



DIRECTOR'S LETTER

Dear Patients, Supporters and Friends

As the holiday countdown begins and our calendars start filling up (and our wallets start to empty), it's important not to get overwhelmed. For many of us, that's easier said than done. All too often, the first things that are compromised when we get busy are sleep, healthy eating and regular exercise, making us more vulnerable to illness. Over the next eight weeks, I challenge you to keep your health a priority-whether that's getting your annual flu shot, learning more about those headaches you've been having, finally kicking a habit, or simply getting the rest you deserve to restore and maintain your energy through the holidays.

There are real solutions to help you cope with the inevitable stress of the season. Set your goals to fend off the dreaded holiday bulge, hold on to your hard-won endurance and commit to the sleep you deserve. I'll be right there with you!

Sincerely,

Lisa Larkin, MD, FACP, NCMP

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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



Comprehensive Health Evaluation in Just One Day

Women: prime candidates for stress-related diseases

Contributed by **Lisa Larkin, MD, FACP, NCMP**

Whether you're a successful executive or the one who runs your home, you're constantly looking for ways to improve your family life and/or business to ensure future prosperity. Why should your personal health be any different? Working women are skilled at making impactful decisions in the board room, court room and family room, but their own health is often pushed to the back burner while they focus on other key priorities in their work and personal lives. Some studies show that female executives don't even have time to go to the doctor. A survey of approximately 400 chief financial officers (CFO) released earlier this year by research firm East & Partners, found most male respondents—77 percent—had visited their doctor in the past year; only 34.8 percent of women had seen their doctor. More astounding: 43.2 percent of female CFOs couldn't recall their last doctor appointment.

Women in Health Care, a 10-year study of 22,000 female health care professionals at Boston's Brigham and Women's Hospital

—the first of its kind—spells out the risk: women with high job strain had a 38 percent higher risk of experiencing a “cardiovascular event” than women with low job strain, and a 70 percent higher chance of a heart attack.

This month as we launch our Women's Executive Health & Wellness Program, we encourage all women, executives and non-executives, to dedicate one day in the coming year to your physical and mental health. Our efficient, personalized program is tailored to the time-pressed needs of women. And considering that women executives are prime candidates for stress-related diseases, there is no better time than now.

The Women's Executive Health & Wellness Program offers a comprehensive physical and medical history, diagnostic testing, and in-depth physician consultations with a team of integrated medical professionals—all in one day—perfect for the busiest women. This unique program also includes genetic, nutrition, behavioral health/stress management, and fitness consultations.

And depending on your stage of life, you'll receive a consultation in gynecology, perimenopause, menopause, bone health, or fertility. You'll also get to choose two additional consultations that best meet your individual health needs.

Your choices include:

- Hormone Replacement
- High-Risk Breast Cancer
- Skin Care
- Dermatology
- Plastics
- Weight Management
- Sexual Health
- Sleep Evaluation

At the end of the day, you'll receive a detailed report outlining the results of your diagnostic testing and an overall health assessment. You'll also receive a personalized plan complete with recommendations on how to manage and optimize your health. You'd be hard-pressed to find another program like it, so take advantage while you can.

Migraines More Frequent in Obese Women

One more reason to make diet and exercise a priority

Contributed by **Vincent Martin, MD**

If you've ever had a migraine, or if you have a friend or family member who suffers from migraines, you know just how debilitating these headaches can be. That's why I like to share any new information I feel could be of help to those who suffer with this condition. Researchers at Johns Hopkins recently tracked thousands of patients and found people who were obese are more than 80 percent more likely to suffer from occasional migraines when compared to people of average weight. What's more, the research indicated this was especially true for Caucasian women under the age of 50.

For me, this study is particularly important for a few reasons. First, while previous studies have shown a link between obesity and chronic migraines (migraines that occurred 15 days or more per month), this is the first study to show a link between obesity and occasional migraines. Second, some medications used to prevent migraines have a possible side effect of weight gain.

By knowing that obesity is a risk factor for even occasional migraines, I can better prescribe treatment plans that will best benefit my patients. Last but not least, this study provides me with another great reason to stress the importance of maintaining a healthy weight. While I believe more research needs to be done to definitively determine if weight loss could help prevent migraines, there's no doubt regarding the many health benefits associated with proper diet and exercise.

