



WELCOME LETTER

Happy New Year! I want to encourage each and every one of you to make this year your year! It's a new year and if you haven't in the past it's time to make your health a priority. As a mother and physician, I realize how easy it is to put your own health needs on the back burner. But despite the urge to place the needs of others first, the most important thing you can do is tend to your own health. And while it will require some effort on your part, the rewards—more energy, increased strength and improved mental well-being, to name just a few—are well worth it! Just take one step at a time and remember any step forward is a step in the right direction!

This month, we're reminding you of the five numbers you need to know to maintain a healthy heart. And Dr. Raza offers some simple steps to keep you heart healthy. Also, skin care specialist Katherine Fricke talks about ways to protect your skin this winter and Facial Plastics surgeon, Ryan Gobble, MD, shares information on surgical facial rejuvenation. With the recent snow fall it is evident winter is upon us! I encourage you to read Dr. Abid Yaqub's article on staying fit and building strong bones—even during the coldest months.

Please don't forget to register for the Catherine Geering Sexual Health Lectureship. This free seminar will be held on March 31 at West Chester Hospital. With renowned speaker Sheryl Kingsberg, PhD, a clinical psychologist and associate professor in the Departments of Reproductive Biology and Psychiatry at Case Western Reserve University School of Medicine space will fill up quickly!

Here's wishing you a healthy and safe start to the new year!

Lisa Larkin, MD, FACP, NCMP, IF

*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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Save the Date! Midlife Sexuality – Not an Oxymoron

Join us for the Catherine Geering Sexual Health Educational Lectureship.

COMMUNITY EVENT
March 31st, 7 - 8:30 p.m.

PROVIDER EVENT
April 1st, 8 - 9 a.m.

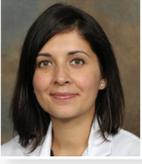
West Chester Hospital
Plaza Conference Room

Featured Speaker: Sheryl Kingsberg, PhD,
Division Chief, OB/GYN Behavioral Medicine,
University Hospital Case Medical Center



Want to Improve Heart Health?

It's as Easy as Taking a Walk



Contributed by **Umara Raza, MD, Cardiologist and Assistant Professor of Medicine**



Good news for people with prediabetes: you can cut your chance of heart attack and stroke simply by taking a walk! Prediabetes, also known as impaired glucose tolerance or IGT, is a driver of heart disease that affects 79 million Americans and 344 million people worldwide. Ground-breaking research shows that increasing your daily exercise by just 2,000 steps daily—roughly 20 minutes of moderately paced walking—can reduce the risk of cardiovascular disease by eight percent. And best of all, these benefits are seen regardless of your body weight or the starting level of activity.

A Little About the Study

Dr. Thomas Yates, from the University of Leicester in the UK, analyzed data collected from 9,306 adults with IGT or at least one cardiovascular risk factor from 40 countries. Study participants wore pedometers to track their daily steps. The team recorded the number of steps for each person at the beginning of the study (before they were asked to increase their activity) and then they were followed for six years to see what, if any, cardiovascular events occurred after they increased their step counts. There were 530 cardiovascular events among the participants and, not surprisingly, the more steps a person took each day, the less his or her risk of these events.

Every Little Bit Helps

The main point I want you to take away from this study is that it doesn't take much to reduce the risk of heart disease. If you can't walk 2,000 steps, then walk 1,000. Or just take a walk around the block. In other words, get moving! Any increase in your physical activity level is going to have a positive effect on your heart.

Providers (left to right): Dana Lovell, MD; John Adler, MD (Gynecology only); Maria Gerber, MD; James Buckreus, MD; Anuja Gupta, MD; Kendal Stephens, MD



Obstetrics & Gynecology

We know your health care needs change as your body changes. That's why we offer gynecologic and obstetrics to women in all phases of life. We collaborate to give patients the best possible options whether it is a straight-forward or complex, specialty need.

Inpatient Obstetrics & Gynecology

- Patient-centered care with private rooms
- Robotic surgery
- On-site obstetric anesthesiology 24/7
- Newborn nursery for babies born 32+ weeks
- Major, minor procedures

Outpatient Obstetrics & Gynecology

- Annual examinations, pap test
- Cervical screenings
- Normal, high-risk pregnancy
- Fetal testing for baby's well-being
- Contraceptive counseling

- In-office, non-invasive procedures
- Minimally invasive surgery
- Onsite laboratory and ultrasound
- Gestational diabetes management

Scheduled & Emergent Appointments

To schedule a tour of the West Chester Hospital maternity unit or register for a Childbirth Education class, please call (513) 584-2229.

