



TABLE OF CONTENTS

5 Tips for Building Stronger Bones, At Any Age	2
Are You Suffering from 'Poshitis'?	3
Thyroid 101	4
An Empty Nest Doesn't Mean an Empty Life	5
The Women's Center is Pleased to Offer Bone Health Services	6
Three Tough Topics to Discuss With Your Daughter	7
Where did I put my keys?!	8

DIRECTOR'S LETTER

Dear Patients, Supporters and Friends

"Back to school." Three little words that seem to pop up everywhere this time of year. Love them or hate them, they're here to stay for the next four weeks. And whether you're a parent, teacher or student yourself, we want you to kick off the season strong. From building stronger bones to maintaining a clear strong mind, to keeping it together as you send your son or daughter off to college, this issue is full of tips on how to embrace the changes taking place within and around you and become a stronger, healthier version of yourself. And we at the Women's Center are pleased to provide the comprehensive in-house services and expertise to help you get there. Our latest offerings are our Bone Health Clinic and Endocrinology practice, opening this month. Read on for more on the new services and for expert advice from our providers on how to live strong.

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



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 Center

UC Health™

WEST CHESTER

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

RED BANK

4460 Red Bank Road, Suite 100
Cincinnati, Ohio 45227
(513) 475-UC4U (8248)



5 Tips for Building Stronger Bones, At Any Age

Did you know that one in two women over the age of 50 will break a bone due to osteoporosis? While remarkably common, osteoporosis is not an inevitable part of aging. There is much you can do to prevent the disease, at any age.

We tend to think of our bones as hard, lifeless structures. But in fact, they are made up of living tissues that are constantly evolving. So, it's never too late to make a change. Here are five things you can do to improve your bone health and reduce your risk of fractures.

Got milk?

"One of the easiest ways to boost your bone density is eating the right foods," explains Women's Center dietitian **Sonal Hill**. "We all know calcium is key for healthy bones, and milk is an obvious choice for many. But not everyone likes—or can stomach—dairy products. Fortunately, there are lots of

other options for boosting your bone health. From dark leafy greens to nuts and seeds, there are many tasty ways you can build strong bones with the right diet."

Pump some iron

"Strong bones go hand in hand with strong muscles," says Women's Center nurse practitioner **Ann Stone**. "Bones are living tissues that respond to exercise just as your muscles do. And with exercise comes better balance and improved coordination, both of which help prevent falls and fractures. The best types of exercise for bone health are those that are weight bearing, such as weight training, walking, hiking and jogging."

Know your meds

If you take medicine for asthma, rheumatoid arthritis, depression or GERD, you could be at greater risk for osteoporosis. Certain drugs can affect the way your body absorbs calcium or rebuilds bone. **Dr. Abid Yaqub**,

bone health specialist at the Women's Health Center, says "It's extremely important for patients to talk with their doctor about medications so they can help find the right balance for treating a specific condition while maintaining bone health".

Kick the habit

"Smoking and alcohol abuse are both significant risk factors for osteoporosis," explains Women's Center psychiatrist **Dr. Jyoti Sachdeva**. "Research has shown that women who smoke absorb less calcium. And heavy drinking has also been shown to interfere with the stomach's ability to absorb calcium, and to hinder bone formation. It can be extremely difficult to kick an addiction and it may require some professional help, but doing so gives you countless benefits, having stronger bones is just one of them."

Know your risks

"Sometimes a little knowledge can be your best defense," says Women's Center internist **Dr. Dain Wahl**. "Being female and over age 50 aren't the only uncontrollable factors putting you at increased risk for fractures. Things like frame size, family history, and race can also play a role. Everyone can benefit from building stronger bones, but for some people it's imperative. That's why it's important that you know your risks and discuss them with your doctor so you can take the right steps to keep your bones healthy."

Broken bones are painful at any age, but for older people they can be deadly. So talk to your doctor about bone health. Or contact one of our bone health specialists.

We can help you evaluate your risks, conduct tests, if necessary, and recommend ways to make your bones stronger and help you live longer.



