



## WELCOME LETTER

### *Dear Patients, Supporters and Friends*

It's hard to believe that summer is ending and another school year has started. At the Women's Center, we helped prepare college-bound students for a new chapter of life by holding our first annual College Health 101 event. Over 40 first year students and their parents joined us to learn how to successfully handle newfound choices, independence and manage health issues while away from home. It was an afternoon of education and empowerment!

With fall just a few weeks away and the stress from the summer behind you, I encourage you to take time to focus on yourself and your health! One way you can do this is by scheduling a massage with one of our Integrated Medicine practitioners. Stress responses in the body associated with pain, such as elevated cortisol, is reduced through massage. You can read more about this benefit and others of massage therapy on page 5.

Do you find yourself getting a migraine before or after your menstrual cycle? You're not alone. Turn to page 4 for treatment options that can help ease those migraines or even prevent them.

In closing, I highly encourage you, your family and friends to join us for our quarterly Movie Night on Thursday, September 18. We're bringing the internationally recognized movement, documentary and school program, Kind Campaign to the Women's Center. We're showing documentaries that address women's issues including girl-on-girl bullying. We hope you'll join us for this enlightening film and engaging discussion. You can read more about Finding Kind and our movie night on page 3.

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

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## UPCOMING EVENTS

### Beauty of Botox Days

September 19

### 2nd Annual Juried Art Show Well-being

### Movie Night: Kind Campaign September 18

## 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.uhealth.com/about-us/support-the-center/](http://women.uhealth.com/about-us/support-the-center/)

### WEST CHESTER

7675 Wellness Way, 4th Floor  
West Chester, Ohio 45069  
(513) 475-UC4U (8248)

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4460 Red Bank Road, Suite 100  
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# Depression Hits Women Harder

Contributed by **Jyoti Sachdeva, MD, Assistant Professor of Clinical Psychiatry**

Studies show that women are twice as likely as men to have a major depressive disorder during their lifetimes due to a combination of genetic, biological, hormonal, psychological and social factors. The good news is women are generally more attuned to their feelings and often better able to express them, which makes them more likely to seek treatment.

**Genetic vulnerability:** A genetic vulnerability coupled with stressful life events might contribute to a higher incidence of depression in women. Research suggests that women are more likely than men to become depressed in response to a stressful event.

**Fetal development:** During fetal development, sexual differentiation occurs in the brain, allowing some brain regions to develop differently in men than in women. In addition, hormones and genes that get disrupted during fetal and early childhood development could make some people more vulnerable to mood disorders, such as depression. Depression may also emerge during adolescence, pregnancy and transition to menopause. During all three periods, hormones flood a woman’s brain and body which directly affects brain chemistry.

**Adolescence:** Before puberty, depression is split among boys and girls equally. The sex differences emerge in teenagers after puberty, sometime between ages 16 and 20, when girls are about twice as likely to become depressed. If depression runs in the family, it’s important for parents to keep an eye out for their kids after puberty.

**Pregnancy:** Hormonal fluctuations during and after pregnancy contribute to a heightened risk of depression. Problems conceiving a baby, an unwanted pregnancy or a miscarriage can also contribute to depression. After delivering, the demands of motherhood and caring for a newborn can feel overwhelming. Postpartum depression can be very serious and disabling.

**Transition to menopause:** The rise and gradual fall of reproductive hormones in the years leading up to and during menopause can contribute to depression. This time period, called perimenopause, can bring both physical and psychological changes that can also influence women’s moods.



**Environmental influences:** The way women are raised, portrayed and viewed in society and the roles they play can affect their susceptibility to depression, too. A woman’s role as a mother, wife and caregiver for aging parents, along with the pressures of her home and work life, can increase stress. And this stress can lead to depression in some women. Research shows that women tend to be more sensitive to their own emotions as well as the emotional needs of others, which can lead to depression.

The above information was gathered from a recent article, “From Genes to Motherhood: 6 Reasons More Women Get Depressed” posted on June 23, 2014 on [livescience.com](#).