Migraine Triggers

The old saying "an ounce of prevention is worth a pound of cure" holds especially true when it comes to migraines. While the triggers of migraines differ from person to person, there are some that are more common than others. These include: stress, menstrual cycles, skipping meals, changes in weather, bright lights, certain foods that contain monosodium glutamate (MSG) or nitrates, alcohol, birth control pills, and medicines that expand blood vessels.



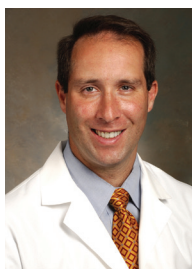
There is Hope

The best news for patients who suffer from debilitating headaches is that 90-95 percent can be helped through treatment and behavioral changes. There is also much research being done on the topic of migraines. My colleagues and I are currently researching how female hormones, sinus disease and allergies trigger headaches. We are also investigating how some diseases such as asthma, rhinitis, depression and anxiety are interrelated with headache. If you have an interest in supporting such research visit: <https://webapps2.uc.edu/foundation/gift/gift.aspx?PrimCat=Headache+Research+-Fund+in+General+Medicine>

Women & Art:

Join us for the "Hear Me Roar" Art Exhibit
Nov 13, from 6-8pm

NEWS



Welcome to Our New Provider

Nathan Schmulewitz, MD, Associate Professor of Medicine, has joined UC Health Women's Center. Dr. Schmulewitz specializes in Digestive Diseases, Gastroenterology, GI Oncology, Pancreatic Disease, Endoscopic Ultrasound, Irritable Bowel Syndrome.

Women's Initiative for Sexual Health

Women deserve equal consideration and solutions when it comes to sexual health. Watch the "Your Voice Your Wish" video and join others in spreading awareness of the Women's Initiative for Sexual Health. Some of our favorite women's health resources can be found at: women.uchealth.com/community-education-resources

Protect Your Skin this Winter

Tips for avoiding dry, cracked skin

Contributed by **Cathy Fricke, skincare 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 when the thermometer dips.

Drink Plenty of Water

Hydrate your skin from the inside out by drinking plenty of water. Green tea is also good—especially on cold winter 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're not exfoliating enough.

Moisturize

After exfoliating, it's important to seal in as much moisture as possible. Choose a moisturizer that comes in an ointment form as it will contain 80 percent oil. Creams and lotions tend to dry out the skin rather than keep it moisturized and soft.

Repair and Protect

During summer, dark spots on the skin get darker and redness gets worse. The winter, when you're not in the sun, is a great time to repair damage from sun exposure. But just because it's not summertime doesn't mean you get to take a break from sunscreen. Even on a hazy day, you'd be amazed at how much sun you can get.



Cosmetic and Aesthetic Procedures

The Women's Center offers a variety of cosmetic and aesthetic procedures to help you look and feel younger. These include:

Cosmetic & Aesthetic Services

- Botox & Dysport Injections
- Dermal Fillers Injections
- Dermaplaning
- Medical-Grade Chemical Peels
- Microdermabrasion
- Paramedical Micropigmentation (Areaola Restoration & Reconstructive Camouflage)
- Permanent Makeup Including Brow Color, Eyeliner, Lip Color

Advanced Skincare Services

(for Complex Needs)

- Botox & Dermal Filler Injections
- Laser Hair Removal
- Laser Rejuvenation Treatments
- Reconstruction After Facial Skin Cancer or Trauma
- Rejuvenation of the Aging Face (Facelift, Eyelid Surgery, Brow Lifts and More)
- Rhinoplasty to Improve Breathing and/or Define Nasal Shape
- Special Expertise in Treating People with Facial Paralysis

Are you sleep deprived?

Let us help you get a good night's sleep

Contributed by **Victoria Surdulescu, MD, FCCP, FAASM**

According to the National Institutes of Health, "an estimated 50–70 million adults in the United States have chronic sleep or wakefulness disorders, and the percentage of adults who report averaging less than seven hours of sleep per night has increased by about one third since the 1980s. Insufficient sleep, poor quality sleep or sleeping at the wrong time of day is associated with a growing number of long-term health problems, including a greater risk of heart disease, stroke, diabetes, obesity, and other diseases. "This is why it's important to address sleep issues with your physician before it gets out of control.

Women and Sleep

Women are particularly at risk for sleep issues. Women are more likely than men to experience insomnia. In fact, according to the 2002 National Sleep Foundation Sleep in America poll, more women than men experience symptoms of insomnia at least a few nights a week (63 percent vs. 54 percent) and they are more likely to have daytime sleepiness. Sometimes, women begin to have sleepless nights due to the hormone fluctuations associated with menstruation, pregnancy or menopause and find it difficult to break poor sleep habits. Sleep disturbances often come on gradually over time and are accepted as normal. Many women with sleep problems begin to accept it as a part of their everyday existence.