Protect Your Skin This Winter

Tips for Avoiding Dry, Cracked Skin



Contributed by **Cathy Fricke, Skin Care Specialist**

Chilly temperatures, cold winds, low humidity, and dry indoor heat cause water to evaporate from skin. But that doesn't mean you have to surrender to dry, itchy skin. Here are some easy and inexpensive ways to keep skin healthy and hydrated.

Drink Plenty of Water

Hydrate your skin from the inside out by drinking plenty of water. Warm Green tea is also good—especially on really cold days. How much? A good rule of thumb is eight ounces, eight times a day.

Get a Humidifier

A room heated by a furnace can have as little as 10 percent moisture. If you don't have a humidifier connected to your central heating system, put a humidifier in your bedroom and keep the doors closed so the moist air doesn't escape the room.

Take Lukewarm Showers and Baths

Hot water robs skin of moisture causing it to become dry. If the thought of lukewarm water makes you shiver, try to keep your bathing time short and limit it to once per day.

Exfoliate Once a Week

In the winter your skin is constantly turning over and that dead layer of skin needs to come off in a gentle fashion. A good body scrub and facial exfoliant can help remove dead skin cells from your body. If you have dry skin and you put moisturizer on and it feels like it's sitting on top of your skin, you may not be exfoliating enough.

Moisturize

After exfoliating, it's important to seal in as much moisture as possible. Choose a moisturizer that comes in a cream or ointment form which tend be less irritating than lotions. Look for ingredients that soothe as well as hydrate such as shea butter, olive oil, hyaluronic acid and lactic acid. Remember to re-apply moisturizer to your hands after washing them throughout the day.

Repair and Protect

The winter, when you're not soaking up the sun, is a great time to repair damage from sun exposure. But just because it's winter, doesn't mean you get to take a break from sunscreen. Even on a cold but sunny day, you can still get a decent amount of sun. Wear a sunscreen with at least SPF 30 and reapply it often throughout the day.



Cardiovascular Services

Schedule an appointment today!

(513) 475-8521

FIVE NUMBERS YOU NEED TO KNOW

BMI = 18.5-24.9 Normal, 25.0-29.9 Overweight, 30+ Obese

Waist Size = Women less than 35" Men less than 40"

Blood Pressure = Top number (systolic) under 120,
Bottom number (diastolic) under 80

Cholesterol = Total number less than 200

Blood Sugar = Less than 100 after fasting 8 hours

Courage and Healing Through Art

Annual Art Consignment Show Huge Success

Hasan Davis said it best when he said “Art is not a part of life, it is not an addition to life, it is the essence of those pieces of us that make us fulfilled. That gives us hope.” Courage, hope and healing all played a huge role in the annual Juried Art Show held at UC Health’s Women’s Center in West Chester.

Courage and healing was the theme for the annual show. During the Call to Artists, a variety of mediums were accepted for consideration including photography, digital pigment prints, photo collage, painting, watercolor, fabric art, sculpture, glass blowing, mosaic, woodworking and metal and cooper work. Artwork represented cancer survivorship, strength, resilience, fearlessness, bravery, and conquering the climb to recovery. Art was evaluated on craft, theme, diversity and emotion.

More than 140 submissions were considered during the juried selection process with 44 artists winning the coveted year-long consignment. Currently, there are 70 different works of art hanging on the walls of the Women’s Center, each delivering a different message but all with the same goal – courage and healing. “Art has a natural healing force. A medical facility is an environment where this healing benefit can influence the wellness of patients,” said Melissa Mitchell, curator of the Juried Art Show. “Patients want and deserve a medical facility that helps calm fears and nurtures healing, said Mitchell.

