

Celebrating Cancer Survivors



June 2 is National Cancer Survivor's Day, a time to celebrate those who have survived cancer, inspire those recently diagnosed and support families. It's a day to take pause and honor everyone who has been touched by cancer, and an opportunity to create a world with more birthdays and less cancer.

What can you do to celebrate National Cancer Survivor's Day?

Join the American Cancer Society's Cancer Prevention Study-3. CPS-3 is a study conducted by the American Cancer

Society for individuals who have not been previously diagnosed with cancer. It aims to better understand how lifestyle factors impact cancer risk. Though it is a 20-year study, commitment is minimal. Participants are only asked to complete an initial exam and fill out questionnaires every two to three years. Learn more: www.cancer.org/research/researchtopreventcancer/cps3-frequently-asked-questions.

Commit to keeping an open dialogue with your primary care provider. After completing cancer treatment, many patients are reluctant to continue talking about cancer with their primary care

providers or internal medicine physicians. However, studies have shown that cancer survivors are at greater risk for developing secondary diseases. It's vital to continue having open communication with your physicians. The Women's Health Center is creating a specific program to address the needs of cancer survivors. We're here to help connect the dots and transition patients forward from cancer, with the best care and attention possible. Our Cancer Survivorship Program will open in West Chester this summer.

Learn more about National Cancer Survivor's Day, visit www.ncsd.org.

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JUNE 2013

DIRECTOR'S LETTER

Dear Patients, Supporters and Friends



At our recent open house, we asked women to tell us what they believed were some of the stepping stones to women's health. I was excited to see such a broad range of answers. Responses included everything from "end breast cancer" to "better sex lives" to "healthy body image" to "happier moms." I'm proud to be able to say that we'll be helping women tackle all of these issues!

This month, we welcome nine new providers, kick off five new specialty areas and launch our "Lunch & Learn" series.

As you'll see in the articles below, we're putting in place the right team to help women work through big decisions, like Angelina Jolie choosing to have a double mastectomy, and daily decisions like whether or not it's okay to add a little extra salt to your food.

We've got a lot to share. And we hope you'll share your thoughts with us too. Please take our survey (www.surveymonkey.com/s/UCHealthwomen) and tell us what you think will create great women's health in our area.

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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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/

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500 Visitors Think “Women Rock”

A recap of three of our opening events

Almost 500 visitors toured the Women's Center during three separate open house events this past month! Visitors toured our 26,000 square foot space and walked through the 47 exam rooms, conference rooms and classrooms. They were able to meet Dr. Larkin, the director of the Women's Center, and many of the Center's almost 30 providers.

At one of the opening events, Jim Kingsbury, president and CEO of UC Health, said, “Late last year, UC Health kicked off our five year strategic plan, called 20-1-7. The Plan has 20 initiatives and I'm excited to say we're well on our way. Initiative #11 was to open a Women's Center, the core of our future plans to advance women's health.”

The facility is brand new, bright and serene. Some said it feels almost like a spa upon

entering. But as Myles Pensak, MD and CEO of UC Physicians mentioned at the ribbon cutting, “It's not about the state of the art space or technology. It's all about the people—the team of doctors, nurses, clinicians, specialty providers, and administrative staff who really care about delivering coordinated and comprehensive patient-centered care—that's how this Women's Center will become known across the country as the gold-standard for women's health care.”

Guests were encouraged to get their picture taken with a sign that spoke to their wish for women's health in the region. They were also encouraged to write a positive message or their personal healthcare wish for women on a stone, as the mantra for the Women's Center is “Women ROCK.” The messages ranged from “end breast cancer” to “keep moms alive longer” to “I don't want

to pee my pants when I laugh” or “men care about women's health too” or Dr. Pensak's “18,” which signifies “Life” in the Hebrew language and is said at celebrations in anticipation of all the good things to come.

There are many needs in our community and the excitement and momentum—surrounding the Women's Center puts us well on our way to helping women across the region become more empowered in their healthcare and lives.

You can check out Dr. Larkin speaking to a group of friends and supporters about the Women's Center at the Open House by visiting: www.youtube.com/watch?v=x5ST8m3V-6s&noredirect=1.