## What can women do to increase mental wellness?

- Nurture yourself. Treat yourself as if you are the most important person in your universe.
- Monitor your negative self talk.
- Cultivate positive relationships.
- Avoid social isolation and work to enhance social integration.
- Spend time with friends and family. Reach out and connect with others.
- Create appropriate boundaries with negative people.
- Offer sincere appreciation to loved ones. It will make them and you feel better.
- Join support, fitness and creativity groups.
- Ask your physician about potential medications to treat depression.
- See one of our therapists. Psychotherapy can be as effective as medication for treating depression.

Find more information about the Psychiatry and Behavioral Health Program at the Women’s Center or to schedule an appointment please call (513) 475-UC4U.

# Bullied Girl Grows Up To Be A Fairy Godmother To New Film

## “Finding Kind” Film Spotlights Girl Bullying

Back in grade school classmates stole Scilla Andreen’s lunch, pushed her into snow banks and heckled her with “Chinese, Japanese, dirty knees, what are these?” These memories prompted the now mom and CEO of IndieFlix to take two young, first-time filmmakers under her wing and pull out all the stops to distribute and launch their new film on girl bullying called Finding Kind. On September 18 from 6:30 – 8:30 p.m., UC Health Women’s Center will host the film as part of their Movie Night Series. Finding Kind is a documentary exploring the “mean girl” phenomenon with the goal of putting an end to the hate and FIND KIND.

Nearly 1 in 3 students admits to being bullied, is afraid to talk about it, and lists it as a concern regarding personal safety. In a series of interviews with girls, women and experts, Finding Kind shows that these girls have a lot to say.

The filmmakers Lauren Parsekian and Molly Stroud are two friends who like Andreen were victims of “mean girls.” Their suffering led them on a cross-country road trip with their moms to document on film the cruelty of girl bullying. In their 10,000 mile journey the women talked to over 30,000 girls, visited more than 60 cities, and set-up “Truth Booths” capturing tearful and poignant memories and confessions about the “mean girl” phenomenon.



As Lauren and Molly combine their experiences and passion to uncover the truth within the Girl World, the girls learn about themselves, females, the truth behind the issue and our cultures influence. The journey is packed with hysterical moments as the girls attempt to conquer the road and everything America has to offer. While there are plenty of fun moments, their emotional roller coaster around the country reveals raw and personal stories from girls that will shock you to your core. With the goal of establishing a national school program for girls, Lauren and Molly hope to put an end to the hate and FIND KIND.

Join us for this free, enlightening film and engaging discussion afterwards.

## September 18th from 6:30 – 8:30 p.m.

UC Health Women’s Center  
7675 Wellness Way, 4th Floor  
West Chester, Ohio 45069  
(513) 475-UC4U

Reserve your tickets today. Seating is limited.

# 2nd Annual Juried Art Show *Well-being*

Art has been known for centuries to be a healing force and can help improve various mental and physical symptoms including, reducing pain, anxiety, tension, and depression.

## SUBMISSION PROCEDURE

Please submit a one-time, non-refundable submission fee of ten dollars to: [uhealth.kintera.org/artshow](http://uhealth.kintera.org/artshow)  
Up to three pieces may be submitted online through October 15, 2014. Artists should email jpeg images (minimum 300 dpi), dimension, title of artwork and artists’ name and contact information. Submissions and questions can be directed to curator Melissa Mitchell at [uhealthwomenscenterart@gmail.com](mailto:uhealthwomenscenterart@gmail.com) or call (513) 348-6808.



## IMPORTANT DATES

Entry Deadline – **October 15, 2014**  
Notice of Acceptance by – **October 24, 2014**  
Delivery of Work – **October 27, 2014 – October 31, 2014 9 a.m.-5 p.m.**  
Opening Reception – **TBA in November**  
Exhibition Display/Consignment – **November 2014 – November 2015**



# Treating Menstrual Migraine

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

The discomfort of menstrual migraine makes life miserable for millions of American women. Luckily, many treatment options can help to prevent or ease them.

