

HealthLink

Helping you connect to your health care information



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Build Strong Bones

Seasonal Tips for HEALTHY BONES

Colder months can be especially rough on bone health as icy conditions can cause falls and fractures, and poor weather can limit the vitamin D supplied by the sun. UC Health bone health specialist Dima Diab, MD, suggests the following tips to keep your bones safe throughout the fall and winter.

- **Consider vitamin supplementation.** Vitamin D deficiency can result in bone loss and muscle weakness. Consider supplementation when the dreary weather leaves you searching for sunshine.
- **Prevent falls on snowy, icy or wet surfaces.** Falls are a leading cause of bone fracture. Don't rush, pay attention to where you are stepping and wear proper shoes or add shoe traction devices.
- **Avoid heavy lifting.** Get help and be sure to use the proper technique—bend at the knees rather than the waist.
- **Don't stop moving.** Walking is always a good, low-impact exercise that can be done inside or out. ■

Diab and other specialists in her field can be reached at 513-475-7400.



MyChart® Epic Systems Corporation

Track Your Care Online With My UC Health

Kee your health information organized and accessible with the My UC Health patient website.

The new service offers portions of patients' electronic medical records in a secure online portal, giving both you and your physician a direct way to review your medical information, update results and communicate easily about appointments and recommendations.

With a detailed health summary, My UC Health can record your and your family's health issues, family history, prescriptions, immunizations and more in one location.

It's an easy way to store your important health information—and help you improve your health along the way. ■



About My UC Health

My UC Health is a new patient service that allows you to access portions of your medical record through a secure, password-protected website. You'll be able to stay informed about your health care and communicate with your doctor's office, anytime and from any computer. You can:

- Request appointments, see test results, renew prescriptions and send questions to your doctor's office.
- View your health summary including medications, allergies and immunizations.
- View your family's records, or allow another user access to your health information.

There is no additional cost for using My UC Health.



How to Sign up:

To sign up, you'll need three things:

1. An activation code
This code will be printed on a summary sheet that you'll receive at the end of your next visit to your primary care physician's office. The activation code is valid for 60 days.
2. The last four digits of your Social Security number
3. Your date of birth

With these three pieces of information, you can complete the sign-up process online at uchealth.com/myuchealth.

Have a mobile phone with a QR code app? Get to the My UC Health site with this:



About UC Health

UC Health brings together the region's top clinicians and researchers to provide world-class care to our community. We are the Cincinnati area's largest and most distinguished group of board-certified physicians practicing in every medical and surgical specialty.

uchealth.com

Health Link is a quarterly publication from UC Health for its patients, offering education and information on health topics and its online medical record system.



Meet the Experts of **UC Health**

Lauren Ashbrook, MD

Primary Care Physician

Lauren Ashbrook, MD, sees patients at the UC Health Primary Care practice in Clifton. Ashbrook, a former resident at UC Health University Hospital, became a full-time physician with UC Health in September 2012. She has a passion for preventive care, including the benefits of healthy eating, and communicates that to her patients.

"As someone who recently lost 40 pounds, I've found that both counting calories and reaching for healthier food choices while cutting down on portion sizes can help you lose weight. Losing as little as 5 to 10 percent of your weight can help improve your cardiovascular and endocrine health," she says.

"It's important to keep track of your habits and ensure you're taking the right steps to stay healthy. As a physician, I like to be a part of that." ■

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Track Your Calories and Weight to Stay Fit

UC Health primary care physician Lauren Ashbrook, MD, understands just how hard it is to lose weight.

But she says there's a proven method for weight loss that's often overlooked. Unlike the latest fads or fasts, it's also a method that's worked throughout the decades: calorie counting.

"Diet and exercise are the healthiest way to lose weight as long as you are expending more calories than you take in," says Ashbrook, who also serves as an assistant professor of medicine at the University of Cincinnati. "Calorie counting is simply watching what—and how much—goes into your body."

While she wants all of her patients to exercise,

Ashbrook cautions exercise alone isn't the best way to drop pounds, unless it's lengthy, high-intensity exercise like running a marathon.

