

HealthLink

Helping you connect to your health care information



uhealth.com/myuhealth

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Don't get burned!

Summer Tips for HEALTHY SKIN

Whether you're vacationing at the beach or in your back yard, don't get burned when you're out this summer. UC Health dermatologists suggest the following tips to protect your skin through the season:

- **Use sunscreen** with a sun protection factor (SPF) of 15 to 30 when you're outside, even on overcast days.



- **Wear a wide-brimmed hat** and UV-blocking sunglasses to add extra protection to sensitive areas like the ears, neck and eyes.



- **Drink plenty of water.** Staying hydrated is important for general health and helps the skin absorb treatment products you apply.



- **Staying clean is important—but don't overdo it.**

Use mild soaps and limit showers to less than 10 minutes using lukewarm water. The arms, back and legs don't need to be soaped up during every bath or shower; plain water rinses these areas well and reduces the drying effects of soap. ■



To reach UC Health Dermatology, call 513-475-7630.

MyChart® Epic Systems Corporation

Your Medical Record Online, Anytime

Beginning this summer, UC Health patients can take an active role in managing their health care with **My UC Health**. This secure, easy-to-use website gives patients direct online access to portions of their medical records.

With My UC Health, you'll be able to make appointments, request prescription renewals and send messages to your doctor, all in one convenient online location.

Whether you're at work, at home or on the go, My UC Health allows you to manage your health information and communicate with your health care team. ■



Ayman Mahdy, MD
Urology

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:

- Schedule 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 uhealth.com/myuhealth.

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.

uhealth.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**

Nita Walker, MD

Primary Care Physician

In addition to seeing patients at the Montgomery primary care office, Nita Walker, MD, is the new vice president of primary care for University of Cincinnati Physicians. She manages the day-to-day operations of primary care, which has 60 physicians working at 14 practices. In her own practice, Walker specializes in women's health and general internal medicine.

"One of the biggest benefits of My UC Health is having all your information in one place. By centralizing a patient's health information and communication in one tool, our physicians will have all the information they need at the point of care. That allows our energy to be focused on creating a plan with the patient during their appointment.

"We're very excited about My UC Health and the ability for patients to communicate their needs and concerns to us in a fashion that's already familiar to them." ■

"One of the biggest benefits of My UC Health is having all your information in one place. ... That allows our energy to be focused on creating a plan with the patient during their appointment."



Electronic Medical Records: What Are They?

In recent years, electronic medical records, or EMRs, have been adopted by many hospitals and health care organizations across the country.

Instead of the familiar Manila file folders, these programs allow for health care offices to digitize patient records for easy organization and access.

That means physicians and health care providers can review a patient's history and coordinate their care regardless of location.

"Electronic medical records are extremely important as we move forward with patient-centered transformation of our practices," says Nita Walker, MD, vice president of primary care for University of Cincinnati Physicians. "These records are a tool that allows our entire health team to stay focused on the needs of our patients."

With My UC Health, patients can view their EMRs just as their doctors and nurses do. Walker says having access to their medical records can also affect how patients approach their health care.

Electronic Medical Record (EMR)

