



WELCOME LETTER

Dear Patients, Supporters and Friends

It's time to break out the sweaters and everything pumpkin! Fall is here and we're excited for what's coming up at the UC Health Women's Center. Our second Juried Art Show is being held in November. Art can be a great healing tool for various mental and physical conditions especially for women. We encourage artists to submit pieces representing and supporting women's health, empowerment and healing. You can find more information about the show on page 2.

As doctors, we try our best to diagnose and fix your health problems so you feel better but sometimes that can be quite challenging and more so frustrating for us and our patients. Misdiagnosed conditions are more common than you might think especially for women who appear to have gastrointestinal symptoms. Read an interesting article from my colleague, Nathan Schumelwitz, MD on gastrointestinal conditions that are commonly misdiagnosed and why.

As we journey through the latter part of 2014 and the holiday season approaching quickly, I encourage you to engage in self-health care. October is Breast Cancer Awareness Month and if you haven't already, take time this month to get your annual mammogram. It's also a great time to start performing breast self-exams. Doing a self-check each month, could be the first line of detection. Jamie Lewis, MD has some great information for you in her column on breast self-exams.

Exercise is great and highly encouraged for everyone, even those who may not be feeling their best. Research has shown that exercise, along with a healthy diet, can help you feel good physically and mentally during and after breast cancer treatment. If you are a breast cancer survivor and aren't sure how to start exercising or don't feel comfortable getting started, join Integrative Medicine's Moving For Life for a one of a kind exercise classes! You can find more about Moving For Life Dance Exercise for Cancer Recovery on page 6.

Sincerely,

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

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UPCOMING EVENTS

We've Moved! Women's Health & Primary Care Office - Midtown

**3590 Lucille Drive
Cincinnati, Ohio 45213
(513) 475-UC4U (8248)**

UC Health Women's Health & Primary Care is excited to announce the move to our new physician office building.

Updated Features, Conveniently Located

- Women's Focused Primary Care
- Coordinated Specialty Services Under One Roof
- Women's Executive Health & Wellness
- Urogynecology, General Gynecology, Obstetrics
- Cardiology, Dermatology, Pain Management
- Laboratory, Imaging Services
- Pulmonology, Rheumatology, Endocrinology, Digestive Disease

WEST CHESTER

7675 Wellness Way, 4th Floor
West Chester, Ohio 45069
(513) 475-UC4U (8248)

MIDTOWN

3590 Lucille Drive
Cincinnati, Ohio 45213
(513) 475-UC4U (8248)



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

Well-being Annual Art Consignment Show

Contributed by **Melissa Mitchell**

"Art washes from the soul the dust of everyday life." This quote from Spanish artist Pablo Picasso, reflects the message of the UC Health Women's Center upcoming annual art show.

For centuries, art has been known to be a healing force that can help improve various mental and physical symptoms including, reducing pain, anxiety, tension, and depression. As the curator for the second annual Women's Center art show, we're calling upon artists to submit their works for consideration as part of a year-long consignment opportunity. Using art as a therapy method has proven to be effective in treatment because it serves as an outlet for suppressed thoughts and feelings that may otherwise remain hidden by those who don't prefer communicating their thoughts and feelings with words.

Local artist and a 2013 Juried Art Show participant, Mary Rhodes, finds strong energy and sense of nurturing in her art. Mary's art work,



bold but feminine, represents spiritually, tranquility, and calmness. Keeping women's health and healing in mind, Mary has been using painting as her spiritual practice for more than 35 years. Her pieces have been featured in several art shows and won several awards.

Like Mary, your art can be featured at the second Annual Juried Art Show; Well-being. Art should be tranquil and calming with warm to vivid soothing tones and colors. All mediums are being accepted for consideration, as long as they are hangable or freestanding sculptures. Large hanging wall pieces are encouraged. Please no nudity or political statements.

Up to three pieces may be submitted online through **October 15**. For more information on this year's art show, visit:

uchealth.com/events/2nd-annual-womens-center-art-show-entry-deadline

Food & Mood

Contributed by **Jyoti Sachdeva, MD**

A recent survey—conducted by NPR, Harvard School of Public Health, and the Robert Wood Johnson Foundation—found that when stressed, most people seek out sugary or highly refined carbohydrates for immediate comfort. The problem is, these very same foods can negatively affect our emotional wellbeing.