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

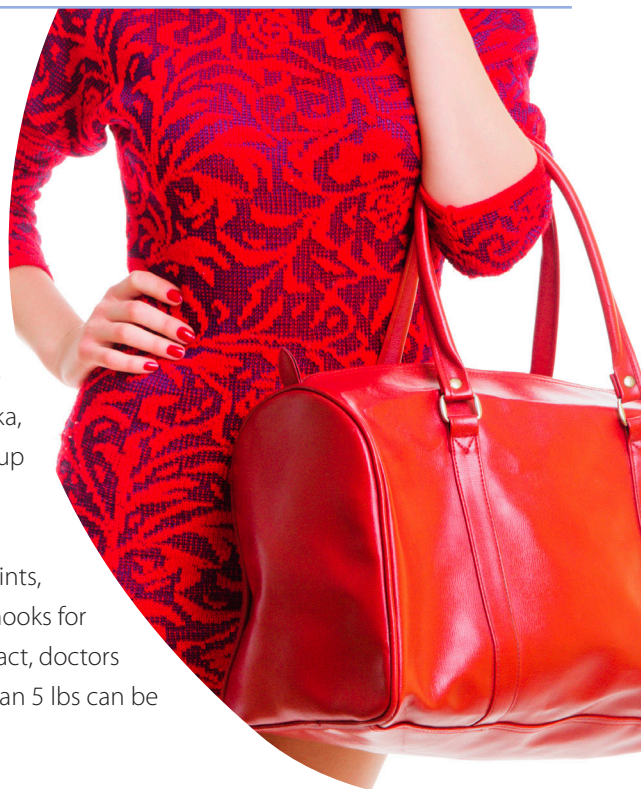
Are You Suffering from 'Poshitis'?

Did you know the way you carry your purse affects you more than you may think?

Neck pain, shoulder pain, and with recent trends, even tennis elbow are being linked to heavy handbags.

The latest heavy-handbag syndrome, 'Poshitis', is a term coined by doctors to describe the muscle and ligament damage that can result from carrying your bag in the crook of your arm like fashion designer Victoria Beckham (aka, Posh Spice of the '90s British pop group the Spice Girls).

Elbows are designed to be moving joints, not purse hooks. And especially not hooks for over-sized bags filled to the brim. In fact, doctors say carrying bags that weigh more than 5 lbs can be hazardous to your health.



Pretty doesn't have to be painful!

Here are some tips on choosing the right bags and avoiding a pain in the neck or elbow.

- **Choose wider straps.** Wider straps help distribute weight more evenly and reduce concentrated stress on one area.
- **Lighten your load.** Clean out your purse frequently and leave the non-essentials at home.
- **Change positions.** Something as simple as switching shoulders regularly can help even things out and reduce stress to one side of your body.
- **Consider a backpack or cross-body bag.** But keep it close to your body, and don't go overboard when filling it up. Even backpacks can cause chronic pain if not used properly. (Something to keep in mind as the kids return to school this fall!)



Thyroid 101

A few things to know about your thyroid

Contributed by **Nadia Yaqub, MD, FACP, FACE, ECNU**

The thyroid is a mysterious little gland. It could be the reason why you suddenly feel so sluggish or nervous. It could explain why you've lost or gained weight. And it can make you feel cold or hot all the time. Understanding a little more about your thyroid may help you decide whether you need to visit your physician or an endocrinologist.

Located just under the Adam's apple in front of the neck, the thyroid gland takes iodine from the diet and makes thyroid hormone. Thyroid hormone is important because this natural hormone affects a person's metabolism, physical energy, temperature, weight, and mood. An imbalance of this hormone can be expressed in subtle ways that are easy to overlook. Two of the most common thyroid abnormalities are hypothyroidism and hyperthyroidism. And, as you can see below, it can be easy to miss a thyroid issue because the symptoms may just feel like the result of stress or a busy life.



Symptoms of Abnormal Thyroid Function

Too Little Thyroid Hormone—Hypothyroidism

- Depression or feeling blue
- Trouble concentrating
- Tiredness
- Dry skin and hair
- Weight gain
- Feeling cold all the time

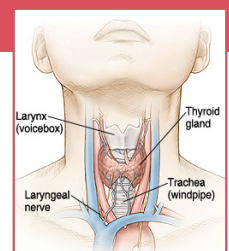
Too Much Thyroid Hormone—Hyperthyroidism

- Nervousness and anxiety
- Weight loss
- Tremor (shaking)
- Fast, irregular pulse
- Tiredness
- Feeling hot all the time

Thyroid imbalances can happen to anyone but women are six to eight times more likely than men to develop a thyroid condition. A woman is more at risk of developing a thyroid condition if she is over the age of 50, has a family history of the disease, is pregnant or postpartum, has too little or too much iodine in her diet, experiences major stress, or is a cigarette smoker. You may not hear a lot about this gland, but it is an important one because it affects so much of your daily quality of life.