A Needle in Hay Fever

Acupuncture could help your runny nose

Contributed by **Martyn Thomas**

You've probably heard that acupuncture can be an effective treatment for the relief of pain. But how about for the relief of hay fever? That's right. A new study tested the effectiveness of treating hay fever symptoms with acupuncture. The study included 422 people with grass and pollen allergies. One group received 12 acupuncture treatments over an eight-week period, the next received a “sham” version of acupuncture and the remaining group received no acupuncture. Upon completion of the study, patients given real acupuncture reported more symptom improvement than those in either of the comparison groups. On average, their quality-of-life scores were 0.5 to 0.7 points better, which should translate to a noticeable difference in hay fever symptoms.

What is acupuncture?

Acupuncture is a complementary medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to treat various diseases.

Why choose acupuncture?

While antihistamines are helpful in treating the symptoms of hay fever, they can also produce unpleasant side effects such as sleepiness, dry mouth and headache to name just a few. Additionally, antihistamines can make a number of health conditions — heart disease, high blood pressure, glaucoma, thyroid, kidney or liver disease — worse. Also, these conditions can cause antihistamines to react unpredictably.

What makes acupuncture an effective hay fever treatment?

No one is quite sure why acupuncture helps hay fever sufferers. There is evidence, though, that it curbs inflammatory immune-system substances involved in allergic reactions.

READ MORE:

consumer.healthday.com/Article.asp?AID=673566

www.livescience.com/29494-acupuncture.html

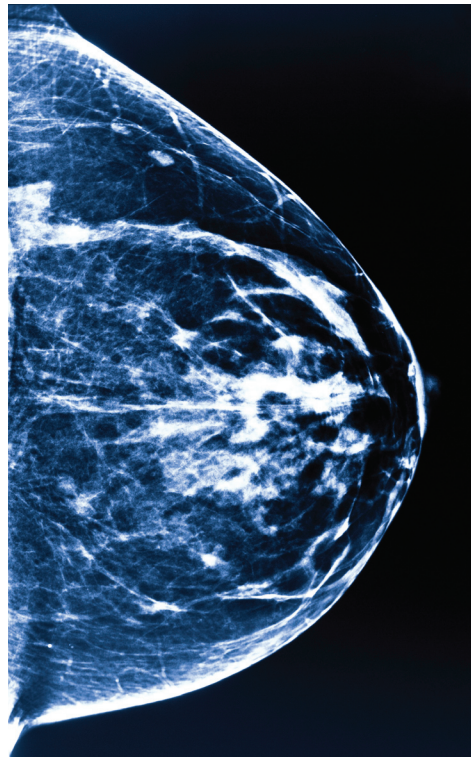
health.usnews.com/health-news/news/articles/2013/02/18/acupuncture-may-help-ease-hay-fever

www.webmd.com/allergies/guide/antihistamines-for-allergies



Angelina Jolie's Decision: *The need for preventing, treating, curing breast and ovarian cancers*

Contributed by **Heather Pulaski, MD**



I recently read Angelina Jolie's editorial in the New York Times about her decision to have a double mastectomy and, a few days later, about her plans to also have her ovaries removed. You may believe her decision is too extreme or maybe you think it is brave and selfless. For me, what sticks out is that she felt empowered to make her own decision and she wants to empower other women to do the same.

While genetic testing will help women to better understand their risks for breast and ovarian cancer, it also ushers us into a new era where women will be faced with difficult decisions like Ms. Jolie. We in the medical community must be ready to help women understand their options and work through decisions that women didn't even consider five years ago.

The American Cancer Society estimates that in 2013, about 22,240 new cases of ovarian cancer will be diagnosed and 14,030 women will die from ovarian cancer in the United States. While all cancers develop from changes that occur at the genetic level, not all of those changes are inherited from a parent. Only 5-15 percent of ovarian cancers are thought to occur from an inherited genetic mutation. But for patients with a BRCA mutation like Ms. Jolie, their lifetime risk of ovarian cancer may be as high as 50 percent.