Sugary, high-carb comfort foods often lead to a damaging cycle of blood-sugar surges and crashes in hormones that can increase susceptibility to new stresses, according to David Ludwig, a pediatrics and nutrition professor at Harvard. Ludwig says in a previous study participants' blood sugar initially surged after a meal of highly refined instant oatmeal—before dropping dramatically, causing a spike in their stress hormones.

The good news is there are some foods that can actually boost your mood. Foods like fish and flaxseed—which contain omega-3

fatty acids—can improve emotional health, suggests NIH researcher Joe Hibbeln. Eating such foods can regulate the body's response to inflammation and stress. For instance, Hibbeln says that research shows that omega-3s help control symptoms of depression and even lead to more social behavior in children.

Other foods that can help improve emotional health and one's ability to deal with stress include nutrient-rich foods like kale, eggs, dark chocolate, and pumpkin seeds, according to Columbia University psychiatrist Drew Ramsey. For instance, the magnesium in pumpkin seeds can help reduce anxiety, while zinc could help improve the immune system. Ramsey concludes that while no food can eliminate stress completely, "there is a very strong connection between food and mood".

If choosing the right foods isn't enough to boost your mood and help curb your stress, the Psychiatry and Behavioral Health services at UC Health's Women's Center can help. We offer thorough diagnostic evaluations and individualized treatment plans for a variety of mental health conditions. To schedule an appointment, call (513) 475-UC4U.

Auricular Acupuncture: Alternative Treatment for Chronic Pain

Contributed by **Judy Morey, RN, ND**

Chronic pain affects millions of Americans every day. It's well known that chronic pain affects people in many ways—not only in physical pain but can show up in the form of fatigue, depression, and irritation. There is good news though—there are treatment options available that don't involve taking medication or having a medical procedure.

Auricular (ear) acupuncture is a specialized alternative therapy that enables the body to restore its natural energy balance and improve overall health. The goal of this treatment method is to reduce stress and anxiety and help relieve any pain or tension. A specialist inserts small needles in specific points on the inner and outer ear lobe which are left in place for about 45 minutes. This protocol was originally developed to reduce symptoms of patterned behavior, addictions, cravings and substance use withdrawal management. Researchers have discovered that auricular acupuncture also benefits the heart by increasing heart rate variability.

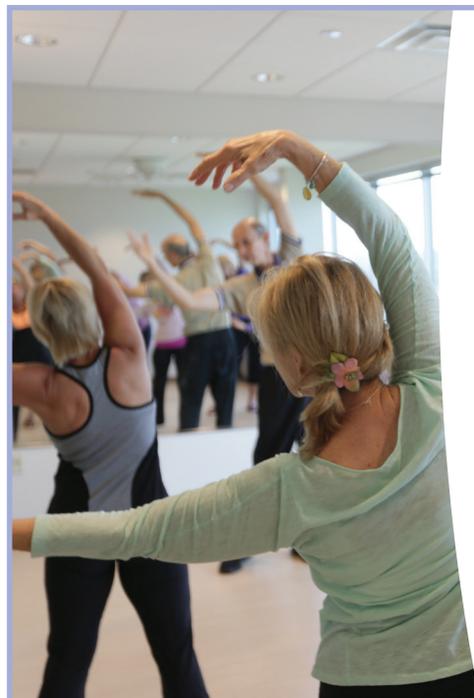
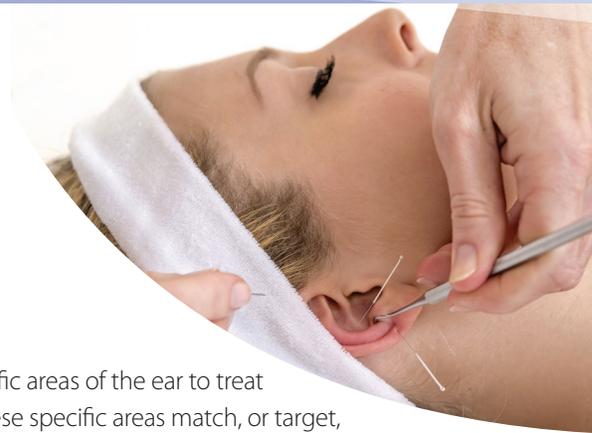
Auricular therapy, an adjunct to acupuncture, is based on the same ancient Traditional Chinese Medicine as acupuncture and uses

acupoints on specific areas of the ear to treat disease/illness. These specific areas match, or target, different places in the body. When stimulation is applied by inserting the needles along the ear, the brain is sent signals to reduce tension in muscles and joints around the body, therefore reducing pain.