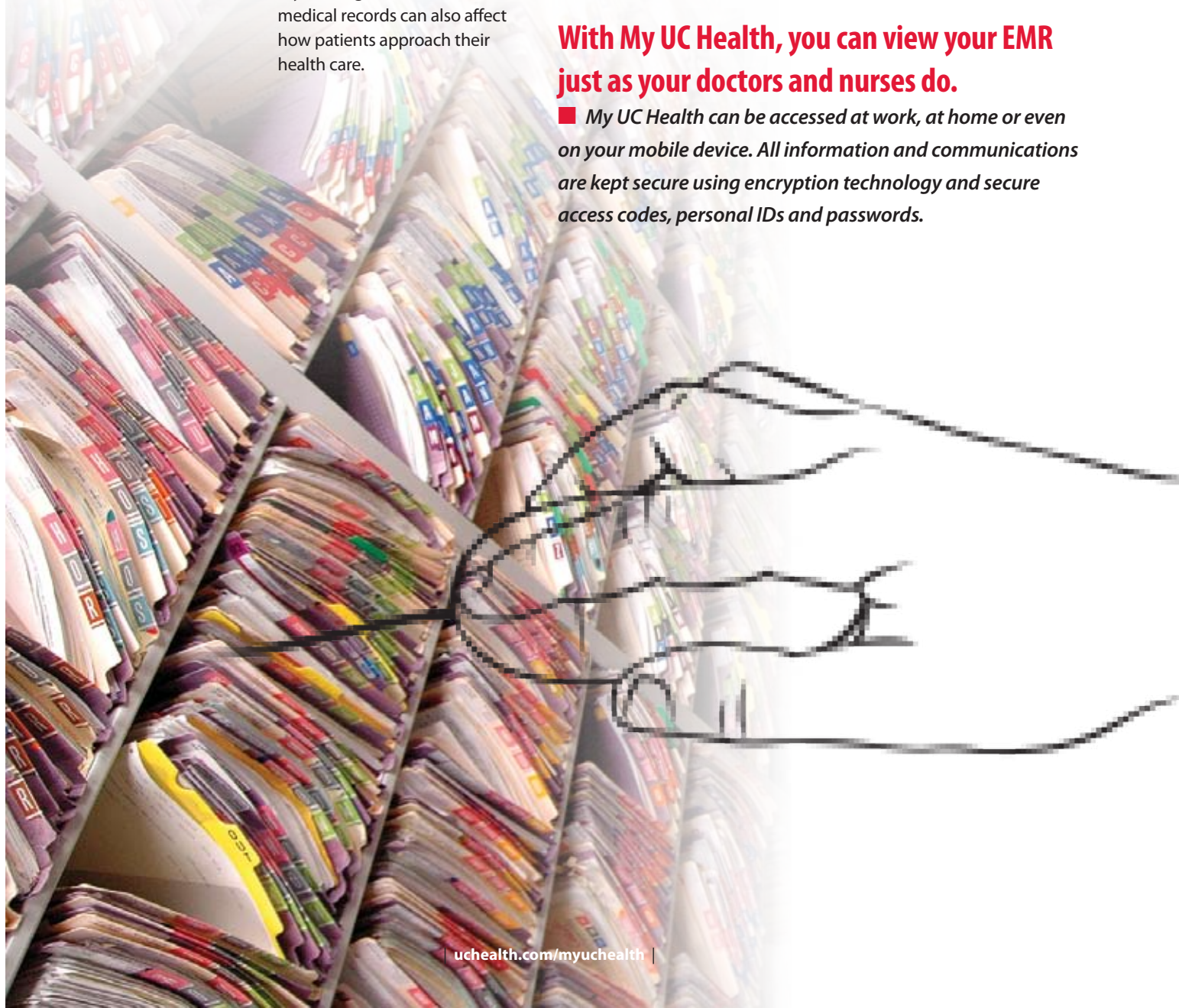
- includes a patient's entire medical record and results
- centralizes information across different providers and health care locations
- improves physician access to the most current and complete record
- increases patient convenience

"When patients can view their medical records, it allows them to become more engaged with their care," says Walker.

"They can look at their medical information on their own time, and work with their goals in a way that's convenient for them." ■

With My UC Health, you can view your EMR just as your doctors and nurses do.

■ *My UC Health can be accessed at work, at home or even on your mobile device. All information and communications are kept secure using encryption technology and secure access codes, personal IDs and passwords.*



A PHYSICIAN'S PERSPECTIVE:

Q&A With Kyle Kaufman, MD

Kyle Kaufman, MD, is a primary care physician specializing in both pediatrics and adult care on the UC Health West Chester campus. He expects the integration of My UC Health to change how his office communicates with patients and what he'll be able to see of their care.

How will My UC Health affect your patient care?

"Both from a patient standpoint and an office standpoint, it makes things more efficient. Currently, I'll get test results, review them and then call the patient. But if the patient is busy, or I'm working at night, we have a lot of back and forth just to tell them a test came back normal.

"With My UC Health, I can review lab results and then immediately release the results to the secure website online—that lets the patient access them on their own schedule. I think if we can get results to patients

sooner rather than later, we're providing a better and more efficient delivery of care."

How will My UC Health affect your patients?

"In my experience, being able to see and review their records gives patients more ownership of their health care. By having easy access to their health information, patients get a better understanding of everything that's going on with their care.

"It also helps me communicate more information about their care.