If you're concerned you may be at high risk for breast and/or ovarian cancer based on your family history, talk to your doctor. A simple, noninvasive test of your saliva can be performed. Women found to have a genetic mutation, should have an extended

discussion with their doctor regarding the options for increased screening versus risk-reducing surgery. Armed with this knowledge, she can take some control over her future. Since there is no good screening test for ovarian cancer, many women choose to undergo surgery to remove their fallopian tubes and ovaries once they have completed their families. This can decrease their cancer risk by about 80 percent. This decreased risk for cancer, though, must also be balanced with the risks of surgery and the likely induction of premature menopause.

While we continue to hunt for a cure and better treatment options for breast and ovarian cancer, I hope you will feel empowered to take care of yourself as much as possible. Exercise, eat a healthy diet and be aware of ovarian cancer symptoms which include swelling or bloating, pain in the belly, trouble eating, and bladder symptoms.

For more, visit: health.usnews.com/health-news/news/articles/2013/05/15/angelina-jolie-will-have-ovaries-removed-to-lower-chances-of-cancer-report

NEWS AND MISCELLANEOUS STORIES...

A sneak peek of Lisa's speech to a small group of supporters and friends - <https://www.youtube.com/watch?v=x5ST8m3V-6s>

UC Health Women's Center Opens in West Chester (Fox 19) - <http://www.fox19.com/story/22289387/uc-health-womens-center-also-open-to-men-in-west-chester>

UC Health Women's Center Opens in West Chester (UC Health News) - <http://www.healthnews.uc.edu/news/?/22643/>

Shake Your Salt Shaker *OR* Shake Your Salt Habit?

AHA disagrees with a new study that says no benefits to low salt diet

Contributed by **Ann Stone, ANP**

An expert committee, commissioned by the Institute of Medicine (IOM), reports that limiting sodium intake to below 2,300 milligrams a day has no health benefits. What's more, the report goes on to say that low sodium intake can potentially be harmful for people with moderate to severe congestive heart failure and people over age 55 who have high blood pressure. I know what you're thinking... "Pass the salt!" But before you grab the shaker, the American Heart Association (AHA) has a few things to say.

Don't be swayed by new sodium studies

As you might expect, the AHA disagrees with the conclusions of the IOM study. The AHA says the new report from the IOM is incomplete in its assessment of sodium's impact on health because it does not focus its examinations on scientific evidence that links excess consumption and high blood pressure. Additionally, the AHA says the report is missing a critical component — a comprehensive review of well-established evidence which links too much sodium to high blood pressure and heart disease.

Shaking the salt habit

I strongly agree with AHA guidelines that recommend consuming less than 1,500 milligrams of salt per day. In a January 2011 article in Circulation the AHA documents a direct, progressive, consistent, and continuous relationship between blood pressure and adverse health outcomes. The article also provides strong evidence that implicates excess sodium intake with elevated blood pressure. If you're not quite sure how to best reduce your salt intake, the AHA website offers shopping and cooking tips, free recipes and more. www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit_UCM_303241_Article.jsp



"Lunch and Learn" Series Starting June 21st

Eating for better health

We're excited to kick off our first "Lunch and Learn" series on June 21. Dietician Sonal Hill has joined the Women's Center and, with 15 years of experience providing medical nutrition therapy, she has a tremendous amount of knowledge to share with our community. Sonal will be hosting the following "Lunch and Learn" sessions:

June 21: "Eating the Healthy WEIGH: Promoting weight management through good nutrition"

June 28: "Heart Healthy Eating: Eating well for preventing heart disease and controlling cholesterol"

July 12: "Stress Busters: Controlling cravings and planning meals"

July 19: "Fad Diets, Functional Foods, and Hot Topics: What works, what doesn't?"

All sessions are free of charge and take place at the West Chester campus from noon to 1 pm. Bring your own bag lunch and learn more about healthy eating!

Sonal Hill will begin seeing patients June 16. The Women's Center is offering a \$20 off special for new patients who schedule a one-hour nutritional counseling session. This offer is good through the end of June and normally costs \$95. Also available is the purchase of a six-session package that includes a one-hour initial session and five follow-up appointments for \$300, a savings of \$45.

Provider News – We’re Growing!

We’re excited to welcome nine new providers to our practice this month.