Menstrual migraine begins two days before to three days after menstruation and they occur in about 7 percent of the female population and in more than half of women who suffer from migraine. These migraines tend to be much worse than those experienced during other times of the menstrual cycle.

Menstrual migraine is thought to occur as a result of falling estrogen levels at the time of menstruation and the possible release of chemicals called prostaglandins from a shedding uterus.

Hormonal therapies can treat menstrual migraine. For example, estrogen patches can prevent the fall of estrogen levels and are used two days before the onset of menstrual migraine and continued for a 10-day period. Additionally, women taking oral contraceptives can be placed on extended duration oral contraceptives.

The key is to prevent falls in estrogen that occur when the active hormones are withdrawn. Non-hormonal therapies for managing menstrual migraine include daily preventive medications and mini-prophylaxis (short-term therapies only given around the time of menstruation to prevent migraine during menstruation).

Non-steroidal anti-inflammatory drugs (NSAIDS) such as naproxen and triptans such as naratriptan and frovatriptan can also be given prior to and during menstruation for five days to prevent menstrual migraine. Other preventive medications like topiramate can be given daily to prevent menstrual and non-menstrual migraine.

Menstrual migraine gets most of the publicity, but headache is one of many other symptoms that occur as a result of changes in hormone levels at the time of menstruation. Other symptoms include painful menstrual cramps, abdominal and back pain, bloating, irritability and mood changes. To achieve optimal pain relief, one may need to treat all the headaches and these other symptoms as they can be extremely impactful on a patient.

To learn more about how you can treat menstrual migraine, please call (513) 475-UC4U (8248).

Vincent Martin, MD, is an expert in headache and migraine at UC Health Women's Center and co-director of the Headache and Facial Pain Program at the UC Neuroscience Institute.



# Healthy Living May Slow Dementia

Contributed by **Vijaya Reddy, MD**

A preliminary report from Sweden shows that eating healthy, engaging in challenging brain and social activities, and being physically active and heart healthy may slow dementia among people at risk for Alzheimer's. The findings were recently presented at the Alzheimer's Association International Conference in Copenhagen, Denmark.

Alzheimer's disease is the most common form of dementia. People with Alzheimer's experience memory loss that worsens over time. It leads to problems with decision making and an inability to perform daily tasks. Eventually, the complications from Alzheimer's dementia lead to death. It's the sixth leading cause of death in the U.S., according to the Centers for Disease Control and Prevention. About 5.3 million Americans have Alzheimer's and an estimated 35.6 million people have dementia worldwide, according to the World Health Organization.

Another study presented at the conference suggested that controlling certain risk factors, such as high blood pressure, obesity and diabetes, may reduce the worldwide prevalence of Alzheimer's by almost a third.

While living a healthy lifestyle doesn't guarantee the prevention of Alzheimer's dementia, overall health seems to be tied to dementia risk and other chronic health conditions.

At UC Health Women's Center, our Geriatric Medicine program treats patients with memory issues and Alzheimer dementias. If you are concerned about your memory or are at risk for developing Alzheimer's dementia, we can provide an in-depth, comprehensive assessment and work with you to develop a healthy living plan of action. Call us for more information at (513) 475-UC4U.

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



## UC Health Integrative Medicine 2014

### Mondays

7 - 7:50 a.m. Morning Stretch  
5:30 - 6:20 p.m. Mixed Level Yoga

### Tuesdays

9 - 9:50 a.m. Moving for Life (*Cancer Recovery*)  
Noon - 12:50 p.m. Mixed Level Pilates

### Wednesdays

7 - 7:50 a.m. Morning Stretch  
5:30 - 6:20 p.m. Mixed Level Yoga

### Thursdays

7 - 7:50 a.m. Moving for Life (*Wellness for All*)

### Fridays

7 - 7:50 a.m. Mixed Level Yoga  
Noon - 12:50 p.m. Mixed Level Pilates  
Please contact us at **(513) 475-UC4U (8248)** to schedule your appointment.