Since the inception of the Women’s Center juried art show in 2013, artists of all kinds have participated. “Without vision from Women’s Center Director, Lisa Larkin, MD the annual art exhibit would not have been established. Her desire to bring together art and medicine make this event possible,” said Mitchell. One of this year’s artists, Michael Boyer, said “Whether just a checkup or facing a major medical procedure, a doctor’s office can be a stressful environment. The Women’s Center is a progressive environment that has taken extra steps for the wellness of those whom they care for. I’m happy to be a part of this year’s showing and thrilled that my art can offer some stress relief to patients.” Another artists, Kent Krugh, said, “There are several reasons why I make art. I enjoy the creative process and the exploration of various imaging techniques and printing processes. Typically, I work to produce a series of images that function as a vehicle for dialog about that which is important to me. If my art can reflect my worldview, it serves to explain who I am and my place in this world. And ultimately, I hope my work helps the viewer gain insight into the nature of reality. I am honored to have three pieces from my “Inside the Gate” series on exhibition this year. I can think of few other venues where my art can fulfill its purpose to inspire and encourage.”

Michael, Kent and the artist’s selected for this year are on display at the Women’s Center. The show can be viewed by visiting the West Chester Women’s Center during open hours. Any featured art piece is available for purchase. And later this year, check our website for information on how you can become involved or submit a piece of work for 2017 consideration. For more information visit, UCHealth.com/women.

UC Health Women’s Center

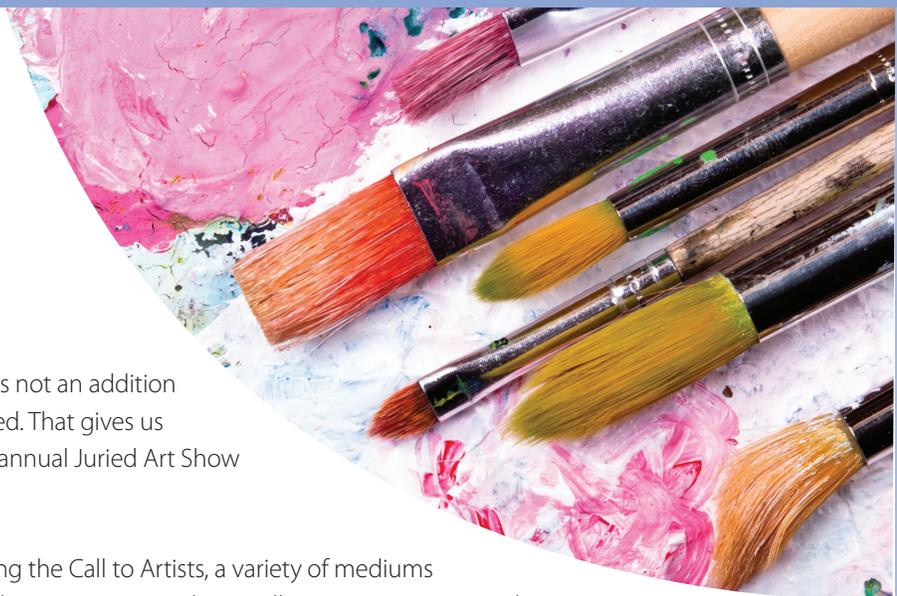
Integrated • Multidisciplinary • Comprehensive

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.



Get to know Akeira Johnson, MD

Is into styling her own hair, beauty treatments and makeup. Being a beautician or aesthetician would be a cool job! She hasn't visited a salon in over 10 years.

Grew up in Milwaukee, WI and has added "Move to Paris" to her bucket list.

Passionate about the dynamic, always evolving field of women's health.

Not only has amazing patients, but is humbled by their ability to share their stories.

Works in a field full of passionate providers who continue to deliver top treatments at multiple levels.

An early riser, hits the gym at 5 a.m.; meditation at 6 a.m.; a walk with her dog at 6:30, then dressed and (hopefully) out the door on time; breakfast is usually in the car!

Loves glamour!

Top of college class in the sport of archery.

Has her own language with her dog and, yes, her dog understands!

Inspired by her mother's resilience, compassion and nurturing nature. "She is the reason I'm grounded and simultaneously passionate about what I believe in."

Loves to laugh and loves suspense.

Favorite part of her job is the variety—primary care, specialty services and procedures all in one day; sometimes even in one visit.





Free Women's Health Seminar

Join us for the Catherine Geering Community & Provider Sexual Health Educational Lectureship

Every woman experiences her midlife years in her own unique and individual way. Physiological and psychological changes that occur during this time, including changes in sexual well-being, are typically caused by a mix of both menopause and aging, as well as by typical midlife stresses and demands.

UC Health Women's Center proudly presents a free educational lecture for women focusing on midlife sexual health.