Once this happens, patients experience a deep inner calmness, reduced anxiety, better sleep and improvement in physical, emotional and mental outlook. It's a beneficial treatment that also enables patients to connect with themselves. The World Health Organization says auricular medicine can affect the whole body. And studies using auricular therapy (acupuncture or acupressure) have shown promising effects in pain management.

Anyone can benefit from auricular acupuncture especially those who suffer from chronic pain, tension, stress, anxiety, and depression.

To learn more about auricular acupuncture and other Integrative Medicine treatments, please call (513) 475-WLNS (9567).



UC Health Integrative Medicine 2014

Mondays

7 - 7:50 a.m. Morning Stretch
5:30 - 6:20 p.m. Mixed Level Yoga

Tuesdays

9 - 9:50 a.m. Moving for Life (*Cancer Recovery*)
Noon - 12:50 p.m. Mixed Level Pilates

Wednesdays

7 - 7:50 a.m. Morning Stretch
5:30 - 6:20 p.m. Mixed Level Yoga

Thursdays

7 - 7:50 a.m. Moving for Life (*Wellness for All*)

Fridays

7 - 7:50 a.m. Mixed Level Yoga
Noon - 12:50 p.m. Mixed Level Pilates
Please contact us at **(513) 475-UC4U (8248)** to schedule your appointment.

Wellness Support Services

Mondays

Massage 9:30 a.m. - 5:30 p.m.

Tuesdays

Acupuncture 8 a.m. - 12 p.m.
Massage 9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.

Wednesdays

Reflexology/Acupressure 8 a.m. - 1:30 p.m.
Massage 9:30 a.m. - 2:00 p.m.

Thursdays

Massage 8 a.m. - 12 p.m.
Acupuncture 8 a.m. - Noon

For more information, including a list of condition-focused classes, visit:

UCHealth.com/IntegrativeMedicine

Gastrointestinal Problems Often Misdiagnosed in Women

Contributed by **Nathan Schmulewitz, MD, Associate Professor of Medicine**

You aren't feeling well and you hope a trip to the doctor will calm your worries. Certain symptoms can represent so many different conditions, it might even be hard to know what type of doctor or specialist to see.

CNN.com/Health recently identified 15 conditions that are well-known for being misdiagnosed during outpatient visits. For women this is especially frustrating because menstrual and gastrointestinal issues can have similar symptoms. Here are some examples:

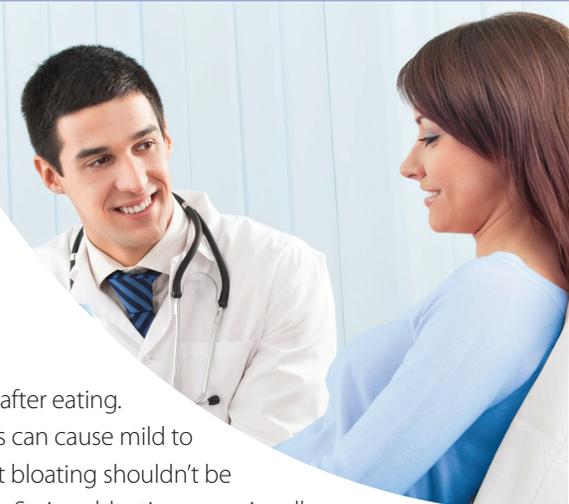
- **Irritable bowel syndrome (IBS)** – this is actually a set of multiple disorders involving abnormal squeezing and/or sensitivity of the large intestine and they often are associated with abdominal pain, cramping, bloating, diarrhea, and/or constipation. Usually the patient's description of symptoms and several tests can help to discriminate different forms of IBS and appropriate treatments.
- **Inflammatory bowel disease (IBD)** – two main types of this disease, Crohn's Disease and ulcerative colitis cause inflammation of the digestive tract, pain, diarrhea, and possible malnutrition. Typically, colonoscopy and/or radiology tests can help make the diagnosis.
- **Bloating** – any abnormal general swelling of the abdominal area. Many women suffer from bloating especially around their

menstrual cycle or after eating.

