



WELCOME LETTER

Dear Patients, Supporters and Friends

As we begin November and enjoy the last full month of fall, try focusing on your overall health. Throughout October, we stressed the importance of early detection and awareness of breast cancer but lung cancer requires equal amount of attention as well. Each year more men are diagnosed with lung cancer, but more women are living with the disease and may not know it. Turn to page 8 to learn about the low-dose radiation CT scanning being done at UC Health to screen at-risk patients for lung cancer.

As humans, it's in our nature to care for others. Most often parents care for their children until they become adults but more often than ever before, adult children are now caring for aging parents. Being a caregiver can be very rewarding but also hard both mentally and physically. Dr. Chaudhry shares insights on the importance of making your health a priority and not a second thought.

With the fall season in full swing, I wanted to remind you that flu season is here! Although flu activity commonly peaks in the United States between December and February, seasonal flu can begin as early as October and continue as late as May. I'd like to encourage you, especially those in the high-risk category – pregnant women, adults 65 years of age and older, and children younger than five to get vaccinated. And lastly, it's hard to believe but the holidays are right around the corner! Our skin care team is ready to help you get your sparkle on for the holidays! We're offering holiday specials to help you achieve healthy, glowing skin.

As the holidays draw near, we give thanks for the opportunity and privilege of serving you and wish you the best for a happy and healthy holiday season!

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

TABLE OF CONTENTS

Balanced Diet Linked to Lower Premature Birth Risk 2

Bladder Training Helps Urinary Incontinence 3

Alzheimer's Disease: Dementia Risk Can Be Modified Through Better Prevention . . 4

New App Helps Manage Menopausal Symptoms 4

Midlife Migraines Linked to Increased Parkinson's Risk 5

Take Care of Yourself When Caring for a Loved One..... 7

Fight Against Lung Cancer 8

UPCOMING EVENTS

New Classes for Fall 2014

Urban Zen Restorative Yoga

Wednesdays until December 17
6 – 7:15 p.m.

Yoga for Fertility

Thursdays until December 18
6:30 – 7:45 p.m.

Tai Chi for Parkinson's

Thursdays until December 18
Noon – 1 p.m.

Pre-registration is required for all of the classes, to register please call (513) 475-WLNS.

Massage Therapy now offered on Fridays 1:30 – 5:30 p.m. Please call (513) 475-UC4U to schedule an appointment.

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
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of Cincinnati College of Medicine

Balanced Diet Linked to Lower Premature Birth Risk

Contributed by **Sonal Hill, Registered and Licensed Dietitian (RD, LD)**

Women have different daily nutritional requirements in each stage of life and pregnancy is a time with very unique requirements.

Eating a healthy, balanced diet means choosing a wide variety of foods and drinks from all food groups. It also means eating certain things in moderation – saturated fat, trans fat, cholesterol, sugar and salt. The goal with pregnant women is to take in nutrients the mother and baby need to remain healthy throughout the entire pregnancy. This goal is easily accomplished when pregnant women consume healthier foods.

Recently, researchers analyzed data from thousands of pregnant women to see how their diets affected their baby. They found that women who ate healthy-balanced diets with adequate amounts of proteins, fruits, vegetables, whole grains and fish had a lower risk of delivering a preterm baby. Although the study found a link between

eating a healthy, balanced diet during pregnancy and a lower risk of preterm delivery, it did not prove a cause-and-effect between the two.

Healthy eating is always a good idea especially when you're pregnant. By consuming healthier foods, you maintain your body's everyday functions and promote a healthy weight. At the Women's Center our nutritionist offer programs to help you set a healthy eating plan and ways to stay on track.

For more information on our nutrition and weight programs or to schedule an appointment, call (513) 475-UC4U.



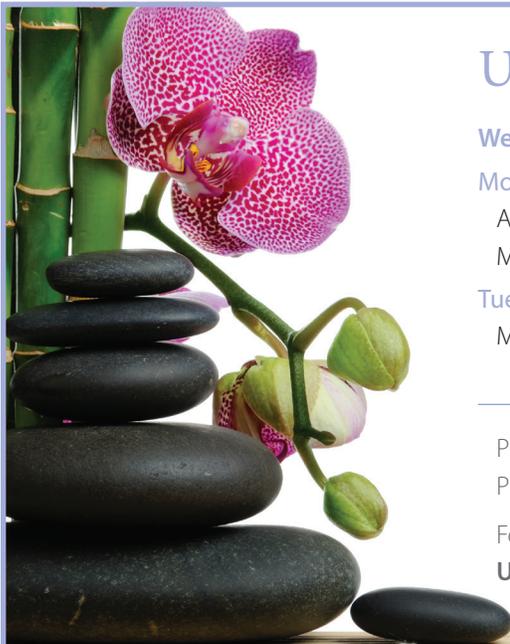
The Women's Center is now on Facebook and Twitter! Connect with us at:



facebook.com/uchealthwomen



twitter.com/uchwomenscenter



UC Health Integrative Medicine 2014

Wellness Support Services

Mondays

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

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

Tuesdays

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 9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.