For more information, including a list of condition-focused classes, visit:  
**UHealth.com/IntegrativeMedicine**

### Wellness Support Services

#### Mondays

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

#### Tuesdays

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



# Massage Therapy for Pain

Contributed by **Polly Collins, RN, LMT**

Do you feel like you are chronically in pain? Do you take ibuprofen a bit too often to curb your aches and pain? Massaging sore muscles can really get to the heart of where many people feel their pain. The stress responses in the body associated with pain, such as elevated cortisol, are reduced through massage. This is why massage therapy is used to treat so many different kinds of pain associated with conditions such as arthritis, diabetes, fibromyalgia and even in depressive disorders and chronic fatigue.

Massage therapy uses touch to nourish the muscles and promotes relaxation for physical and psychological healing. A licensed massage therapist can work one-on-one with patients to manipulate muscles and tissues of the body to aid in healing and recovery. Our therapists specialize in neuromuscular release and myofascial release, and are experienced in working closely with other medical providers to

create a seamless interdisciplinary approach to improving a patient's health.

### Massage therapists offer:

- Neuromuscular Therapy (NMT) Blended with Swedish
- Swedish Massage/Deep Tissue
- Visceral Manipulation
- Cranial Sacral Therapy
- Myofascial Release
- Muscle Energy Technique
- Oncology Massage
- Pre/postnatal Massage
- TMJ Massage Therapy
- Auricular Acupuncture

Take advantage of this non-invasive, non-drug approach to treating pain or add it to your regimen of treatments. Check out the wellness support services schedule or call to schedule an appointment at (513) 475-WLNS.



# Preventing and Treating the All-Too-Common Human Papillomavirus (HPV)

Contributed by **Lisa Larkin, MD, FACP, NCMP, Professor of Medicine**

HPV is the most common sexually transmitted infection in the United States. Certain strains of the HPV virus cause genital warts and cervical cancer. Most sexually active adults are exposed to the virus at some point in their lives. It is transmitted during sexual activity. Most people clear the virus without any ill effects, but some people are unable to fully eradicate the virus and can develop complications.

Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower.

HPV can cause cervical and other cancers including cancer of the vulva, vagina, penis, or anus. It can also cause cancer in the back of the throat, including the base of the tongue and tonsils (called oropharyngeal cancer). Cancer often takes years, even decades, to develop after a person gets HPV.

You can lower your chances of getting HPV by limiting your number of sexual partners and always practicing safe sex which includes using a condom with sexual activity.

### Other preventive measures include:

- **Getting vaccinated.** HPV vaccines are safe and effective. They can protect males and females against diseases (including cancers) caused by HPV when given in the recommended age groups. HPV vaccines are given in three shots over six months; it is important to get all three doses.
- **Getting screened for cervical cancer.** Routine screening for women aged 21 to 65 years old can prevent cervical cancer.

All boys and girls ages 11 or 12 years should get vaccinated. HPV itself cannot be treated. However, there are treatments for genital warts and cervical cancer and experts at the Women’s Center can discuss with you how to protect you and your child from HPV and treat any problems associated it.



### 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.

# Permanent Cosmetic Makeup... a Beautiful Convenience

Contributed by **Carrie Schuerfranz, RN, CPCS**

Do you ever feel worried that your eyebrow color has worn off, your eyeliner has migrated to your cheek or your lip color has smudged? Are you a professional business woman, a committed athlete or a stay-at-home mom who simply wants to save time and forget about the hassle of having your makeup applied the way you want it on a daily basis? Are you allergic to conventional makeup or are you physically incapable of applying makeup? These popular concerns are owned by thousands of women who aren’t aware that Permanent Cosmetic Makeup procedures are a great option in order to break the dreaded cycle of “makeup-worry”.

