



TABLE OF CONTENTS

Don't let holiday hustle and bustle stress you out 2

Give the gift of wellness Women's Center offering holiday health package 3

News 3

Win the battle of the bulge this holiday season 4

Spice up your holidays 5

Stay healthy and safe this holiday season . 5

Lecture Series & Movie Night 8

DIRECTOR'S LETTER

Dear Patients, Supporters and Friends

As the year draws to a close, we want to thank you for the privilege of serving you this year and wish you the best for a happy and healthy holiday season. We are sharing a collection of thoughts from the Women's Center team to help you stay healthy and safe throughout the holidays and into the New Year.

Thank you for being part of the Women's Center in 2013—it's been such an important year for us. We opened our new West Chester location and since then have added eight new medical specialties, six unique women's health programs and a full menu of wellness programs and support services. And we are truly only at the beginning of our journey to encourage women in Greater Cincinnati to live the fullest and healthiest lives possible.

We look forward to bringing you several new programs and to helping you experience health in 2014. Happy holidays!

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



Movie Night & Lecture Series Coming in 2014

We've got a new twist on "chick flicks." And a Lecture Series that is informative and engaging.

Checkout our 2014 calendar at:
uhealth.com/women



Don't let holiday hustle and bustle stress you out

Simplify for a happier holiday

Contributed by **Jyoti Sachdeva, MD**

It will probably come as no surprise that women tend to be more prone to stress during the holidays. Let's face it, for many households women are more likely to take on the chores associated with family celebrations. Things like gift and food shopping, meal preparation, party planning, decorating and cleaning to name just a few. And while for many these responsibilities are fun—except for cleaning, of course—there's no denying it requires quite a time commitment. Many women report feeling as though there isn't enough time in the day to get everything done.

You don't have to do it all

Before you get overwhelmed by too many responsibilities, decide which ones have the most positive impact on yourself and your family. In other words, simplify. After you've chosen what's most important, follow these tips to keep stress at a minimum.

- **Plan ahead.** If you're preparing the holiday meal, give yourself as much lead time as possible and freeze the dishes that you

can. This will help you with time management on the day of your event. Same goes for holiday gift shopping. You don't have to wait until Black Friday to start buying presents.

- **Enlist help.** There's no reason you should have to bear the entire burden of holiday celebrations. The great part about this time of year is that you're usually surrounded by family and friends — all you have to do is ask for help.
- **Take shortcuts.** There's no shame in doing things on a smaller scale. For instance, if you usually send 50 Christmas cards, it's okay to cut down your list.
- **Make a list and check it twice.** There's nothing worse than shopping all day only to find out you've forgotten something.
- **Make sure to set aside time for yourself.** Schedule 30 minutes of quiet time to read a book, take a hot bath or exercise at the gym. It's important not to let your own needs fall by the wayside.

Remember, you don't have to do it all.

Tips to De-stress During the Holidays

- De-stress the Holidays
- Start planning early.
- Check the calendar now.
- Think about what's worked for previous holidays.
- Determine who will help.
- Build more physical activity into your day.
- Set gift limits according to your personal situation.
- Create new traditions.
- Organize your gift list and shop early.
- Wrap and label gifts.
- Decorate gradually.
- Cook ahead.
- Address cards in advance.
- Make entertaining easy.
- Limit the events you attend.
- Find your family comfort zone.
- Eliminate stressful long-distance visits.
- Volunteer to help out.
- Stay calm down the stretch.

Enjoy! Remember what it is you're celebrating and take time to enjoy the holiday.

Give the gift of wellness

Women's Center offering holiday health package

Contributed by **Lisa Larkin, MD**

Wouldn't it be great if health came in a box? You could just open it and feel strong and vibrant and full of life. We could give it to ourselves and the other women we love. Well, we're doing our best to put the key components to health in a package that will help you feel rejuvenated and start 2014 off right or give it to your mom, daughters or friends!

Rejuvenation Day Package

We've combined five services from our providers to help you feel rejuvenated and ready to make this year your healthiest year ever! Our Rejuvenation Day Package includes:

Life and health coaching—identify key steps toward a healthy life

Nutrition consultation—find habits that heal and practices that keep you vibrant

Fitness plan—move toward a more powerful you

Skincare assessment—learn how to re-energize your skin

Massage or acupuncture sessions—relax and let the healing begin



The Rejuvenation Day package is being made available during the holiday season for the special price of \$325. The experience is designed to take place in one day over a four hour period. Appointments are available Monday through Friday, from 8 am to 5 pm. And during the holidays, the Rejuvenation Day package comes in a lovely wrapped box complete with a festive bow.