A number of things can cause mild to severe bloating but bloating shouldn't be ignored if it persists. Serious bloating, occasionally, can be a sign of a small intestinal bacteria overgrowth, chronic constipation, IBD, liver disease or even ovarian cancer.

- **Celiac disease** – an immune reaction to gluten (protein composite found in wheat) that triggers inflammation in the small intestine. This disease can cause itchy skin, headaches, joint pain, acid reflux or heartburn, diarrhea and weight loss. A blood test can usually diagnose this disease no matter what symptoms are present and an endoscopy can determine if any damage has been done to the small intestine. Interestingly, many patients will have symptoms related to gluten without an actual immune reaction or even intestinal injury.

You know your body best. Listen to it and don't be afraid to question your doctor if your given treatments aren't helping you get well. Experts in gastrointestinal conditions at UC Health's Women's Center work closely with patients and other providers to achieve accurate diagnoses. For more information about our specialty care or to schedule an appointment, call (513) 475-UC4U (8248).



Clinical Trial Spotlight

Do You Suffer From the Pain of Fibromyalgia?

What: An investigational treatment for fibromyalgia that involves noninvasive cortical electrostimulation of the brain (called RINCE®: Reduced Impedance Noninvasive Cortical Electrostimulation). This treatment is delivered by an investigational, noninvasive device called NeuroPoint®.

Why: To see whether RINCE treatment can help people with fibromyalgia. Researchers also want to find out if this treatment is safe and tolerable.

Open to adults 22-65 years old who have fibromyalgia. For more information, call (513) 558-7104 or email Kerri.Earles@uc.edu.



Easy Steps to Breast Self-Awareness

Contributed by **Jaime D. Lewis, MD, Assistant Professor of Surgery, Associate Director, Surgical Student Education**

October is National Breast Cancer Awareness Month. During this month, the importance of early detection of breast cancer is highly stressed. Mammograms and clinical exams are the best screening tools for breast cancer but there's another test that can be done in the comfort of your home.

Monthly breast self-exams may lead to early detection of breast cancer. Many women are uncomfortable performing these exams because they don't know how and believe that they won't find anything abnormal. Once it becomes a habit and you familiarize yourself with how your breasts normally look and feel, breast changes may become quite easy to find.

Before you start breast self-exams, it's important to know the structure of your breasts. The upper, outer area – toward the armpit – may have the most noticeable lumps or bumps. The lower half can feel “sandy” while the area under the nipple can feel “grainy.” Remember, breasts vary from woman to woman so yours may not feel this exact way.

Once you familiarize yourself with how your breast feels, start performing the breast self-exams. This is best done in a three-step process - in the shower, in front of a mirror, and lying down.

- **In the shower** – using your fingers, move around the entire breast in a circular pattern moving from outside to center, checking the entire breast and armpit area for any lumps, thickening, or knots.

- **In front of a mirror** – look at your breasts. With your arms at your sides, take a good look at your breasts and then raise your arms and complete another visual inspection. You're looking for any changes in the outline of the breast, swelling, dimpling of the skin, or changes in the nipples. Don't worry if you notice that your breasts don't match in size – that's perfectly normal.
- **While lying down** – complete a similar exam as you did in the shower. Place a pillow under your shoulder and place the same side arm behind your head. Using the opposite hand, move your fingers around the breast in a small circular motion covering the entire breast area and armpit. Squeeze the nipple; check for discharge and lumps. Repeat these steps for the other breast but move the pillow to the opposite shoulder and raise the opposite arm.