Intradermal Pigmentation, known as Permanent Cosmetic Makeup, is a medically proven and completely safe, tattoo-like method of applying natural pigments into the dermal layer of the skin. This means that the makeup color of your choice is applied in the manner of which you want it ...and it stays put. No more smudging! No more disappearing-act! No more worry!

Permanent Cosmetic Makeup procedures include the application of eyebrow color, eyeliner and/or lip color. Applied as a subtle-natural look or a bold-statement look, it’s your choice. During your complimentary consultation, your health history is discussed and you are given a choice to choose from a wide spectrum of colors available. You also have your choice in the shape, the design and in the placement of pigments. Your procedure includes the use of a topical or injectable anesthetic to minimize discomfort. Your recovery includes slight swelling and redness in the skin, which will

subside quickly. Possible bruising may also occur. You may resume normal activity immediately after the procedure while avoiding chlorinated water for one week. While the skin’s surface is healed completely by the seventh day, it takes six weeks for the pigment to stabilize, mature and reach its final color deep in the dermal layer. For optimal cosmetic results, this procedure is performed two times separated by six weeks.

Other treatments, known as Paramedical Cosmetic procedures are offered which include stretch mark and scar camouflage, areola restoration, hairline enhancement and cleft lip symmetry correction are offered. These treatments help boost self-confidence and improve the appearance of the skin beyond that of facial makeup application.

For your safety, it’s important to choose a specialist who has been adequately trained, certified and experienced to perform these treatments. These procedures are to be performed in a location that has been licensed by the Board of Health within the county by which it is located. You can be confident that you are offered safe, professional and experienced care at UC Health.

Make a beautiful investment in yourself and choose UC Health for your trusted place of Permanent Cosmetic Makeup services! Call (513) 475-UC4U today to schedule your complimentary consultation.



### Eyebrows

Before

After

### Eyeliner

Before

After

### Lips

Before

After

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](http://UCHealth.com/women). If you wish to be removed from our mailing list, please email [WomensCenter@UCHealth.com](mailto:WomensCenter@UCHealth.com).

## Can Probiotics Lower Blood Pressure?

Contributed by **Sonal Hill, MS, RD, LD**

A new study in the journal *Hypertension*, examined the link between probiotics and blood pressure. People who consumed probiotics for more than two months had an average reduction in systolic blood pressure (the top number in a reading) of about 3.6 millimeters of mercury (mm Hg) and an average reduction in diastolic blood pressure (the bottom number) of about 2.4 mm Hg, compared to those who did not consume probiotics.

Researchers looked at data from nine studies involving a total of 543 adults with either normal or elevated blood pressure. The study indicated greater benefits among people with elevated blood pressure (higher than 130/85), and probiotics with multiple types of bacteria lowered blood pressure more than those with a single type of bacteria.

Probiotics are bacteria that help maintain the natural balance of organisms (microflora) in the intestines. The normal human digestive tract contains probiotic bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system. They can be found in yogurt, fermented and sour milk and cheese, as well as supplements.

Many people use probiotics to prevent diarrhea, gas, and cramping caused by antibiotics. Antibiotics kill "good" (beneficial) bacteria along with the bacteria that cause illness. A decrease in beneficial bacteria may lead to digestive problems. Taking probiotics may help replace the

lost beneficial bacteria and prevent diarrhea.

While the study could not prove cause and effect, it indicated an association between increased probiotic intake and lower blood pressure readings. The study authors stressed that further research is needed before doctors can advise patients to take probiotics to lower their blood pressure, but adding probiotics helps the digestive system and provides other gastrointestinal and immune benefits.

Working with nutrition experts to develop the right nutritional plan for your needs is a great first step to get you on the right path. Whether blood pressure or digestion is of concern to you, it's important that treatment is guided by the latest research and integrated into your treatment plan.



### Beauty of Botox Days

September 19

**Botox/Dysport \$199/1st Injection Site**

**Dermal Fillers BOGO 50% Off**

[UCHealth.com/BeautyOfBotox](http://UCHealth.com/BeautyOfBotox)

(513) 475-UC4U (8248)

\*Exclusions apply.