How do I know if I have a sleep problem?

In addition to just feeling tired there are several signs that may indicate you have a sleep problem. Here are some of the most common:

- Feeling more stressed than usual
- Having trouble concentrating
- Having trouble remembering things
- Hungry much of the time
- Having difficulty focusing your vision
- Making poor or risky decisions
- Fumbling with small objects and clumsy on your feet
- Relationships are suffering
- Getting sick more often
- Experiencing mood swings

We offer a variety of services to help diagnose your sleep condition. These include comprehensive consultations including sleep history and physical exam, overnight sleep testing, continuous positive airway pressure (CPAP) testing and management, nap tests to assess daytime sleepiness and wakefulness testing to evaluate daytime alertness.

Upping Your Game

Helping you reach your peak performance

Contributed by **Barbara Walker, PhD**

From professional athletes to weekend warriors, performance is affected by more than just physical factors. In fact, it's the psychological factors that can often hold you back from reaching your peak performance.

As a performance psychologist, I've seen athletes of all ages struggle through mental blocks. Often they try to overcome their problem by spending more time training on the treadmill, on the court or in the batting cage. But success in a sport comes from more than just "keeping your eye on the ball" or having "quick feet." Quite often, peak performance requires changing the very way you think.

I help athletes to re-evaluate their automatic thought process in order to establish a healthier way of thinking. This stops self-defeating thoughts and establishes a positive way of thinking, which allows them to perform at their very best. And best of all, changing the way you think goes well beyond sports success and relates to all aspects of life—business, family, hobbies, etc.



Lung Cancer Isn't Just a "Man's" Disease

It's Time to Clear the Air

Contributed by **Dianne Litwin, MD**

As gender roles and smoking patterns have changed, the number of women being diagnosed with lung diseases—asthma, chronic obstructive pulmonary disease (COPD) and lung cancer—is on the rise. In the 1960s, women who smoked were only 2.7 times more likely to die from lung cancer when compared with women who didn't smoke. Today, this number has jumped to 25.7. And while most people equate smoking with lung cancer, they often don't consider the relationship between smoking and other cancers as well as other diseases like COPD, which is on the rise for both men and women.

It's Never too Late to Quit

If you've been smoking for years and think it's pointless to quit, take this into consideration. According to a research study published in The New England Journal of Medicine in January, those who quit smoking by age 34 lived 10 years longer on average than those who continued to smoke, giving them a life expectancy comparable to people who never smoked. Smokers who quit between ages 35 and



44 lived nine years longer, and those who quit between 45 and 54 lived six years longer. Even quitting smoking between ages 55 and 64 resulted in a four-year gain in life expectancy.

November is Lung Cancer Awareness Month

The American Cancer Society (ACS) designates the third Thursday of every November as the Great American Smokeout. The ACS uses this day to encourage smokers to make a plan to quit, or to plan in advance and quit smoking that day. The ACS says (and I agree) that quitting—even for one day—is an important step towards a healthier life.

Screenings are a Good Idea for Those at High Risk

If you're a smoker or have other risk factors for lung cancer, UC Health offers lung cancer screenings at various Tristate locations.

Flu Season is Here

Protect yourself and others, get your flu shot!

Contributed by **Sukaina Ahmad, MD**

If you're like most people, taking time out of your busy day to get a flu shot is probably pretty low on your "to do" list. After all, who wants to sit in a doctor's office if they aren't even sick? And I'm sure you've heard the myth that you can get sick from the flu shot.

If these are the only excuses you've got, the Women's Center has good news for you! First, we're offering convenient walk-in hours Monday through Friday, from 8 am to 4 pm, so you don't need an appointment to get vaccinated. You just walk in, get your shot and leave. It's that easy. Also, if you think the flu shot will make you sick, rest assured that's absolutely false. You cannot get the flu from a flu vaccination. It does, though, take a couple weeks for the flu shot to kick in. So, if you've been exposed to somebody with influenza immediately before or after getting the

shot, it's possible you may get the flu. This is just one more reason to get your vaccination early before flu season reaches its peak.

I'm healthy. Why do I need a flu shot?