Gift Certificates Also Available

We're also offering a holiday special on our gift certificates which can be used to purchase services like massage, acupuncture, tai chi, private yoga sessions or skin care services (link to integrative medicine web page) to name just a few. Now until the end of the year, \$100 gift certificates will only cost \$80.

To purchase the Rejuvenation Day Package or gift certificates, please visit our West Chester location during normal business hours or call (513) 475-UC4U.

NEWS



In January we will begin using a new application called **Tiger Text**. **This texting and messaging application is a HIPAA compliant texting application and is currently used in over 3,000 healthcare facilities across the US.** For many of you, texting has become your preferred mode of communication for medical questions and other health care needs. The security of your protected information is a priority and Tiger Text appears to be an easy to use texting app that will ensure your information is protected. We hope you will consider joining Tiger Text so that our text communication is secure and HIPAA compliant.

Win the battle of the bulge this holiday season

A little planning can keep those pounds off

Contributed by **Angela Fitch, MD**

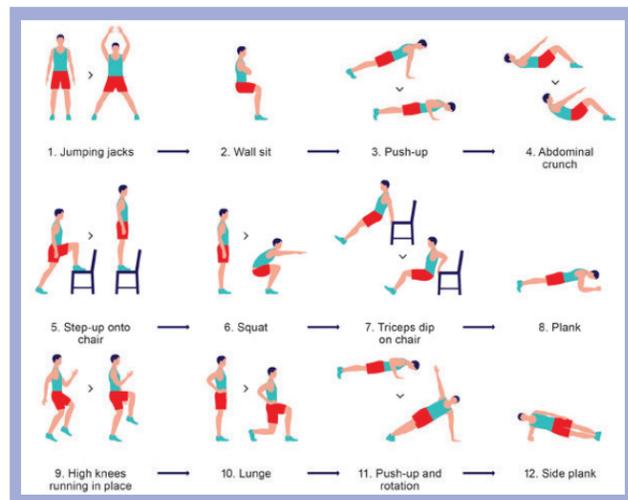
Ahh...the holidays! Scrumptious dinners. Sweet treats. Holiday "spirits." Believe it or not, you can enjoy the holidays without adding inches to your waist. But before I give you my list of tips for fighting holiday weight gain, I want to make one key point. It's very likely you're going to over eat at least a couple times during the holidays. It's not necessary to have a perfect track record, but please don't use this as an excuse to just give up on eating healthy and exercising until after the New Year. Instead, acknowledge what you did, take a deep breath and get back to making good choices and living a healthy lifestyle. It's much easier to get back on track sooner than it is later. So no matter whether your weakness is the holiday stuffing or your favorite fudge, it's not too late to turn things around.

Tips for preventing holiday weight gain

- **Avoid temptation.** If you're someone who just can't resist sweets, control your risk for temptation. For example, if the break room at work is filled with cookies and candy, avoid walking through it as often as you normally might. Or at home, don't put treats on the kitchen counter or coffee table where it's in plain sight.
- **Never go to a party hungry.** The hungrier you are, the less able you are to stay in control.
- **Beware of liquid calories.** Many of your favorite holiday drinks (eggnog, coffee drinks with whip cream, spiced rum, and hot toddies) have as many calories as a small pizza.
- **Go to socialize.** Instead of making food the focus at parties, make connecting with family and friends your priority.



- **Don't stop your exercise routine.** Traveling, parties and preparations definitely cut into your normal routine. Plan ahead to make sure you have time to exercise. Consider trying the Scientific 7-Minute Workout.
- **Get eight hours.** Along with exercise, sleep is another thing that tends to get to suffer during a busy holiday season.