Acupuncture 8 a.m. - Noon

Please contact us at **(513) 475-UC4U (8248)** to schedule your appointment.

Private yoga/pilates classes by appointment only.

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

UCHealth.com/IntegrativeMedicine

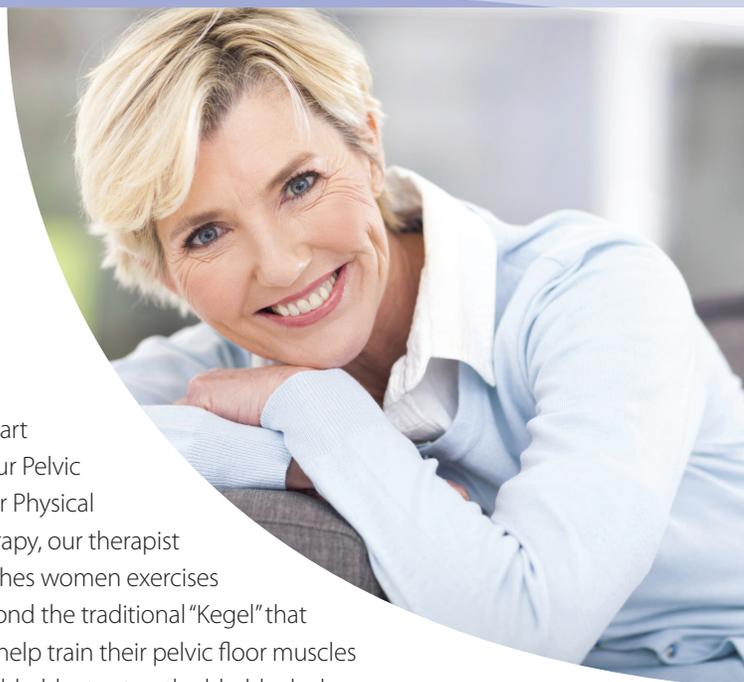
Bladder Training Helps Urinary Incontinence

Contributed by **Stacey Clarke, Pelvic Health Physical Therapist (DPT)**

Urinary incontinence (UI) – loss of bladder control or involuntary urination – affects millions of women every day. This frustrating and embarrassing problem ranges in severity from occasional leakage when you cough or sneeze to having an urge to urinate so suddenly that you don't have time to make it to the toilet.

Some women commonly associate UI with becoming older but that's not always the case. Up to 57% of women ages 40 to 60 experience UI symptoms while 75 percent of women experience symptoms beginning at age 75. Whether the UI is caused by coughing, laughing or just happens for no reason, women don't have to suffer alone. Your doctor, whether a urologist or primary care provider, will help determine the best treatment course which may include physical therapy with a Pelvic Health Physical Therapist.

At the Women's Center we have a special program that focuses on urinary incontinence and other pelvic health related conditions. Our program offers innovative treatments and therapies, helping women regain their well-being and once again enjoy active, satisfying lives.



As part of our Pelvic Floor Physical Therapy, our therapist teaches women exercises beyond the traditional “Kegel” that will help train their pelvic floor muscles and bladder to stop the bladder leakage. The American College of Physicians (ACP) highly recommends women with stress UI focus on pelvic floor muscle training and Kegel exercises. Both strengthen pelvic muscles, which play a key role in preventing leaking. Pelvic floor physical therapy has been shown to be the best first line treatment for UI and yields greater reduction in UI than performing Kegels independently without guidance of a pelvic floor physical therapist.

To begin receiving relief, talk to your doctor about pelvic floor physical therapy. The sooner treatment is underway, the sooner you regain control of your life.

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.

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.



Alzheimer's Disease: Dementia Risk Can Be Modified Through Better Prevention

Contributed by **Vijaya Reddy, MD, Internal Medicine**

Every 67 seconds someone in the United States develops Alzheimer's disease. More than five million Americans are currently living with the disease, making it the sixth leading cause of death in the United States.

Alzheimer's is a complex neurological disease that is the most common form of dementia. Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss and ability to focus and pay attention are the most common symptoms. Dementia is caused by damage to the brain cells, which causes interference of brain cells communicating with each other.

The good news is there are ways to potentially reduce the risk of dementia even in late-life. A new report from researchers with Alzheimer's Disease International found that better prevention and detection can, in some cases, significantly reduce the risk of getting dementia.

