



WELCOME LETTER

Happy 2015! What a year it has been and what a wonderful year 2015 will be. I want to encourage each of you to make this Your Year to take care of yourself. We're all busy, right? Most of us start each day without a blink of an eye and then before we know it our heads hit the pillow. This year, I pledge and I hope you will join me, to make good health a number one priority. Whether it's starting a new exercise program – even for 15 minutes a day, eating healthier – cutting something out of your diet that's not good for you (i.e. soda, chips, etc.), or taking a daily break – even for 10 minutes - do something for you to kick start a healthier 2015! And don't forget to schedule regular check-ups with your doctor throughout the year to ensure you're as healthy as you can be so you can tackle whatever may come your way.

At UC Health, we're excited about the New Year, we're grateful you've chosen us to be your health care partner, we're thankful for the collaborations, referrals and opportunities to better the health of our communities. We're working to continuously provide superior patient-centered care and have added additional providers, services and classes to meet the needs of women throughout the region. I hope you continue to enjoy our Women's Center newsletter, follow us on social media and please stay in touch and let us know how we can continue to be the regions leader in women's services!

Happy New Year!

Lisa Larkin, MD, FACP, NCMP

Director, UC Health Women's Center

Associate Professor and Division Director, Midlife Women's Health and Primary Care,

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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:

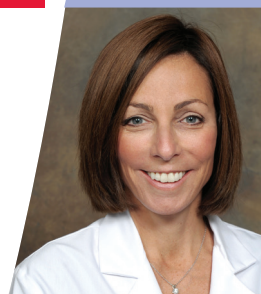
women.uchealth.com/about-us/support-the-center

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Cervical Cancer is Preventable if Screened

Contributed by **Heather Pulaski, MD**
Assistant Professor of Obstetrics & Gynecology

Screenings can save lives! It's proven especially with cervical cancer. Yet approximately 8 million U.S. women – or one in 10 women - ages 21 to 65 years have not been screened in the past five years, according to the Centers for Disease Control (CDC). The CDC also reports that as many as 93% of cervical cancers could be prevented by getting screened and receiving the HPV vaccine.

The CDC report, based off of data from a 2012 survey found that a majority of women surveyed cited lack of health insurance and not having a regular health care provider as reasons for not getting screened. Each year, more than 12,000 women get cervical cancer in the United States. Cervical cancer can often be found early and sometimes prevented entirely by regular screenings. If detected early, it's one of the most successfully treated cancers. January is Cervical Cancer Screening Awareness Month and we're taking this opportunity to raise awareness about how women can protect themselves from cervical cancer and human papillomavirus (HPV).

Signs and Symptoms of Cervical Cancer

Cervical cancer usually has no symptoms in the early stages. However, abnormal vaginal bleeding is the most common symptom of cervical cancer once it's progressed. Some of the most common symptoms are:

- **Abnormal vaginal bleeding.** The bleeding can occur after vaginal intercourse, after menopause, between or during menstruation but can be heavier than usual.
- **Unusual vaginal discharge.** The discharge may contain some blood and may occur between menstruations or after menopause. The discharge may also have an unpleasant odor or be watery.
- **Painful intercourse.** Pain during intercourse or shortly after.

Human Papillomavirus (HPV) and the HPV Vaccine

HPV is a sexually transmitted virus that's passed through genital contact. There are more than 100 types of HPV – 40 of them can infect the genital area. At least 50% of people who have had intercourse will have HPV at some time in their lives and most will not even be aware they're infected because of lack of symptoms and in most cases, the immune system is able to clear the virus within two years. An effective way to protect against the virus, for both young men and women is to get vaccinated. The HPV

vaccine helps prevent infection against the HPV types that cause most cervical cancers. To aid in the fight against the virus and cervical cancer, the Food and Drug Administration (FDA) recently approved an updated version of the Gardasil vaccine called Gardasil 9. fda.gov/newsevents/newsroom/pressannouncements/ucm426485.htm. This offers protection against nine strains of the virus and has the potential to prevent roughly 90 percent of cervical, vulvar, vaginal and anal cancers. The updated vaccine is approved for use in females ages 9 to 26 and males ages 9 to 15.

PAP TEST

Most women ages 21 to 65 should get a Pap test as part of their routine gynecologic health care. Even if a woman isn't sexually active, a Pap test is still recommended to screen for cervical cancer. Pap tests can find abnormal cervical cells before they turn into cancer cells. The frequency of Pap tests can depend on age, medical history, or sexual activity. It's best to talk to your doctor about how often you should receive a Pap test.

Receiving proper gynecological care throughout your lifetime is the single most important thing you can do to maintain your reproductive health. Annual gynecologic exams are a good opportunity for potential health risks to be diagnosed early or even prevented. Don't wait for a problem to arise schedule an appointment today.



Common Digestive Problems in Women

Contributed by **Roberta Hunter, MD**

Do you have bloating? Heartburn? Gas? Stomach pain? Everyone has these digestive problems occasionally, some more frequently than others especially if you're a woman. These common gastrointestinal conditions and others affect both men and women, but some are more common among just women.