For a full size version of The Scientific 7-Minute Workout Chart, go to http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/?_r=1&

Spice up your holidays

Spices are good for you

Contributed by **Sonal Hill, MS, RD, LD**

Cinnamon, ginger, nutmeg, cloves, and peppermints. These are just some of the most popular spices used to complement holiday meals, drinks and desserts. Spices curb our desire for sugar and provide flavor without adding salt or fat. Many spices are also high in antioxidants, which are believed to play a role in preventing the development of chronic diseases like cancer, heart disease, stroke, Alzheimer's disease and Rheumatoid arthritis – to name just a few. And some of our favorite holiday spices have health benefits as well. Here's what a variety of studies have reported about each:

- **Cinnamon** has been linked with lowering blood sugar in people with Type 2 diabetes.
- **Ginger** has been shown to calm nausea and help with motion sickness.
- **Nutmeg** regulates your gastrointestinal tract and promotes sleep.
- **Cloves** contain a component that works as an anti-inflammatory.
- **Peppermint** can calm an upset stomach and may also have cancer prevention properties.

But do it safely

A recent report issued by the Food and Drug Administration (FDA) has many people asking me whether their favorite holiday recipes have the potential to make them sick. According to the report, 12 percent of U.S. spice imports are contaminated with bug parts, rodent hairs and other ingredients. FDA inspectors also reported that seven percent of spice imports were contaminated with salmonella. And while all of this may sound pretty unsavory, the good news is the study also reported that only a tiny fraction of the American public has gotten sick from spices.

In general, the amount of any spice eaten at a meal is very small, meaning people have less of a chance of getting sick from a contaminated spice than a contaminated fruit or vegetable, for example. But to avoid illness, be sure to add spices to your favorite recipes before you cook. And just like everything else in your life, moderation is key. It is possible to have too much of a good thing.

Bon appétit!



Welcome to our New Staff & Providers

- Sukaina Ahmad, MD, Primary Care
- Minh Doan-Nguyen, MD, PhD, Breast Health
- Jocelyn M. Collins, MD, Surgery
- Patricia Colapietro, MD, Neurology
- Vijaya Reddy, MD, Internal Medicine
- Victoria Surdulescu, MD, Sleep Medicine
- Barbara Walker, PhD, Sports Psychology
- Vince Martin, MD, Headache Medicine
- Michah Sinclair, MD, Orthopedics
- Shazia Chaudhry, MD, Primary Care
- Dianne Litwin, MD, Pulmonology
- Toria Carlo, Business Manager

The Women's Center is now on Facebook and Twitter! Connect with us at:



[facebook.com/uchealthwomen](https://www.facebook.com/uchealthwomen)



twitter.com/uchwomenscenter

WALK-IN APPOINTMENTS

Did you know Women's Center offers walk-in appointments for those feeling under the weather? Patients, staff and visitors can stop by the front desk to make a same-day appointment.





Stay healthy and safe this holiday season

Avoid these holiday health hazards

Contributed by **Shazia Chaudhry, MD**

The holidays are a time to celebrate with friends and family, give thanks, and reflect. The last thing you want is to experience an illness or injury that sidelines you from the fun. But with the season, come a number of health and safety risks. So, I made a list—of holiday health and wellness tips—and checked it twice, just to make sure your holidays are healthy and nice.

Tips for a silent night without pain

For some, the holidays can be a real pain in the neck among other things. But it doesn't have to be. If holiday gift shopping finds you standing in long lines, be sure to rotate your ankles <http://www.doctoroz.com/slideshow/avoid-holiday-hazards?-gallery=true> clockwise and counter clockwise and alternate between pointing and flexing your toes. This keeps your blood flowing and prevents your legs and feet from swelling. When carrying packages, try carrying even weight on both sides of your body to prevent muscle strain.

Decking the halls without traumatic falls

Nearly six thousand people end up in emergency rooms due to decorating-related falls. Most often, these people have fallen off ladders <http://health.usnews.com/health-news/family-health/living-well/slideshows/9-holiday-health-hazards-to-avoid/4> while hanging lights outside or ornaments on trees. When using a ladder, please be sure it's positioned properly on

flat ground and that the rungs are dry. Also, if you find yourself reaching, then it's time to come down and reposition the ladder.

I saw mommy kissing Santa Claus

And then she came down with the flu. I know this is going to sound "Grinchy," but if your standard holiday hello is a big kiss and a hug, consider a smile and cheerful greeting instead.

It's a marshmallow world in the winter

But that doesn't mean you should eat everything you see. It's possible to enjoy the holidays without an upset stomach, heartburn, diarrhea or constipation. My best advice is to avoid large portions, take it easy on rich foods, stay hydrated, and be sure to get enough fiber.

