingpigmarathon.com for details on all the weekend's events.**

## National Women's Checkup Day

**Monday, May 13**

Regular checkups are vital to the early detection of heart disease, diabetes, cancer, mental health issues, sexually transmitted infections and other conditions. Help celebrate Women's Checkup Day and join in this nationwide effort to promote women's health:

Contact your provider(s) to schedule your annual exam(s). Learn which screenings and immunizations you should get at this stage in your life. Visit: http://www.womenshealth.gov/nwhw/activity-planning/materials/screening-chart.pdf

Review the preventive services for women covered by the Patient Protection and Affordable Care Act. Visit: www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html#CoveredPreventiveServicesforWomenIncludingPregnantWomen

**Pledge to schedule at least one preventive health screening during May 2013.**

## Community Open House

Women's Center | UC Health

*Saturday, May 18*

**10:00 a.m. – 2:00 p.m.**

7675 Wellness Way
West Chester, OH 45069
(513) 475-UC4U (8248)

Mark your calendars and be sure to join us for our upcoming community open house. Tour our new 26,000-square-foot West Chester location, dedicated entirely to advancing the care of women in our area. You can meet the providers, enjoy light refreshments and learn about our unique programs and services. Watch for more details here, on our website and in the next issue of our e-newsletter, News & Insights.

**It's open to the public, so spread the word and bring a friend!**



# *News and Insights*

A Publication of UC Health Women's Center

UC Health

May 2013

## UPDATE FROM THE DIRECTOR

*Dear Patients,*

As women, it seems like we often put the needs of others - our kids, significant others, friends, bosses, or even neighbors - before our own. This month, in honor of **National Women's Health Week (May 12th-18th)** and **Mother's Day (May 12th)** I'm encouraging all of you mothers, aunts, sisters, and daughters to commit to making your own health a priority. Take the time to take care of yourself. Schedule a preventive screening or annual exam, start a new exercise program or give yourself permission to just relax and put your feet up or get a massage.

**I'm happy to say that it's official: the UC Health Women's Center West Chester location is open!** We welcomed our first patients on April 15th and are thrilled to have this opportunity to help more women in our area experience the best health possible. We're having an Open House May 18th to show off our new space and introduce our providers. Hope to see you there!

**If you can't make it in person, you can learn more about what we're doing at our new website, UCHealth.com/women!**

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

Women's Center | UC Health

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## CENTER SCOOP

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## Support the Center

Our patients aren't just women. They're mothers, daughters and sisters. They're business women, teachers and caregivers. By advancing women's health care, we're not only helping women live longer, healthier lives, we're helping those who love and depend on them.

For more information, visit: women.uchealth.com/about-us/support-the-center/

# Women's health specialty areas

As you'll recall, last month's newsletter included an overview of the Breast Health, Menopause and Sexual Health programs. But that's certainly not all we have to offer! In addition to those programs, the Women's Center also offers a variety of specialties tailored to the unique needs of women.

These include:

- Primary Care
- Obstetrics
- Integrative Medicine
- Gynecology
- Urogynecology
- Gynecological Oncology

This month, we'll focus on providing in-depth information about our primary care, integrative medicine and obstetrics specialties.

## *Primary care*

**Your medical home — providing a lifetime of coordinated care**

We're offering an alternative to traditional primary care medicine, which can often make you feel more like a number and less like the unique woman you are. Known as the "medical home" approach, you'll partner with a PCP who'll not only assess your healthcare needs, but also take the time to better understand your unique life circumstances and personal health care preferences. Your PCP will also continuously provide the ongoing support and education you need to share in informed healthcare decision making. It's this ongoing exchange of information that allows you and your PCP to work together to develop an individualized care plan that truly fits your healthcare needs and lifestyle.

Another unique aspect of the medical home approach is that your PCP is the leader of a comprehensive team of medical providers, all specializing in the unique healthcare needs of women. This team is committed to working together to provide you with seamless care and help you reach and maintain your optimal health.

**Staff**

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Maria Wright, MD, NCMP
Susan Stegman, MD
Dain Wahl, DO
Anna Fox, CNP
Ann Stone, ANP

**We practice evidence-based medicine**

By keeping up-to-date with the latest scientific evidence and research, we're able to combine our experience and expertise with proven findings in order to offer the most sound and informed treatment options.

## *Integrative Medicine*

At UC Health Women's Center we want to help you feel your best. Our integrative medicine specialty combines the best of both conventional and complementary therapies to promote whole-person wellness and self-healing. Whether you're looking to optimize your health, prevent disease or treat a chronic condition, our specialists will work with you to develop a personalized plan engaging body, mind and spirit to help restore your natural balance and enhance your overall well-being.