Irritable bowel syndrome

Irritable bowel syndrome (IBS) is a common chronic disorder that affects the large intestine (colon). Even though this condition affects the large intestine, it does not damage either intestine. Instead, it affects the way the digestive tract functions. IBS, as it's commonly called, causes a group of symptoms including, cramping, stomach pain, bloating, gas, diarrhea and constipation. Menstrual cycles also play a role in IBS for women as symptoms often become worse just before or at the start of a woman's period.

There are different types of IBS. Patients with IBS are diagnosed with only one but all three commonly cause stomach pain and discomfort but differ with bowel movements.

- **IBS with constipation (IBS-C)** causes abnormally delayed or infrequent bowel movements, which are often hard stools when passed.
- **IBS with diarrhea (IBS-D)** is the exact opposite of IBS-C. This type of IBS causes urgent need of bowel movements that are abnormally frequent at times. The stool is often loose and watery.
- **IBS with alternating constipation and diarrhea** is a combination of both IBS-C and IBS-D. Those with this type of IBS often experience an equal mix of constipation and diarrhea.
- **IBS dyspepsia** affects the upper GI tract.

IBS is often labeled a "complex" disorder because the cause is unknown and the symptoms are unpredictable. Symptoms may be constant or go away for a few months and then suddenly reappear worse than before. Symptoms also appear in some IBS patients after eating certain foods or because of stress. IBS symptoms can often be controlled by making lifestyle changes including, nutrition changes, taking medications (over-the-counter or prescription) and talking to your doctor about your symptoms.

Seeing a doctor is important if you think you have IBS as it can mimic other gastrointestinal conditions that can be more significant – such

as Crohn's disease, ulcerative colitis or colon cancer. As a specialist of digestive diseases at UC Health Women's Center I recommend to anyone who suspects they have IBS or has a family history of IBS, be examined.

Gallstones

Gallstones are another common digestive problem that women develop more often than men. They are crystal-like pieces, made of hardened cholesterol, that form in the gallbladder. This process occurs if bile (made by the liver) contains too much cholesterol or if the gallbladder doesn't empty completely or often enough. Ranging in size, from very small to as large of a golf ball, gallstones can cause multiple symptoms including right upper abdominal pain after eating (sometimes severe), nausea or vomiting, fever, yellowish skin or eyes and clay-colored stool. Some people develop gallstones and never know it because they are asymptomatic.

Similar to IBS, there is no exact known cause for gallstones and occur more often in women than men due to slower emptying of the gallbladder, just as with IBS and the slower stomach emptying and because of estrogen. Estrogen is a female hormone that raises cholesterol levels in the bile and slows gallbladder movement. This effect is even greater in pregnant women because estrogen levels are even higher and explains why women commonly develop gallstones during pregnancy or post-pregnancy. Women who take birth control pills or menopausal hormone therapies, are also more likely to develop gallstones because of the added estrogen.

So what can be done to reduce your risk of developing gallstones? Whether you're a man or women, I recommend the following:

- **Control your weight.**
- **Don't skip meals.**
- **Drink plenty of water.**
- **Exercise regularly.**

For more information on digestive disorders, including IBS, gastritis, and many more, visit our health library [uchealth.org/health-library](https://www.uchealth.org/health-library) or make an appointment with the Women's Center by calling (513) 475-UC4U.



Self-Acupressure Can Improve Bowel Function

Constipation is the most common gastrointestinal complaint among men and women. About 4 million people in the United States have frequent constipation, resulting in several visits to the doctor's office. There are several treatment options available to relieve constipation symptoms but self-applied pressure may be all that's needed to help improve your bowel function.

According to a new study published in the Journal of General Internal Medicine, applying external pressure to the perineum - area located between the anus and genitals - helped constipation sufferers have a normal bowel movement. So how does it work? Acupressure reduces muscular tension, increases circulation and enables deep relaxation. This form of self-acupressure relaxes the anal sphincter muscles - muscles that help open and close the seal where stool comes out of your body. The relaxation occurs when pressure is applied by the fingers to the perineum.