Don't drink and drive

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA) http://pubs.niaaa.nih.gov/publications/RethinkHoliday/NIAAA_NYE_Fact_Sheet_2012.pdf two to three times more people die from alcohol-related crashes during the holidays. If you're planning on making merry this holiday season, please be sure to make arrangements in advance so that you can get home safely.

Have a happy and healthy holiday!

9 Holiday Health Hazards to Avoid

Sledding recklessly

Whizzing down a snow-covered hill may be exhilarating, but roughly 33,000 people a year are treated in emergency rooms for sledding-related injuries. Collisions are typically the cause, reports the nonprofit National Safety Council. Fractures, cuts, and bruises are the most common injuries, though more serious damage is possible. "I've seen bleeds, organ injuries, and even some fatalities," says Ryan Stanton, an emergency-room physician in Lexington, Ky. "A sled doesn't provide you with any protection, so when that plastic hits a tree, a fence, or a pole, the acceleration carries you into it." That's why it's smart to wear a bicycle helmet while sledding (or skiing, snow tubing, or snowboarding). Avoid rocky hills and areas dotted with trees, fences, utility poles, or other obstacles. Never sled head-first, and sit up instead of lying on your back. And if the sled begins flying out of control, roll off, Stanton says.

Catching a germ

Flu and other bugs are transmitted through saliva, so smooching underneath the mistletoe could lead to an unhealthy holiday. Skip the lip lock and go for an air kiss instead, suggest researchers at Ryerson University in Toronto. To further protect yourself from germs, wave hello at parties instead of hugging or shaking hands. Carry hand sanitizer and wash your hands before and after digging into appetizers to avoid infecting others.

Taking a fall

Nearly 6,000 victims of decorating-related falls head to emergency rooms each year, the Centers for Disease Control and Prevention reports. Most of these accidents occur while hanging lights outside or placing ornaments atop Christmas trees. "We see people getting up on ladders for the first time in a year, and they lose their footing and fall," Stanton says. Most common are cuts, bruises, and broken bones, though tumbling from a roof onto, say, concrete, fences, or trees can be fatal. To protect yourself, always use a sturdy ladder—even indoors, since climbing on chairs, desks, and other furniture can be risky. Before stepping onto a ladder, make sure it's positioned on flat ground and that its rungs are dry. And only use it outdoors during daylight hours.

Shopping till you drop

Lugging heavy bags can strain your back and joints, causing next-day pain and stiffness. So don't be surprised if you wake up the morning after a shopping trip feeling like you can't move, Stanton says. "People tend to carry their keys in one hand, and seven bags in the other," he says. "That imbalance—that strain on one side of the back—causes injuries."

Dying of cold

Temperature drop is linked to higher risk of heart attack. British researchers recently reported that each 1-degree Celsius drop in temperature on a single day is associated with about 200 additional heart attacks in the U.K. The findings are based on more than 84,000 hospital admissions between 2003 and 2006, according to a study published in the *British Medical Journal*. That's why it's smart to wear warm, layered clothing and to keep homes sufficiently heated, the study authors say. But frigid temperatures aren't the only driver of the season's heightened heart attack risk. Some people ignore symptoms rather than interrupt holiday gatherings; others mistake chest pain for indigestion after heavy, festive meals. Shoveling snow is another culprit, particularly among people who aren't ordinarily active, Stanton says.

Think twice about clearing the driveway if you have a history of heart disease or high blood pressure, or if you're a smoker. If you do decide to shovel, avoid stimulants like caffeine or nicotine, which can stress the heart.

Developing food poisoning

Holiday feasts call for indulgence, which can lead to more than a bulging belly. Post-meal trips to the emergency room are common, says Stanton, who has treated entire families for food-borne illnesses caused by undercooked turkey or spoiled eggnog. Turkeys should be thawed in the refrigerator, never on the kitchen counter, to prevent bacteria from festering. Don't stuff turkeys or chickens in advance, or if you must, make sure the stuffing is loosely packed; birds packed too tightly may not cook properly. And make sure poultry, meat, dairy products, and eggnog don't sit at room temperature for more than two hours, Stanton says. Use a cooler to keep food from going bad while traveling to holiday gatherings.