"For example, when we order a kidney

function panel, the test comes back with more information than just your kidney function, like your electrolytes and your blood sugar. If that test came back with abnormal results, I can include a message with it explaining to the patient each number and what it means."

How do you see electronic health records affecting health care overall?

"There are many health care organizations across the country adopting these systems right now, and it's because

they've proven that an effective electronic record actually improves care.

"In our current system, if a patient visits a community hospital or ER over the weekend, often their primary care provider has no idea that happened. We may end up ordering the same tests again.

"But if that visit is entered into the same electronic record, we'll know exactly what happened to them, what medication they were prescribed, and what tests they had done. It's automatically in their record. So when the patient comes to me for a follow-up visit, I have all that information at my fingertips." ■

"By having easy access to their health information, patients get a better understanding of everything that's going on with their care."

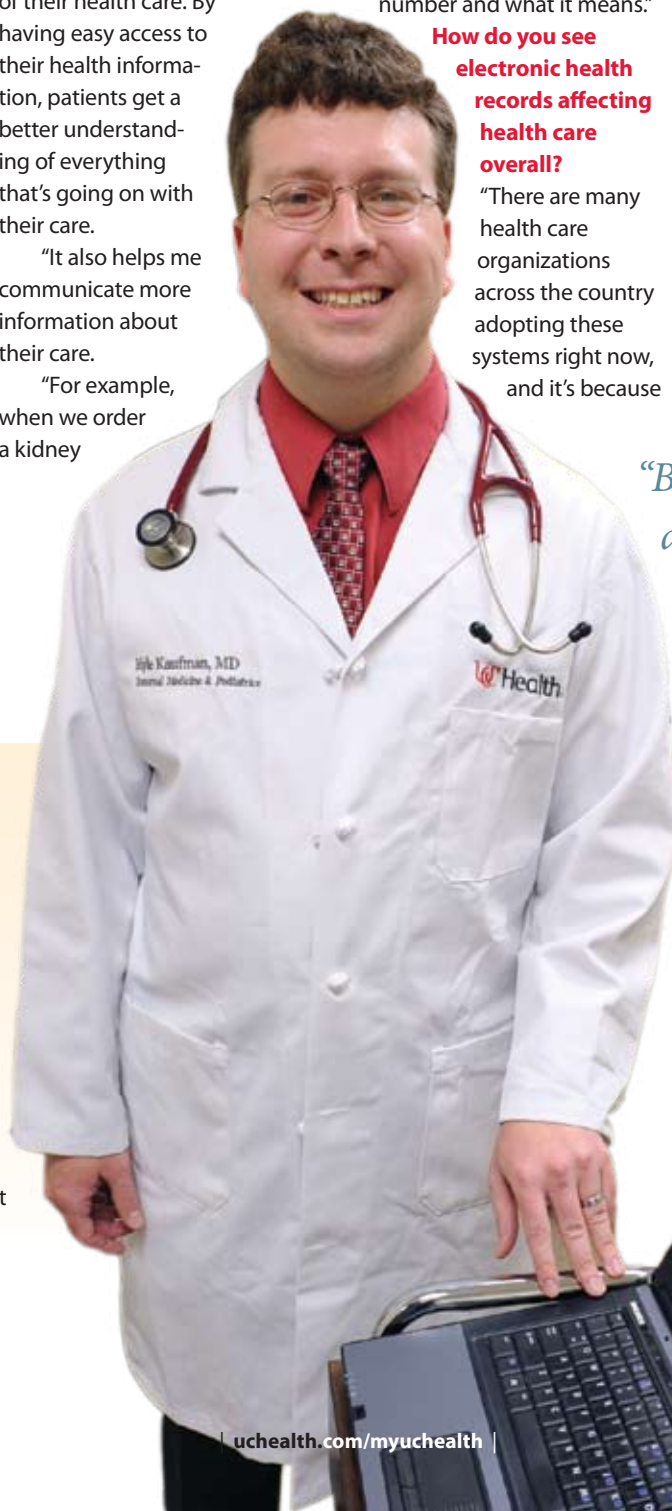
■ I WANT TO...

send a message

Forgot to ask that question at your last appointment? The My UC Health message function allows you to send a secure message to your doctor's office at any time.

You can expect to receive a reply from the office within one to three business days.