Knowledge of your own body is often your most powerful tool in the early detection of breast cancer. During your monthly breast self-exams, if you find any abnormality, don't panic. Congratulate yourself for being aware and schedule an appointment with a doctor. At UC Health's Women's Center, we provide comprehensive breast care from evaluation to diagnosis and treatment. To schedule an appointment for your annual mammogram or with one of our providers for routine exams or any concerns, call (513) 475-UC4U (8248).



Fibromyalgia: A Common Pain Disorder in Women

Have pain all over your body? Feeling exhausted? If so, you may have fibromyalgia.

Fibromyalgia is a chronic pain disorder that causes pain in multiple areas of the body and is associated with fatigue, sleep disturbances, and memory difficulties. It's commonly triggered by stress and thought to be related to abnormal responsiveness of the central nervous system. Fibromyalgia affects 2-4% of the U.S. population. Women are more often diagnosed with fibromyalgia than men.

Talk to your doctor if you have questions about treatment options. If you are interested in learning about a fibromyalgia clinical trial contact (513) 558-7104 or email Kerri.Earles@uc.edu for more information.

Moving For Life™ Dance Exercise for Cancer Recovery

Gentle Aerobic Exercise for Cancer Survivors

Contributed by **Beverley Dunn, MBA, GLCMA, MFLCI**

The American Cancer Society and American College of Sports Medicine recommend moderate intensity aerobic exercise as beneficial during treatment and recovery, and helpful in preventing recurrence. However, cancer survivors often find it challenging to follow this advice. Traditional exercise programs can be daunting or difficult during recovery, especially when experiencing the unpleasant side effects of treatment or restrictions from surgery or biopsy and energy is limited.

In 1999 Dr. Martha Eddy, an internationally recognized exercise physiologist, researcher, and somatic movement therapist who lost her mother to cancer, worked with a breast cancer survivor and medical advisers to develop a gentle aerobic exercise program that meets the unique needs of those in recovery. Today, Moving For Life™ Dance Exercise for Cancer Recovery is safely enjoyed by men and women survivors of all types of cancer.

"I am thrilled that this joyful and evidence-based program is now available in Cincinnati, my mother's hometown. Participants have consistently reported that they feel stronger physically and emotionally," says Eddy.

Class begins with easy, breath-based warm-up and stretching then progresses to exercises that are specifically designed to address all the common side effects before ending with a relaxing stretching sequence. All exercises have standing/seated and intensity adaptations based on individual student needs.

Side effects addressed include:

- Fatigue
- Joint pain
- Lymphedema
- Neuropathy
- Chemo brain
- Compromised range of motion
- Dizziness/nausea
- Neuropathy/balance issues
- Osteopenia
- Loss of strength
- Depression

Breast cancer survivor, Kathy H. of Anderson Township says "Moving for Life is fun and has been an effective way for me to maintain a healthier weight, build strength, deal with side effects of treatment and feel positive. I really look forward to each class because I know that I'll feel energized and continue to build a stronger, healthier body!"

Classes are now forming and are safe to begin with doctor's permission, even while in treatment. For more information visit UCHealth.com/IntegrativeMedicine or call (513) 475-WLNS.

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.



Obtaining the Holiday Sparkle

Steps You Need to Take Now for Great Skin

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

With the calendar switching to October and fall weather settling in, it is time to regain that “natural glow” in your skin so you can sparkle throughout the holiday season.

Having that appealing glow to your skin, no matter your age, requires more than just washing your face twice a day. To stay one step ahead and obtain that radiant and ravishing glow, follow these simple tips:

Exfoliate. Exfoliation is a very important technique that you can perform on your skin at home to achieve healthy and glowing skin. It’s best to exfoliate at night to remove all the dirt and oil that forms on your skin throughout the day. Exfoliators that contain alpha hydroxy acids work best to revive your skin and give that “natural glow.”

Tone. After you exfoliate or cleanse your skin, use a toner. Toner bonds products to your skin and evens your skin tone. Oily skin and clogged pores benefit the most from toner usage. Using a toner also helps moisturizers and other products work into your skin faster.