"An average-sized woman will burn 200 to 400 calories during a 30-minute workout, which isn't a whole lot," she says. "When you construct a weight loss plan, you have to take that into account."

Ultimately, to lose one pound, you must burn 3,500 excess calories; for one pound of weight loss a week, this equates to 500 calories per day.

There are many smartphone apps that can both track meals and instantly look up calories for specific foods.

Some also can calculate basal metabolic rate, or the number of calories you are burning at rest.

If you don't have a smartphone or a gym membership, just keeping track of calories with a pen and paper combined with simple exercise like walking can do the trick.

"Sometimes, just writing down what you are about to eat can deter you from making high-calorie decisions," says Ashbrook.

Heading into the holiday season, she also emphasizes that it's still OK to have small amounts of your favorite treats – as long as those treats are sporadic.

"Most of all, don't give up if you have a bad day," she says. "Just do better the next day; it all averages out as long as you stick to the plan." ■

Ashbrook can be reached at 513-475-7880.

More Weight Loss Tips

- Measure food with a scale to get the right portion size
- When eating out, only eat half of what's on the plate
- See if the restaurant has calorie counts for its menu

"Sometimes, just writing down what you are about to eat can deter you from making high-calorie decisions."

Lauren Ashbrook, MD



I WANT TO...

track my weight and exercise

Using the My UC Health "Track My Health" function under My Medical Record, you can track your weight and exercise.

Your doctor will need to turn on this feature. Ask him or her about setting up "flowsheets" for you.

A PHYSICIAN'S PERSPECTIVE:

Q&A on Immunizations with Jeffrey Ushupun, MD

With students back in school and flu season ahead, it can be hard to know if everyone is up to date on their needed immunizations. UC Health family medicine physician Jeffrey Ushupun, MD, who sees both adult and child patients at his West Chester practice, says regular tracking of immunizations can keep everyone prepared against disease.

Most children get their schedule of immunizations from birth until school age—are there immunizations for older children or teens?

Absolutely. At 11 to 12 years of age, children need a tetanus/diphtheria/pertussis booster and a meningitis vaccine. Parents also should consider an HPV vaccine, one of the few vaccines that can prevent cancer. At 16, teens need a meningitis booster.

What vaccinations should adults receive and when?

A tetanus booster every 10 years and a yearly flu shot are the basics for most adults. The shingles vaccine is for those 60 years old and over and the pneumonia vaccine is for when you turn 65.

There are also many recommendations based on specific illnesses and other risk factors. If you smoke, have asthma or emphysema, diabetes, heart disease, kidney or liver disease, or have a suppressed immune system, you should be protected with specific vaccines. Ask your doctor!

Does immunity ever run out?

Some vaccines can create immunity for life. Other vaccines lose effectiveness over many years as our immune systems begin to forget the lessons learned by vaccination.

This is why we recommend a tetanus “booster” every 10 years for most adults, to act as an update and reminder. Pertussis, or whooping cough, is another disease on the rise because of adults losing immunity. I recommend a combination tetanus-pertussis shot for all adults who haven't had a pertussis booster since childhood. ■

Ushupun can be reached at 513-475-8264.

“If you smoke, have asthma or emphysema, diabetes, heart disease, kidney or liver disease, or have a suppressed immune system, you should be protected with specific vaccines. Ask your doctor!”

Jeffrey Ushupun, MD

FLU SHOTS:

What You Should Know

It's a new season.

The 2012 flu shot protects against different strains from the past three years. “Flu viruses are constantly changing,” explains Ushupun, “so having last year's shot isn't enough.”

Get the flu shot as soon as you can.

Your body starts creating antibodies to the influenza virus within hours of receiving the flu shot, but it takes up to

two weeks to gain full immunity.

“Get protected before you are exposed,” Ushupun recommends.



■ I WANT TO...

update my immunization record

If you get your seasonal flu shot at a local pharmacy or health fair, you'll typically receive a written form documenting the shot. Bring that to your next doctor's visit so the office can update your immunization record. You can view your updated immunization record on My UC Health or print it out for school or other records.