This function should not be used for urgent situations—contact a medical center if the situation requires urgent attention or dial 911 in an emergency.



Getting Started With My UC Health

Your My UC Health activation code will be printed on the summary sheet you'll receive at the end of your visit to a UC Health outpatient location.

Once you log in to your My UC Health record, you'll see the home screen. The screen highlights several of the most commonly used functions of My UC Health. ■

“Appointments”

Request an appointment. You can schedule, confirm or cancel appointments through My UC Health.

The “Upcoming Appointments” section indicates the time and place of future office visits, as well as the physician you'll see.

“Send a message to your doctor's office”

Ask your doctor's office about health issues.

Messages are answered within one to three business days.

“View your health summary”

An easy way to review your medical record. Your health summary is available in My Medical Record, and it includes your current health issues, medications, allergies, immunizations and preventative care information. It can be updated by you or your doctor's office—and you can download the summary onto your personal computer.



■ I WANT TO...
get help

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

Managing Diabetes With Treatment and a Team Approach

The American Diabetes Association estimates there are more than 200,000 people in Greater Cincinnati with diabetes.

Many live with the disease for years without being diagnosed—continuing to suffer the damaging consequences that come with unmanaged blood sugar levels.

“Without the right treatment plan, uncontrolled diabetes can lead to complications like vision problems, kidney damage, nerve damage, vascular disease and a higher risk of heart attacks,” says UC Health endocrinologist Michael Canos, MD. “But if patients and physicians can establish an appropriate treatment plan early in the disease process, we can avoid many of its most serious complications.”

Patients of the UC Diabetes and Metabolic Disease Institute have access to a growing group of physicians with expertise in diabetes and metabolic disorders, as well as more specialized associated issues like cardiovascular disease, low testosterone and infertility, polycystic ovarian syndrome and management after gastric bypass surgery.

In 2012, the institute named Canos as its clinical director. He oversees outpatient diabetes and endocrinology care and leads an expanded practice which includes five other endocrinologists, two certified diabetes educators and a nurse practitioner.

He and the diabetes team at UC Health work in coordina-

tion with primary care providers to manage patients with diabetes and their health needs.

“Multidisciplinary care is key for patients with diabetes,”

says Canos. “But with a team approach, we can improve the quality of life for patients with diabetes.” ■

UC diabetes specialists work with primary care physicians and patients to develop the right plan



To learn more, visit www.ucphysicians.com/diabetes, call the UC Diabetes and Metabolic Disease Institute at 513-475-7400 or visit your primary care physician.



Sona Sharma, MD
Endocrinology

Setting up and following a treatment plan early on can help avoid many of the more serious complications of diabetes, such as vision, kidney and nerve damage.

■ I WANT TO...

track my health

For chronic conditions like diabetes, keeping track of daily health information can mean the difference between a healthy outlook and serious side effects.

Using the My UC Health “Track My Health” function under My Medical Record, patients with chronic conditions can input daily figures like glucose levels or blood pressure. The data can then be displayed in tables or charts to show progress over time.

To set up a flowsheet, talk with your primary care physician or call their office.

UC Health News

New Patient Service Centers Focus on Convenience, Access



Need a blood test to check cholesterol or thyroid levels? UC Health recently opened three patient service centers, located at West Chester Hospital, Drake Center and the UC Health Business Center.

No appointments or referrals are needed—just bring your test orders to the center and a client service representative can handle everything from registration to performing the test itself.

The labs are open Monday through Friday, excluding holidays. To learn more, call 513-585-LABS (5227).

Patient service centers can perform blood draws for the following tests, among others:

- Immune titers
- Cholesterol
- Blood glucose
- Diabetes monitoring
- Thyroid levels
- Pregnancy
- CBC cell counts

I WANT TO...

view my test results

Don't wait by the phone for your lab results. After review, your doctor can release your test results directly to your My UC Health account online. Physicians can add personal notes along with lab or imaging results to better explain the information provided.

For access, click "My Medical Record" on the My UC Health screen and select "Test Results."