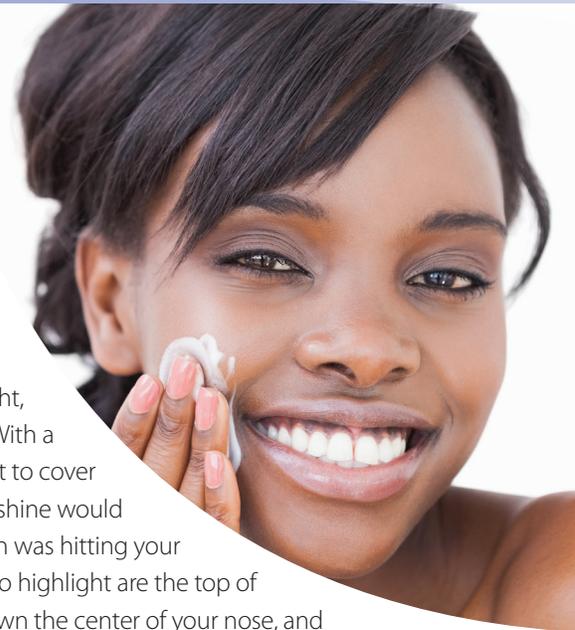
Moisturize. Applying moisturizer is essential to keep your skin hydrated. Moisturizers create softer, gentler skin because they repair damaged skin cells. Another great benefit to applying moisturizer is that it helps foundation and concealer spread more easily and consistently. Morning is the best time to apply moisturizer to help protect your skin from the outside elements.

Highlight. To get that glow, day or night, apply a highlighter. With a highlighter, you want to cover the areas where the shine would naturally be if the sun was hitting your face. The best areas to highlight are the top of the cheek bones, down the center of your nose, and on your browbone (under your eyebrows).

Hydrate. Drinking plenty of water helps hydrate your body, including the skin. The more water you drink, the more toxins are pushed out of your body, leaving your skin healthier and glowing. Clean eating also helps keep the toxins out of your body so your skin can “shine.”

No matter the season or occasion, the easiest way to keep your skin clean and brighten your complexion is to treat it well.

To schedule an appointment with any of our providers, please call (513) 475-UC4U (8248).



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.

Help us be a voice for all women. Join us in the movement to advance women’s health care. Donate today at women.uhealth.com.

To learn more about sponsorship and volunteer opportunities, email womenscenter@uhealthsites.com.



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. If you wish to be removed from our mailing list, please email WomensCenter@UCHealth.com.

New Classes for Fall 2014



Yoga for Arthritis and Chronic Inflammation – Megan McCliment

October 1 – November 5
Wednesdays, 6 – 7:15 p.m.

Class Description: This 6 week yoga series is designed for Rheumatoid and/or Osteoarthritis and chronic inflammation. Each class will feature gentle movements to promote joint health, flexibility, and range of motion, chronic pain and stress management tools, relaxation and mindfulness practices. This program offers introduction to yoga and variations/modifications based on individual differences. Participants will learn safe transitions in and out of yoga poses and gain confidence to participate in other yoga classes with knowledge of safe movement and contraindications for joint replacement and conditions/symptoms associated with arthritis.

Cost: \$180/6 weeks

Yoga for Fertility – Meredith Amann

September 18 – October 23
Thursdays, 6:30 – 7:45 p.m.

Class Description: In this 6 week workshop we will slow down and bring awareness to the body and the breath. We will practice gentle yoga poses that will relax the pelvic organs, release muscle tension and help increase blood flow. Since stress can play such a huge role in infertility we will focus on reducing stress and anxiety. Regardless of the outcome, practicing yoga can improve your quality of life while going through fertility challenges and treatments. Participants should wear clothing they can move freely in. Yoga is typically practiced barefoot but you may wish to bring socks & sleeves to wear during final relaxation.

Cost: \$180/6 weeks

Tai Chi for Parkinson's – Jennifer Woods

September 18 – October 23
Thursdays, Noon – 1 p.m.

Class Description: This 6 week class will focus on slow steady movement, joy in movement, breathing, relaxation, and safety. A 6 month Parkinson's study conducted by the Oregon Research Institute found that those who practiced Tai Chi were stronger and had better balance than the other exercise groups. Other studies suggest that Tai Chi may improve quality of life for people with Parkinson's disease and their partners.

Cost: \$90/6 weeks