Midlife Sexuality – Not An Oxymoron Thursday, March 31, 7 – 8:30 p.m.

West Chester Hospital – Plaza Conference Room (Level A)
7700 University Drive
West Chester, Ohio 45069

Keynote speaker Sheryl Kingsberg, PhD, will discuss the following topics:

- Rates of Sexual Activity and Sexual Problems in Midlife Women
- Models for Understanding the Female Sexual Response
- The Most Common Sexual Problems Impacting Midlife Women
- Treatment Options for the Most Common Sexual Problems

Sheryl A. Kingsberg, PhD, is a clinical psychologist and associate professor in the Departments of Reproductive Biology and

Psychiatry at Case Western Reserve University School of Medicine in Cleveland. Dr. Kingsberg also serves as staff psychologist within the Department of Obstetrics and Gynecology at University Hospitals of Cleveland.

Space is limited – reserve your seat now online by visiting [UCHealth.com/events](https://www.UCHealth.com/events) or by calling (513) 475-UC4U (8248). Light refreshments will be available.

Catherine Geering was a well-known labor and delivery nurse for 30 years and in mid-life decided to go back to school and pursue a Master of Science degree in nursing from the University of Cincinnati. This led her to her most recent role as a women's health nurse practitioner at the UC Health Women's Center. Not long after starting at the Women's Center, Catherine's passion quickly became women's sexual health and menopause management after she realized how women suffer in silence. She was instrumental in developing and launching the sexual health and menopause program at the Women's Center.

Through the generous support of many donors, this endowed lectureship was created to honor Catherine's dedication to midlife women's health, especially sexual health, her support of the Women's Center, and her friendship and support of Dr. Larkin.

Surgical Facial Rejuvenation

It's Not a One Size Fits



Contributed by **Ryan M. Gobble, MD,**
Assistant Professor of Plastic Surgery

A person's face is an integral way we interact with others on an everyday basis. We use our face in communication through the spoken language and to express our inner feelings (e.g. joy, happiness, anger, sadness). Our face is what we present to the world and over time our faces age in predictable ways.

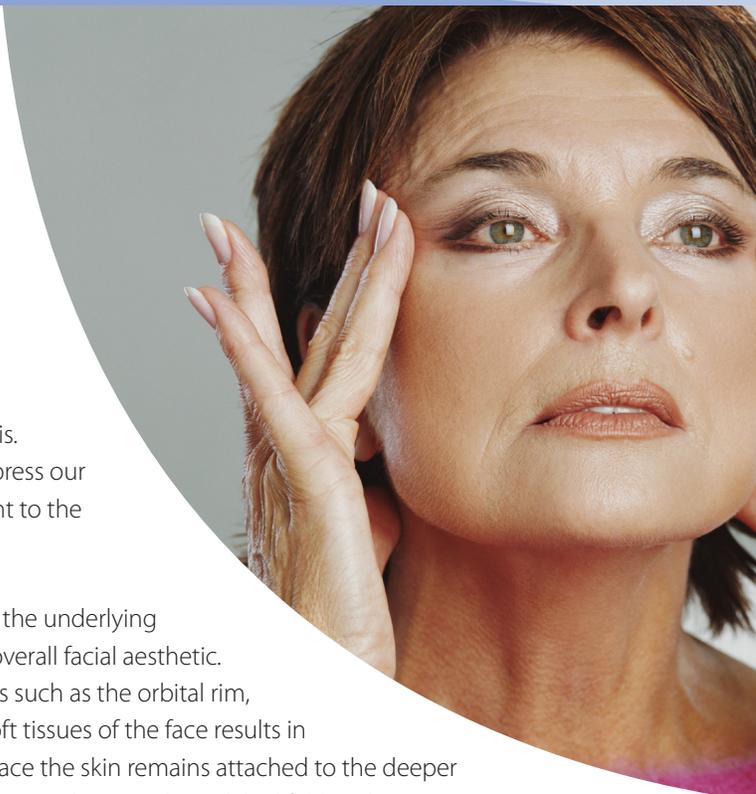
The primary determinant of the shape and features of a face is determined by the underlying skeleton, however, the skin and soft tissues also have a great impact on the overall facial aesthetic. As we age our skin and soft tissues thin, and our bone resorbs in certain areas such as the orbital rim, the maxilla and the prejowl area of the mandible. Thinning of the skin and soft tissues of the face results in drooping of these tissues due to gravity. In addition, at certain points in our face the skin remains attached to the deeper tissues, which results in characteristic signs of facial aging (e.g. tear trough deformity, deepened nasolabial fold and marionette lines, jowling). While nonsurgical interventions (e.g. botox, fillers) can be effective for addressing certain aspects of facial aging, surgical intervention typically produces the most powerful effect.