The report focused on controlling diabetes, blood pressure and smoking cessation. Researchers found that diabetes can increase



the risk of dementia by 50%. Obesity and lack of physical activity are important risk factors for diabetes and hypertension, therefore, making those factors a high priority to treat and control and eventually eliminate. Another risk factor the report found to target is smoking. Smokers are at a much higher risk for developing dementia versus a non-smoker.

By working on better prevention for overall health, we can enter the later part of life with a better developed, healthier brain, allowing a longer, happier and more independent life. Brain health is important throughout your entire life but more so in mid to late-life because of changes in the brain that come naturally with aging.

If you or a loved one is concerned about age progression, dementia or Alzheimer's, schedule an appointment with our geriatric and internal medicine specialist by calling (513) 475-UC4U.

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

New App Helps Manage Menopausal Symptoms

The first-ever menopause mobile app is now available for download!

MenoPro, launched by the North American Menopause Society (NAMS) and developed by researchers at Brigham and Women's Hospital, helps women going through menopause. The app is designed to help patients determine if they are a good candidate for hormone therapy or not, taking into account their own personal health history and based on the available scientific evidence.

The app offers two modes: one for healthcare providers and one for patients. Among its features for patients, the app asks about the severity of menopausal symptoms, personal treatment preferences

and medical history. The clinical-facing side of the app features a risk assessment procedure that helps doctors pick the best treatment for their patient, all while factoring in the patient's treatment preference.

In addition to the menopause related information, a risk calculator for breast cancer and osteoporosis and educational materials are also available.

Currently, the app is only available for iPhone and iPad users.



Midlife Migraines Linked to Increased Parkinson's Risk

Contributed by **Vincent Martin, MD, Professor of Medicine,**

Director of Headache and Facial Pain Program

Perimenopause and menopause are known to occur in a women's midlife but a new study suggests another midlife ailment can be linked to another disease. Migraines suffered in midlife may be linked to an increased risk for Parkinson's disease.

According to the study recently published in *Neurology*, researchers found that people in middle age, who experience aura with their migraines – such as sensations like seeing flashes of light – double the risk of developing Parkinson's or other movement disorders later in life. The study also found that Parkinson's-like symptoms were also more common in those with migraine without aura, though the link was not as strong as those with migraine aura.

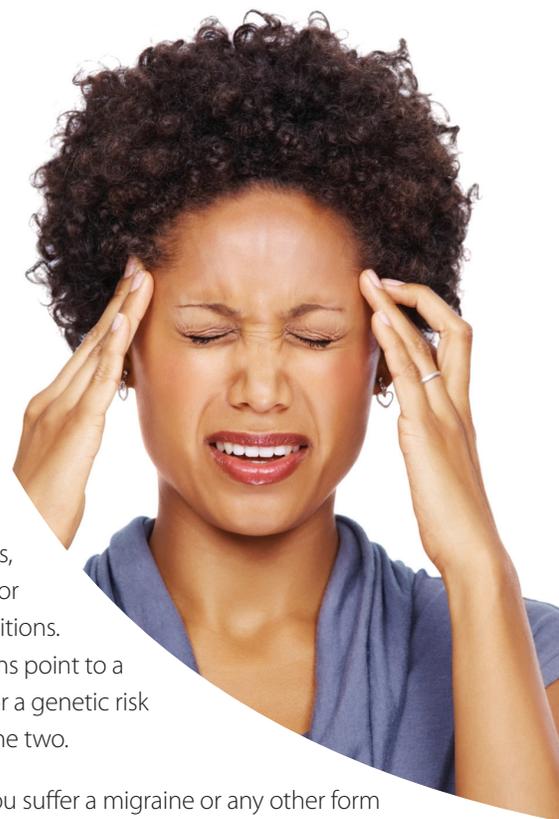
Migraine is the most common form of disabling headache in both men and women. Women suffer from migraine three times as often as men. Many women find their migraine symptoms are affected by menstruation, hormones, pregnancy, perimenopause and menopause.

Researchers aren't exactly sure yet why migraines that occur in midlife may be linked to Parkinson's disease or other movement

disorders but don't believe that the link is due to medications used to treat migraines, related brain diseases or any gynecologic conditions. Right now, explanations point to a previous head injury or a genetic risk factor that connects the two.

Regardless of when you suffer a migraine or any other form of headache, we are here to help. The UC Health Headache and Facial Pain Program is part of the world-renowned UC Neuroscience Institute and brings together expertise and resources from the Women's Center to help return patients to a fully functional and happy life.

For more information on the Headache and Facial Pain Program or to schedule an appointment with one of our experts, call (513) 475-UC4U.



Holiday Yoga Workshop

We all need to take time to deeply relax, even during the holidays.