**Conditions we treat**

Anxiety
Chronic pain
Depression
Diabetes
GI issues
Insomnia
Menopause symptoms
Migraines
Obesity
Sexual health issues
Stress

**Our services**

Physician consultations
Acupuncture
Cancer survivorship program
Health coaching
Massage therapy
Mind/body therapies
Nutrition evaluation/support
Reflexology
Shared medical visits
Yoga, Pilates, Tai Chi, and medical Qigong

**Staff**

Ann Bobonick, RN, MSN, CNE, CWC
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Karen Johns
Richard Sears, PsyD
Stefanie Stevenson, MD
Geraldine Wu, MD

***Introductory Offer:*** **This month we're offering a 20% discount on any physician consults booked during the month of May. Just call (513) 475-UC4U to schedule an appointment and if you need a good present for Mother's Day, we've got gift certificates too.**

# Women's health specialty areas *(continued)*

## *Obstetrics*

**Congratulations! You're expecting!**

We realize that choosing an obstetrician is one of the most important decisions you'll ever make. After all, you want nothing but the best care for you and your baby. That's why we want you to take comfort in knowing that we offer a full range of obstetrical and prenatal care to guide you through your pregnancy and give your baby a healthy start. This includes using advanced technology for monitoring and screening as well as spending time with you answering your questions and providing education. And once you welcome your little one, we'll be here to handle all of your postpartum needs.

**Conditions we treat**

Anemia
Urinary tract infections
Hypertension
Gestational diabetes mellitus
Preeclampsia
Hyperemesis gravidarum
High-risk
Depression during pregnancy and postpartum

**Our services**

Prenatal and Postpartum care

**Staff**

Kellie Flood-Shaffer, MD, FACOG
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## *Go Ask Your Mother:* The Importance of Knowing Your Family's Health History

Did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes or cancer? Approximately, 96% of Americans believe that family history is important to health, yet only 30% have tried to collect and organize their family health history information.[1]

This month, as we celebrate Mother's Day and National Women's Health Week, we're reminded of the importance of knowing your family health history. Knowing your family's history allows you take a more proactive approach to your own health and wellness and reduce your risk of developing certain health problems.

So where do you start? Whether it's a family get-together to honor Mom or a long overdue chat with a family member, both can be a perfect opportunity to get the conversation started and begin developing your family health portrait.

Although you'll want to begin with your mother's health history, you'll also want to collect and record information about your father, grandparents, aunts and uncles, nieces and nephews, siblings, and children.

**Here are some tips to keep in mind:**

1. Questions should focus on chronic conditions and serious illnesses, as well as age of onset.
2. For deceased relatives, it is helpful to review death certificates and medical records. Note major medical conditions, causes of death, age at disease onset and death, and ethnic background.
3. Share your findings with your provider so he or she can better assess your disease risk, recommend lifestyle changes to prevent disease and prescribe screening tests to detect disease early.
4. You can also check out My Family Health Portrait (https://familyhistory.hhs.gov/fhh-web/home.action), a handy online tool from the U.S. Surgeon General that helps you create, share, save and update your family health history over time.

[1]National Office of Public Health Genomics, U.S. Centers for Disease Control and Prevention

## HEALTHY YOU

# National Women's Health Week: It's *your* Time

As natural caregivers, women often put the needs of others—their families, even coworkers or clients—before their own. As a result, their own health and well-being can easily become neglected. National Women's Health Week kicks off on Mother's Day, May 12, and it serves as a great reminder to make your own health a priority. After all, if you aren't healthy, you can't be there for those who need you.

**How can you join in the celebration?**

**Sunday:** Research your family health history. Start with Mom, visit: https://familyhistory.hhs.gov/fhh-web/home.action
**Monday:** Contact your health care provider(s) to schedule your annual exam(s) and preventive screenings.
**Tuesday:** Get moving. Take care of some yard work, or bike somewhere instead of hopping in the car.
**Wednesday:** Eat healthy. Try a new recipe the whole family will enjoy. Visit: cleaneatingmag.com/Recipes
**Thursday:** Pay attention to your mental health. Are you stressed? Do you get enough sleep?
**Friday:** Avoid unhealthy behaviors, like smoking, not wearing a seatbelt, and texting while driving.
**Saturday:** Pledge to make your health a priority not just this week, but all year long!

**For more information on National Women's Health Week** and how you or your organization can help promote women's health, visit: womenshealth.gov/nwhw/about