As a plastic surgeon we are taught that there are ideal facial proportions and features. Symmetry and harmony are key components of the idea of a beautiful face and with aging these are often disrupted. While a plastic surgeon must take into account these principals part of the art of plastic surgery is in helping each individual patient to achieve their own goal rather than trying to fit all patients into a prescribed box.

Typical areas that are addressed surgically include the brow, eyelids, nose, face, and neck. A brow lift can be performed via several different surgical approaches with the goal of elevating the brow in a natural way. Eyelid surgery (blepharoplasty) is typically done to make the eyes appear more youthful. Surgery may involve removal of skin and fat, although more modern approaches may attempt to preserve fat in particular in the lower eyelid and instead focus on redraping the fat to correct the "tear trough deformity". Rhinoplasty or a "nose job" can be performed to improve the appearance of the nose at any age range, although as we age there is a characteristic loss of bone around the nasal opening that weakens the support of the nasal cartilage resulting in a depressed nasal tip. A face lift (rhytidectomy) is performed to treat the sagging skin and soft tissues of the aging face. There are many different types of face lifts most all of which attempt to tighten the underlying superficial tissues layers as well as the skin. While tightening these layers of the face significantly restores the youthful appearance of the face, in certain patients a plastic surgeon may consider injecting fat into areas of the face that typically lose fat over time to even better restore the fullness that is characteristic of a young face. Finally, a neck lift can be performed in alone or in conjunction with a face lift. The goal of a neck lift is to restore recreate an acute angle between the neck and chin, suture together the platysmal bands if present, and remove excess fat and skin as indicated. More than one surgical procedure can be combined at a time to minimize recovery time, but a patient's safety is the most important determinant in whether or not procedures can be combined.

Helping you achieve your goal is the endpoint of every aesthetic operation, and the best way to determine whether surgery would be beneficial to an individual patient is to have a surgical consultation. During this consultation we will be able to choose what method of facial rejuvenation would work best for you.

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



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.

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Health Care Designed for Women

The region's preeminent leader in women's health care.

The journey to great health presents unique hills and valleys at every age. That's why UC Health created the Women's Center — to offer diagnostic, treatment and wellness services designed specifically for women. Whatever you may need along your individual path to health is under one roof, from primary care, cardiology, obstetrics, sexual health and menopause to weight loss, skin care and cancer survivorship.

At UC Health we are passionate about helping you feel your best and improving women's health care. From researching and testing new treatments, to advancing the national dialogue, to implementing new standards of care — we're your partner in helping you get to where you want to be.

A Medical Home

The Women's Center—a place where more than 50 nationally-renowned primary care and multi-specialty providers work together to serve the health care needs of women. Our mission is to deliver care through a comprehensive system which leverages expertise across disciplines. Our medical home model delivers enhanced access, coordinated care, proactive chronic disease management and patient education—all to help you live healthier.

Evidence-Based Care, Specialized for Women

We turn breakthrough research into improved treatments and therapies. Evidence-based care drives our efforts and the academic strength of the University of Cincinnati College of Medicine makes us unique in the region.

Advancing Women's Health Care

We're educating and inspiring the next generation of health care professionals. Through the UC College of Medicine and our community outreach efforts we are committed to service learning, bidirectional education for health-care professionals and providing women a local resource for expert health and wellness advice, support and services that complement their needs. All under one roof:

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| • Primary Care | • Bone Health & Endocrinology | • Gynecology & Urogynecology | • Headache & Pain Medicine |
| • Heart Disease Risk Assessment, Diagnosis & Treatment | • Adolescent Care | • Pelvic Floor Therapy | • Gastroenterology |
| • Menopause & Sexual Health | • Weight Loss & Nutrition | • Executive Health | • Mental Health |
| • Comprehensive Breast Health & Imaging | • Pulmonology | • Integrative Medicine | • Geriatric Care |
| | • Obstetrics | • Plastic Surgery & Skin Care | |