Having an allergic reaction to dirty decorations

Ornaments stored in the basement or attic will likely be coated with dust and other allergens, says James Sublett, a fellow with the American Academy of Allergy, Asthma, and Immunology. Sorting through these decorations—and dragging them from room to room—could trigger sniffing, sneezing, headaches, or fatigue. Remove dust by wiping ornaments with a dry cloth, since moisture attracts dust and mold, Sublett says. Once the season has passed, either seal decorations in a plastic bag or store them in an airtight container, rather than in a cardboard box, which is more likely to absorb moisture.

Going heavy on the salt

Holiday meals are often saturated with salt, which can aggravate—or unmask—heart problems. Salt causes water retention, so as fluid is drawn from the body into the blood, the heart's workload increases. That can lead to symptoms like shortness of breath, chest pains, and sweating, particularly for those with heart failure and high blood pressure, says cardiologist Marc Klapholz of the University of Medicine and Dentistry of New Jersey. "There's no question that after people have a large, celebratory-type meal, we see more patients whose heart conditions are exacerbated, and it's because of that extra salt intake," he says. People with heart conditions should consume no more than 2 grams of salt a day, and those with high blood pressure should stick to 3 grams or less. To lower your intake, replace table salt and high-sodium condiments like ketchup and mustard with herbs, spices, and other natural flavorings, Klapholz says. Avoid cured and smoked meats, processed and canned foods, and salty snacks like cheese, pretzels, and nuts.

Imitating Santa

Mr. Claus is a "public health pariah," Australian researchers declared last year in the *British Medical Journal's* annual Christmas issue. Indeed, Santa prefers cookies over carrots, has a big belly, smokes cigars, and jumps from roof to roof. Plus, he goes cheek to cheek with sniffing, coughing kids during mall visits, says study author Nathan Grills, who donned a Santa suit for a day in the name of research. "I was kissed and hugged by snotty-nosed kids at each performance and was never offered alcohol swabs to wipe my rosy cheeks between clients," he wrote in the *BMJ*. "Unsuspecting little Johnny gets to sit on Santa's lap, but as well as his present, he gets H1N1 influenza." In the report, Grills proposes Santa get a makeover by slimming down and cycling across the skies instead of being chauffeured in a sleigh. The chance of that happening?

Ho, ho, ho.

Lecture Series

Improving women's health is not something done strictly in a research laboratory. It's a multifaceted effort that must also begin on the individual patient level, with the support of family and the community.

As part of our commitment to advancing women's health, the Center will officially launch its inaugural Lecture Series on January 23, 2014. Plan on joining some of the most influential, innovative medical professionals as they discuss some of the key health issues facing women. In addition to the presentation, attendees will have an opportunity to ask questions and interact with physicians.

January 23, 2014

6:30 -8:00 p.m.

You Are What You Eat: The Benefits of Medical Weight Loss

Angela Fitch, MD, ABOM

You Can Do It! Stick to Your Resolutions with a Balanced Lifestyle

Barbara Walker, PhD

Women's Center Education Room

Free, open to public, reservations appreciated.

Call (513) 475-UC4U or email womenscenter@uchealthsites.com. To see a comprehensive list of all 2014 upcoming Lecture Series visit our website at uchealth.com/women

Movie Night

We're excited to kick off our first Movie Night, January 30, 2014 with Miss Representation.

Miss Representation is a film that exposes the media's under-representation of women in positions of power and influence. It challenges the often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself.



In a society where media is the most persuasive force shaping cultural norms, the collective message that our young women and men overwhelmingly receive is that a woman's value and power lie in her youth, beauty, and sexuality, and not in her capacity as a leader. Stories from teenage girls and provocative interviews with politicians, journalists, entertainers, activists and academics build momentum as Miss Representation accumulates startling facts and statistics that will leave the audience shaken and armed with a new perspective.

Future Movie Night Screenings

April 10: The Story of Mothers and Daughters

June 19: Hot Flash Havoc

September 18: Kind Campaign

UC Health Women's Center Education Room

6:00-8:30 p.m.

Q & A to follow movie, light snacks provided

Free, open to public, reservations appreciated.

Call (513) 475-UC4U or email womenscenter@uchealthsites.com.

Women's Center |  UC Health™

WEST CHESTER

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

CINCINNATI / EAST SIDE

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

UCHealth.com/women