If you are experiencing any of these symptoms, ask your doctor if you need a thyroid blood test. Prevention and early treatment can keep you strong, healthy, and energized.

To learn more about the Thyroid, visit: universityhospital.kramesonline.com/Health-Sheets/3,S,40207



An Empty Nest Doesn't Mean an Empty Life

Contributed by **Ann Bobonick, RN, CNE, CWC, Women's Center Wellness Coach**

This month, young adults across the country will be leaving home for the first time as they head off to college.

And parents in towns big and small will be taking a look at their newly 'empty nests,' and asking themselves, "Now what?" Such feelings of sadness and loss when the last (or only) child leaves home are often referred to as empty nest syndrome. It can be especially tough on moms, who often have dedicated their lives to raising children for the past 18+ years.

This time in your life may feel like an ending, but it's also a beginning. It's a wonderful opportunity to re-envision your life. I love to work with women who are transitioning to a new life stage—it can be an exciting time where old goals resurface or new interests get a chance to bloom.

Look closely at what brings you positive energy and focus your efforts there. For some, this may mean pursuing a long-postponed education, career or volunteer

work. For others, it's trying a new hobby or fitness routine, or focusing more on your spiritual life. Perhaps it's time to enhance your friendships or your relationship with your spouse. Make a list of things you've dreamed about doing. And start checking them off. (Yes, there's an app for that.) Or, try a vision board and cut out pictures of things you love and see where it leads you.

Most of all, celebrate your hard work of bringing your child this far! And embrace your evolving relationship with your adult child. Many parent-child relationships actually improve without the daily stressors of living together. As your child continues to mature, you can look forward to an even deeper, more meaningful relationship with him or her.

If at any point your symptoms become severe (e.g., excessive crying, depression or anxiety that interferes with your daily life), don't just sit in your empty nest. Talk with your doctor or a mental health professional about how to best cope with the changes you're facing and embrace your new found independence.

READ MORE:

DIAGNOSIS DICTIONARY: Empty Nest Syndrome: www.psychologytoday.com/conditions/empty-nest-syndrome

Check it out!

5 Bucket List Apps for iPhone, iPad or iPod Touch

elleswim.wordpress.com/2011/02/09/bucket-list-apps-for-iphone/



The Women's Center is Pleased to Offer Bone Health Services

Forget about sticks and stones...bad habits and aging most common culprits for broken bones

Contributed by **Abid Yaqub, MD, FACE, FACP, ECNU, CCD**

You've likely heard that women are at a higher risk for developing osteoporosis than men. But did you know that estrogen, a hormone that protects bones, decreases sharply when women reach menopause? That's one of the main reasons why post-menopausal women are at an increased risk for developing osteoporosis. And while you can't reverse the body's aging process, there are things you can do to help prevent bone loss from occurring in the first place. I encourage women of all ages to develop healthy lifestyle habits such as eating a balanced diet (with plenty of calcium-rich foods), ensuring adequate Vitamin D intake, exercising daily, not smoking, and limiting alcohol to prevent bone loss from occurring in the first place.

But how do you really know if your bones are strong? The best way to measure your

bone density is with a simple, non-invasive test called a DEXA scan. Our state-of-the-art DEXA system stands out among its competitors because it offers superior image resolution, accuracy and precision, giving us an edge in the effective detection, diagnosis, and monitoring of osteoporosis. Additionally, our DEXA system has the capability to diagnose vertebral compression fractures — a common issue for women over age 50.

The Women's Center also offers convenient, in-office Reclast and Prolia treatments. These are drugs that work by slowing bone breakdown. They are administered through injection or IV infusion — freeing patients from the need to take drugs weekly or monthly. Best of all, we administer these in our office so you don't need to go to the hospital for treatment.



If you're interested in scheduling an appointment with one of our bone health specialists, please call **(513) 475-UC4U**.

NEWS AND MISCELLANEOUS STORIES...