Saturday, November 22

Saturday, December 13

General Wellness 10 a.m. – 12 p.m.

Cancer Recovery 1 – 3 p.m.

\$60 for one Saturday or \$110 for both Saturdays

You must pre-register and pre-pay by calling (513) 475-WLNS (9567) or visiting uhealth.com/services/integrative





Get ready to sparkle this holiday season...

Buy One, Get One 50% Off
Hydra Facial Masque with
Dermaplanning.

First masque is \$80.00
Second is \$40.00
for a total cost of \$120.

- **ELASTIderm Holiday Gift Set:** ELASTIderm Eye Cream/ Gel and ELASTIderm complete Complex Serum, \$109.00. Limited Quantities!
- Reverse and restore severely dry, cracked and wrinkled lips using clinically proven moisture technology.
Offering 25% off ZO Medical LIPREBUILD - priced at \$37.50. Limited Quantities!
- **Skin Care Gift Certificate - \$100 value for \$80** redeemable on any full priced service/product. Excludes Dysport/Botox and Dermal Filler injections

**Exclusions may apply. Offer good through December 31st, 2014.*

UCHealth.com/women
(513) 475-UC4U

Women's Center



Take Care of Yourself when Caring for a Loved One

Contributed by **Shazia Chaudhry, MD, Internal Medicine**

Family caregiving is serious work. It touches almost every family and in very different ways – different ages being cared for, different health conditions and different financial situations. Every year, more people are caring for a loved one. 40% of women and 37% of men take responsibility as a caregiver. While caregiving is a first priority, caregivers need to remember to focus on their own health as well.

You Can't Do It All

We commonly try to accomplish as much as we can in a short amount of time and usually do so without asking for help or taking our own health and well-being into consideration. While accomplishing our goals is great, it's important to remember that you are only as strong as your mind and body allow. If you're running on little sleep, not eating properly or taking no time to yourself, your mind and body will eventually wear out putting you at a high risk for health problems.

Take Care of Yourself

Throughout November, National Family Caregivers Month, join us in putting your own health a top priority so you can be healthy and energized to give the care and attention your loved one needs. Some ways you can take great care of yourself is to visit your primary care doctor for an annual wellness and prevention exam.

The end of the year is also a great time to have an annual gynecologic exam, including a PAP smear.

If you are vigilante about visiting your doctor on a regular basis and had your annual exams, continue to monitor your health and practice good habits. This can include exercising on a regular basis, eating a healthy diet, getting enough sleep – seven to eight hours is best - pay attention to your stress levels and ask for help when needed.

At the Women's Center, we understand and recognize that between your job, house-hold responsibilities and caregiving for children or other loved ones, you may not have the most available or flexible schedule that allows time to visit the doctor. We have a great solution to that problem. Through the Women's Executive Health and Wellness Program, you get a comprehensive physical and medical history, diagnostic testing, and in-depth provider consultations – all in one day! This unique program also includes genetic, nutrition, behavioral health/stress management and fitness consultations.



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 uhealth.com/women.

To learn more about sponsorship 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.

Fight Against Lung Cancer

Lung cancer is the leading cancer killer in both men and women in the United States. It causes more deaths than the next three most common cancers combined (colon, breast and pancreatic). By the end of this year, over 159,000 Americans are expected to die from lung cancer.

So what can be done to fight against lung cancer? One of the best defenses against this deadly disease is early detection. Screenings are a great tool to help find cancer at an early stage when it may be easier to treat. Lung cancer, if not detected early, can spread before symptoms present, making it more difficult to treat.

With today's technologies and advances in medicine, scientists are constantly studying screening tests to find those with the fewest risks and most benefits. The UC Health Lung Cancer Screening Program offers screening under the guidance of a clinical protocol and capitalizes on input from the entire multidisciplinary lung cancer team to ensure the most accurate results for the patient.

How to Refer to the Program

1. Telephone Referral: 513-584-LUNG (5864)
2. Fax Referral: Fax the Lung Cancer Screening Referral sheet to (513) 584-6949
3. EPIC Referral: "Ambulatory Referral to Lung Cancer Screening Program" located in the Order Preference List

Who can refer?

1. Physicians, Nurses, Medical Assistants and other healthcare providers
2. Patients, friends, and families

Why should I refer to the Lung Cancer Screening Program?

1. Only nationally recognized program in the region recognized for "Excellence in Lung Cancer Screening"
2. Most experienced multidisciplinary team in the region exclusively dedicated to the early detection and treatment of lung cancer
3. Region's only dedicated fellowship trained physicians in advanced minimally invasive procedures for the diagnosis and treatment of lung cancer
4. Dedicated nurse coordinator



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