Ryan Collar, MD and Carrie Schuerfranz, RN, CPCS will be working with patients as part of our skin care and plastic surgery specialty area. Dr. Collar has expertise in aesthetic and reconstructive surgery, including rhinoplasty, melanoma and reconstructive surgery after facial skin cancer, rejuvenation of the aging face, and facial paralysis.

Carrie Schuerfranz is a clinical skincare nurse and certified permanent cosmetic specialist. She has more than 10 years of experience in the skincare field. She will provide patients with customized treatment plans and home-care regimens to achieve optimal skincare results.

Sonal Hill, MS, RD, LD will help patients plan and implement healthy nutritional changes. An experienced clinical and wellness dietitian with more than 15 years of experience, Sonal received her bachelor

and master degrees in nutrition from Case Western Reserve University.

Shymala Jagtap, MD is our newest primary care practitioner. She attended Bangalore Medical College, completed her residency at Cook County Hospital in Chicago and completed her fellowship at University of Chicago.

Todd Kelley, MD will help patients in our orthopaedics specialty. He has expertise in hip/knee injury, pain and replacement. Dr. Kelley attended medical school at University of Illinois. He completed his residency at University of Cincinnati and his fellowship at Maryland Adult Reconstructive Surgery/St. Joseph Hospital.

Juanita Riley, CNP has joined our gynecologic oncology specialty. A patient advocate and team player, she is passionate

about empowering patients through education. Juanita has 20 years of nursing experience, with a strong emphasis in women’s health. She earned her women’s health nurse practitioner certification and her master’s degree in nursing from University of Cincinnati.

Jyoti Sachdeva, MD will help patients in our behavioral health specialty. She has expertise in mood disorders, depression, bipolar disorder, and anxiety disorders. A graduate of S.N. Medical College in Agra, India, Dr. Sachdeva completed her residency at Louisiana State University.

Abid Yaqub, MD, FCAP, FACE, FCPS will help patients in both our bone health program and endocrinology specialty. Dr. Abid Yaqub has expertise in diabetes, metabolic disorders, osteoporosis, and thyroid cancer.

Nadia Yaqub, MD, FACP, FACE, ECNU will be helping patients in our endocrinology specialty. She has expertise in specializes in diabetes, metabolic disorders, and thyroid disease. She attended Fatima Jinnah Medical College in Pakistan and completed her residency and fellowship at Marshall University School of Medicine.

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

Suicide: It’s Not Just a Risk for Teens

Suicide rates rising in Americans 35-64

Contributed by **Jyoti Sachdeva, MD**

Both local and national news has recently carried stories of suicide by teens and young adults. Suicide is a tragedy that is heart breaking for families, friends and communities. The Centers for Disease Control and Prevention (CDC) has just reported what I suspect many of us may have been thinking — that it seems more and more people are taking their own lives. In fact, the CDC said that more people die from suicide than car wrecks. And while suicide is often thought of as a teenager problem, there has been a surge in suicide rates among white Americans ages 35-64. For men in their 50s, the suicide rate has jumped nearly 50 percent. Among women, the largest increase was for those in the 60-64 age group.

Why is the suicide rate rising?

There are many reasons hypothesized for this alarming trend. These include financial stress, the widespread availability of opioid drugs like Oxycondone and increasing stresses being faced by baby boomers. This includes things like caring for aging parents and providing financial and emotional support to adult children.

What can I do to prevent suicide?

If you or someone you care about is experiencing hopelessness, mood changes, agitation, increased substance abuse, and isolation, take immediate action. Helpguide.org provides a few basic guidelines to help prevent suicide, but don’t be afraid to ask for help. Depression, stress, emotional imbalances, and suicidal thoughts are complicated. A professional can help you or your loved one navigate the right course of action and try to help you find hope.

READ MORE:

www.huffingtonpost.com/2013/05/02/suicide-rate-rises-middle-aged_n_3203936.html

www.nytimes.com/2013/05/03/health/suicide-rate-rises-sharply-in-us.html?_r=1&



Do you or someone you know need help?

Speaking to a therapist or attending a support group can improve your overall mental health. And if you suspect someone is contemplating suicide:

- Ask questions
- Refer them to a provider
- Persuade them to get help

In Crisis now, Please call:

1 (880) 273-TALK (8255) or 1 (800) SUICIDE (2433)