SUNFLOWER REVOLUTION SET FOR SEPT. 8

The Sunflower Revolution bicycle ride returns to Loveland Saturday, Sept. 8, 2012. The ride, which raises funds for Parkinson's research, will coincide with the Sunflower Revolution Symposium & Expo, a free educational event for patients and family members. Olympic medalist Davis Phinney, who was diagnosed with Parkinson's disease at age 40, will participate in the ride and celebration. For more information, visit www.ucgardnercenter.com/events. ■

Your Physicians Are 'Top Docs'

U.S. News & World Report included 128 Greater Cincinnati physicians in its July 2012 "Top Doctors" list. Fifty-seven of them practice at University of Cincinnati Physicians.



In January 2012, *Cincinnati Magazine* named 179 UC Health specialists as "Top Docs" in their fields.

The December 2011 issue of *Cincy Magazine* included more than 200 University of Cincinnati physicians in its "Best Docs" issue. ■

UC Health in the Community: West Chester Safety & Wellness Festival

Join UC Health in celebrating 10 years in the West Chester community at the UC Health Safety & Wellness Festival, held from 11 a.m. to 3 p.m. **Saturday, Oct. 6.**

The family-friendly event will include inflatable bouncers, face painting, live music and food. UC Health physicians will be there to give health talks and free screenings, and visitors can also tour the hospital, UC Health Physicians Office South and see the UC Health Air Care Mobile Care helicopter. ■



McMullan Receives Citizen's Service Award

Jason McMullan, MD, a UC Health emergency medicine physician and assistant professor at the UC College of Medicine, received the Cincinnati Fire Department Citizen's Distinguished Service Award for his treatment of Cincinnati man Jan Quinn, rescued from a house fire in November 2010. ■



McMullan

Downey Wins 'Caring Hearts and Hands' Awards

Kathleen Downey, MD, a UC Health primary care physician who sees patients at the Wyoming office, received a 2012 Caring Hearts and Hands Award from the Visiting Nurse Association of Greater Cincinnati and Northern Kentucky. ■



Downey

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., Suite 406 Cincinnati

Forest Park..... 1295 Kemper Meadow Dr., Cincinnati

Harper's Point..... 11340 Montgomery Rd., Cincinnati

Mason..... 9313 Mason Montgomery Rd., Cincinnati

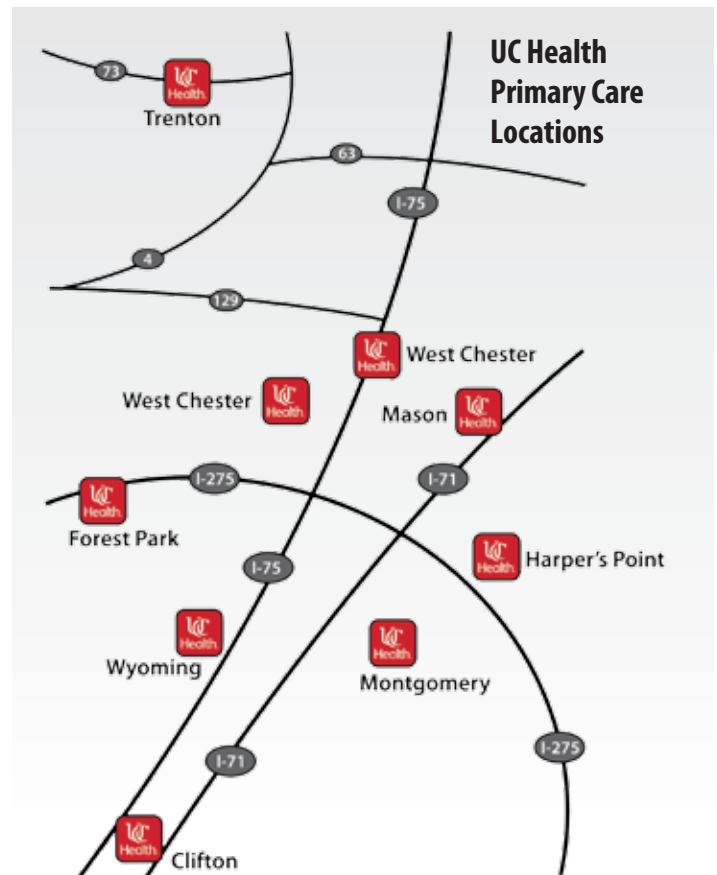
Montgomery..... 9275 Montgomery Rd., Cincinnati

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 650 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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