Integrative Medicine Classes

Our Integrative Medicine specialty area offers a number of different classes from yoga to pilates, massage, and various support groups. Click here for the detailed schedule: women.uchealth.com/files/2013/03/IntegrativeHealthWellnessClassSchedule.pdf

Cathy Fricke on 700WLW

Hear Cathy Fricke discuss skin, SPF and melanoma on WLW 700AM

Skin, SPF and Melanoma-Part 1: women.uchealth.com/files/2013/07/Cathy-Fricke_1.mov

Skin, SPF and Melanoma-Part 2: women.uchealth.com/files/2013/07/Cathy-Fricke_2.mov

She Needs to Know: Three Tough Topics to Discuss With Your Daughter

HPV, Eating Disorders, and Alcohol Consumption

Contributed by **Lisa Larkin, MD**

I can hear you shifting in your chair already. It's true, these are not easy conversations to have with your daughter, but they will be some of the most important. So, take a deep breath and plunge into the discussion.

HPV

According to the Centers for Disease Control, about 79 million Americans, most in their late teens and early 20s, are infected with the human papillomavirus (HPV).

Talk to your daughter about:

- The importance of the HPV vaccination. Studies have shown it can reduce the HPV cancer causing virus by 56 percent. The HPV vaccination is a series of three shots given as early as age nine.
- The risks of sexual activity, including sexually transmitted diseases, cancer, and unplanned pregnancy.

Eating Disorders

Nearly 30 percent of girls between the ages 12-18 have an eating disorder with significant problems, such as loss of menstrual cycles, weakening of the heart muscle, anxiety, and depression.

Talk to your daughter about:

- The importance of making healthy food choices.
- The risks of eating a poor diet, including obesity and chronic disease.

Keep in mind you don't want to fuel obsessive behavior or body image issues. Focus on your daughter's feelings and behaviors instead of appearance and weight. Most importantly, let her know she is loved and accepted no matter what her weight.

Underage Drinking

By high school, nearly 78 percent of teens have had a drink, and 47 percent of the group said they'd consumed 12 or more drinks in the past year.

Talk to your daughter about:

- The consequences of drinking; not only is teen drinking illegal, it's dangerous.
- The negative effect drinking alcohol can have on her physical and emotional well-being, like changes in brain development and an increased risk of suicide, just to name a few.

It may not be easy to ask questions or talk with your daughter about these topics, but starting the conversation can have a profoundly positive impact on her life.

Finally, let us know if we can help. We're here to help you navigate your daughter through her teen years.



Where did I put my keys?!

Clearing the fog surrounding menopausal forgetfulness

Contributed by **Anna Fox, CNP, NCMP**

Physical challenges are obvious and expected when we talk about our aging bodies, but the subtle changes in our memory, mental stamina and clarity are harder to measure. Maybe you just don't seem to think as clearly or you seem to be more forgetful. Turns out, you may be experiencing "brain fog," a condition researchers believe is linked to fluctuating hormone levels women experience as they approach and go through menopause.

Brain fog seems to peak early in menopause

The good news is brain fog is temporary and not linked to progressive diseases

like Alzheimer's and dementia. So while it's frustrating that everyday tasks seem more complicated, research shows it will likely get better.

What you can do to clear the fog

You are not powerless to fluctuating hormones. There are things you can do to fight back. Mind stimulating activities like reading, writing, doing word puzzles, and engaging in new activities for pleasure help contribute to mental fitness. Staying physically active can improve mental ability and memory, as well as alleviate depression and frustration, and improve mobility. Walking, dancing, and swimming are just

some of the activities that can enrich your quality of life while also circulating oxygen-rich blood through your brain. Maintaining a healthy diet is also important in this process.

Hormone replacement therapy not linked to later cognitive decline

Since we're on the topic of cognitive issues, I also wanted to share a new study that reports hormone replacement therapy does not increase your risk of experiencing cognitive decline later in life. So, if you're considering hormone replacement therapy to help ease the symptoms of menopause, you can take it out of your risk-benefit equation.

Women's Center | **UC Health**[™]

WEST CHESTER

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

RED BANK

4460 Red Bank Road, Suite 100
Cincinnati, Ohio 45227
(513) 475-UC4U (8248)

[UCHealth.com/women](https://www.UCHealth.com/women)