View Your Health Summary on My UC Health

Your health summary is located under My Medical Record in the My UC Health home screen. It provides a quick and easy way to review your medical records, including current health issues, medications, allergies and immunizations.

You can also download a portable health summary to keep in your wallet or at work. ■

■ Health Issues

Keep track of your current diagnoses and when they were noted by your physician.

■ Medications

See your current medications along with the prescribed dosage and the physician who ordered it. Request a prescription renewal by clicking the link at the bottom right corner.

■ Allergies

Shows a list of your allergies and the reaction for each.

■ Preventive Care

This is where your primary care physician can list preventive measures to help you maintain your health, such as flu shots or reminders about annual screenings. The reminder lists when each procedure is due and when it was last performed—and can allow you to request an appointment for it.



■ I WANT TO...

get help

For questions or help with My UC Health, call 513-585-5353.

Hospitalists Connect the Entire Team in Patient Care

When a chronic condition or injury turns serious enough for hospital admittance, patients can expect to see many health care providers during their care.

But patients admitted to UC Health hospitals get the added care of a hospitalist—a physician stationed in the hospital and devoted solely to the care of inpatient adults.

Hospitalists act as a patient's primary physician inside the hospital, serving as a connector among specialists,

nurses and other members of the care team. They can also serve as a link to the patient's regular primary care physician upon discharge.

UC Health expanded its hospitalist program this year, hiring 11 new hospitalists to practice at West Chester Hospital and University Hospital.

Hospitalist Justin Held, MD, says they can help organize care in the demanding world of the modern hospital.

"Being 100 percent focused

on inpatient care, we're already familiar with the care system that exists in the hospital," he says, "and we can mobilize all its resources for our patients."

Starting this fall, UC Health hospital teams have easy access to a patient's chart, as UC Health implements electronic medical records (EMRs) inside the hospital.

"EMRs improve the communication among all the different hands that go into taking care of a single patient,"

says Held. "Hospitals can be big and unwieldy at times, but when everyone can see the same chart wherever they are in the hospital, that's great. It gets everyone on the same page." ■

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Justin Held, MD, UC Health hospitalist



and after discharge.

■ I WANT TO...

view my hospital record

With My UC Health, patients can view their treatment information during their hospital stay or review their record once at home.

This information is located in the My Medical Record section under "Hospital Admissions." Patients can read notes associated with their stay, review their stay dates and location and see details of their daily care.

ELECTRONIC MEDICAL RECORDS

also improve the communication between a hospital and the patient's primary care physician upon discharge. "Everything the hospital physician does in terms of medication changes, treating old problems, diagnosing new ones—all of that is available in the EMR immediately," says Held.

"IT ALLOWS FOR A SEAMLESS TRANSITION OF CARE."

New Air Care Helicopter Lands at UC Health



PAINTED BRIGHT UC RED AND BLACK, a new, state-of-the-art EC145 helicopter has joined the UC Health Air Care and Mobile Care fleet. The new helicopter is not only bigger, allowing the team to access the patient head to toe, but arrived with enhanced safety features and medical equipment upgrades, including new heart monitors and military quality ventilators. The EC145 replaces one of Air Care's older helicopters and is stationed at UC Health University Hospital. A second, identical EC145 will arrive in December to be stationed at the Butler County Airport. Air Care & Mobile Care transports more than 8,000 patients (1,000 by air, 7,000 by ground) in the Greater Cincinnati area each year. ■

Welcome New Physicians

UC Health welcomes new physicians Craig Gurney, MD, and Sharice Wood, MD. Both are accepting new patients at our primary care locations:



Gurney

Craig Gurney, MD

General Internal Medicine
UC Health Primary Care Montgomery office
9275 Montgomery Road, Cincinnati, OH
513-936-4510



Wood

Sharice Wood, MD

General Internal Medicine /Pediatrics
UC Health Primary Care Clifton office
3130 Highland Avenue, Cincinnati, OH
513-584-4503

Six Named to Business Courier's 'Forty Under 40'

The Cincinnati Business Courier has included six leaders and faculty from UC Health and the University of Cincinnati College of Medicine in its 2012 "Forty Under 40" list—created to honor Greater Cincinnati innovators under the age of 40. Honorees include:

- **Jordan Bonomo, MD**, UC Health emergency medicine and neurocritical care physician
- **Jessica Guarnaschelli, MD**, UC Health radiation oncologist
- **Jennifer Jackson**, vice president and chief nursing officer at UC Health University Hospital
- **Pooja Khatri, MD**, UC Health neurologist
- **Tahir Latif, MD**, UC Health oncologist
- **Anya Sanchez, MD**, administrative director of the University of Cincinnati Neuroscience Institute ■

Kiesler Honored by Center for Respite Care

University of Cincinnati Associate Professor of Family and Community Medicine Joe Kiesler, MD, was recognized by The Center for Respite Care this October for making a significant difference in the underserved and homeless community. The Center for Respite Care is a 14-bed, 24-hour facility providing medical and nursing care to sick homeless people to promote effective healing. ■

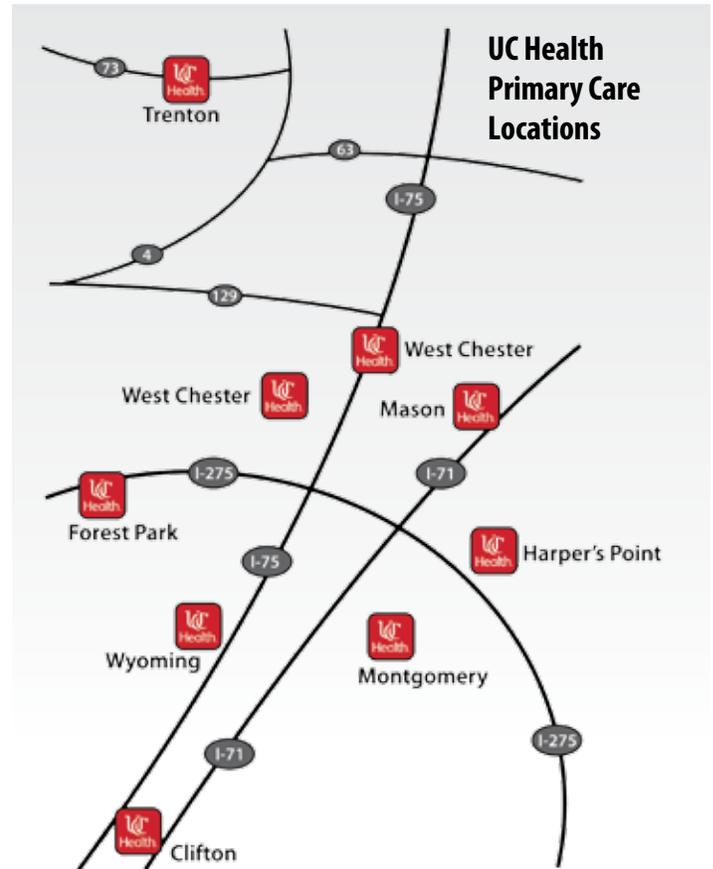
We're Here for You

*Connecting you and your family
to the region's most advanced care.*

UC Health is proud to have nearly 60 primary care physicians conveniently located throughout Greater Cincinnati—all providing top-notch medicine and accepting new patients. ■

- Clifton**..... 222 Piedmont Ave., Cincinnati
3130 Highland Ave., Cincinnati
3120 Burnet Ave., Cincinnati
- Forest Park**..... 1295 Kemper Meadow Dr., Cincinnati
- Harper's Point**..... 11340 Montgomery Rd., Cincinnati
- Mason**..... 9313 Mason Montgomery Rd., Cincinnati
- Montgomery**..... 9275 Montgomery Rd., Cincinnati
- Trenton**..... 841 West State St., Trenton
- West Chester**..... 7690 Discovery Dr., West Chester
5900 W. Chester Rd., West Chester
- Wyoming**..... 305 Crescent Ave., Wyoming

We have more than 700 physicians working in a variety of specialties in additional locations. For more information, visit www.ucphysicians.com or call 513-475-8000.



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