While certain populations may be more vulnerable to the flu, anybody can get the flu. In fact, the flu can make the healthiest of people very sick. But even if you don't care if you get the flu, think of those around you, especially children, pregnant women, the chronically ill, and elderly. For them, the flu can lead to serious health complications, hospitalization and even death. So don't wait. Protect yourself, friends, family members and coworkers and get your flu shot today!



Is it just aging?

November is Alzheimer's Awareness Month

Contributed by **Vijaya Reddy, MD**

As a geriatric specialist, I often see middle aged as well as older women who are concerned about their mental health because they've started forgetting things. And quite often they assume they must be suffering from memory loss, dementia or Alzheimer's disease. But the truth is there are many factors that can contribute to forgetfulness. This includes things like organic brain diseases, infections, medication side effects, and your current emotional state.

In the past decade, cognitive neuroscientists have learned that much of what we blame on fading memory in midlife can be more accurately attributed to failing attention. But as we age, physiological changes in the brain's frontal lobes can make it harder to maintain attention in the face of distractions. For older adults this can be tough to swallow—your brain is aging right along with your body. But in both cases you can put up a fight. Studies have shown that cardiovascular fitness is associated with the sparing of brain tissue in aging humans. The results suggest a strong biological basis for the role of aerobic fitness in maintaining and enhancing central nervous system health and cognitive functioning in older adults.



Today's healthcare isn't just about extending life it's about improving the mental and physical quality of life we enjoy in our later years. The National Institutes of Health shares information on the benefits of exercise and physical activity for older people. And remember, if you've become forgetful, don't jump to any conclusions. Keep in mind there is a difference between occasional forgetfulness that comes with aging and constantly forgetting things or struggling with routine tasks. If you are concerned about yourself or a loved one, schedule an appointment with a geriatric doctor so she can thoroughly evaluate the situation and come up with an effective plan to ease your worries.

The following chart provided by the Alzheimer's Association provides a good overview of what's normal aging and what could be more serious.

Normal Signs of Aging

- Occasionally forgetting names or recent events, but remembering later
- Making an occasional mistake while balancing your checkbook or forgetting to pay one bill
- Asking for help to use new technology
- Forgetting what day it is, but remembering later
- Age-related vision changes, like cataracts
- Occasionally forgetting the right word
- Forgetting where you placed something, but being able to retrace your steps to find it
- Making a bad decision once in a while
- Occasionally not wanting to interact with coworkers or participate in social obligations
- Becoming irritable when routines are disrupted

Early Signs of Alzheimer's

- Regularly forgetting names and things that you have just learned
- Constant challenges following a plan (like a familiar recipe) or working with numbers
- Rely more and more on family members to help complete household familiar tasks like laundry or not remembering the rules to a favorite game
- Constantly unsure of time of year or place, including where you are or how you got there
- Difficulty reading, judging distances or determining color
- Hard time joining or following conversations, or consistently using the wrong words to describe something
- Forgetting where you put something and being unable to retrace your steps. Sometimes, this includes accusing others of stealing what you've misplaced.
- Decreased or poor judgment – doing things like giving large amounts of money to telemarketers or paying less attention to grooming
- Not participating in favorite hobbies, social events, work projects or sports.
- Complete change in mood and personality



Is it a headache or something more?

Women's Center Launches Headache Specialty

For most people, a headache is just a minor irritation. It's something that can be relieved with an over-the-counter medication or some good, old fashioned R&R. But when headaches steadily become more frequent, severe, or are preventing you from taking part in your daily activities, it may be time to talk with a doctor.

What type of headache do you have?

There are three primary types of headaches.

Tension Headache

The most common headache, it typically produces a dull, squeezing pain on both sides of your head. If you have a strong tension headache, you may feel like your head is in a vise. Your shoulders and neck may also ache.

Migraine Headache

Much less common than tension headaches, migraines can cause severe pain. If you have a migraine headache, you'll likely experience a throbbing pain on one side of your head. This pain can be accompanied by nausea and sensitivity to light and noise. Women are three times more likely to suffer from migraines than men.

Cluster Headache

More common in men than women, these headaches cause one-sided head pain that may involve tearing of your eyes and a stuffy nose. Attacks occur regularly for one week to one year, separated by long pain-free periods that last at least one month and possibly longer.

Easing Your Pain

Our specialists will help you identify what's causing your headaches and then develop a treatment plan to not only manage your pain, but also to help it from occurring in the first place. Most importantly, we realize that due to a number of factors, women have different headache triggers than men and also react differently to medication. Armed with this knowledge, we'll make sure you get the right treatment to help you cope with your pain.

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