Constipation and Its Causes

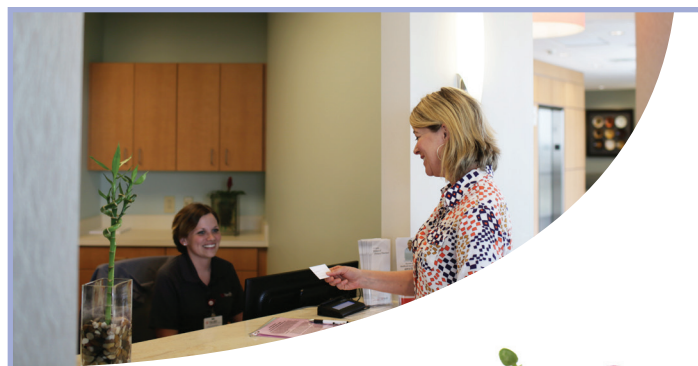
Constipation is a condition in which a person has uncomfortable or infrequent bowel movements. Doctors generally make a diagnosis of constipation when bowel movements pass as small amounts of hard, dry and lumpy stool, several times a week. Constipation is caused by the colon absorbing too much water. In a non-constipated person, food moves through the colon (large intestine) and absorbs water while forming stool. Muscle contractions then push the stool toward the rectum, and, by the time the stool reaches the rectum for disposal, most of the water has been absorbed, making the stool solid and a normal bowel movement. With constipation, the colon's muscle contractions are slow, causing stool to move through the colon too slowly, resulting in too much water being absorbed, causing the hard, dry and lumpy stool. External inhibitors, such as, medications, lack of exercise, dehydration, not enough fiber in diet, and irritable bowel syndrome (IBS), also cause constipation but can be changed to prevent it.

Treatment for Constipation

As the study found, self-acupressure is a great treatment for constipation because it relaxes the muscles needed for a healthy bowel movement. Other treatment options doctors often recommend include diet modifications, taking a laxative, medication adjustments or eliminations and lifestyle changes.

If left untreated, constipation can cause complications including hemorrhoids, rectal prolapse, and fecal impaction.

By performing self-acupuncture just a few times a week, you should see a great difference in your bowel movements and stress level. To learn more about acupressure or other Integrative Medicine treatments, visit our website, uchealth.com/women or schedule an appointment with any of our Integrative Medicine providers by calling (513) 475-UC4U.



Walk-In Appointments

Did you know Women's Center offers walk-in appointments for those feeling under the weather? Patients, staff and visitors can stop by the front desk to make a same-day appointment.



Healing Through Art

Well-being Art Show Huge Success

Florence Nightingale said it best when she said "Variety of form and brilliancy of color in the object presented to patients are an actual means of recovery." Variety, color and presentation all play a huge role in the annual Juried Art Show held at UC Health's Women's Center.

Well-being is the theme for the annual show that runs through the end of 2015. 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 was to be tranquil and calming with warm to vivid soothing tones and colors. Art was evaluated on craft, theme, diversity and emotion.

More than 100 submissions were considered during the juried selection process with 39 artists winning the coveted year-long consignment. Currently, there are 75 different works of art hanging on the walls of the Women's Center, each delivering a different message but all with the same goal – relaxation and healing. "When people visit their doctor they're usually not feeling one hundred percent," said Melissa Mitchell, curator of the Juried Art Show. "Patients want and deserve a treatment environment that helps calm fears and nurtures healing. Art is healing in many ways," said Mitchell.

Since the inception of the Women's Center juried art show in 2013, artists of all kinds have participated. "One of the reasons we've had such success is because of the support of the Women's Center Director, Dr. Lisa Larkin," said Mitchell. "The other reason such a diverse group of artists participate is because of their passion and



gift of using art to heal the mind, body and spirit." Cincinnati artists Cedric Cox and Natalie Hager, two artists featured in the 2014 show, love using their talents for peace and tranquility. "I use photography as a form of art therapy for women to express themselves. Using photography has proved to be a great vehicle to bring joy and healing into their lives," said Natalie Hager. "Art is communication and my paintings and drawings are intended to build bridges between the past, present and future," said Cedric Cox.

Natalie, Cedric and the artist's selected for this year are on display at the Women's Center. Tours are available by calling (513) 475-UC4U or can be viewed by visiting www.uchealth.com/women. 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 2016 consideration.

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.

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twitter.com/uchwomenscenter



Tailoring Pain Care to Each Person's Experience

Women and older adults more susceptible to “every day” pain

There are several forms of pain – acute, persistent and chronic. Each range in severity based on how long it lasts and where it's felt.

A new study in the Journal of Pain conducted by researchers at Washington State University found that 20% of adults experience persistent pain, defined as constant or frequent pain lasting at least 3 months. Researchers analyzed the 2010 Quality of Life Supplement of the National Interview Survey, where they found about 19% of adults experience pain “most days” or “every day” and 37% of adults experience pain “some days,” with the majority being women and older adults. Of the estimated 39.4 million adults who report persistent pain, 67.2% say their pain is “constantly present,” and 50.5% say their pain is sometimes “unbearable and excruciating.”

Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Because pain varies from patient to patient, healthcare providers are increasingly tailoring pain care to each person's experience.

According to the Institute of Medicine (IOM), “A cultural transformation is necessary to better prevent, assess, treat, and understand pain of all types.” Often, people who experience pain need assistance with self-management. There are several options for pain treatment including complementary and integrative therapies, lifestyle and behavioral interventions, counseling and rehabilitative and physical therapy. The IOM also recommends primary care physicians—who handle most frontline pain care—collaborate with pain specialists in cases where pain persists.

Vincent Martin, MD, Director of the UC Health Headache and Facial Pain Program and specialist in the Women's Center says women and older adults experience more “every day” pain for a number of reasons including gender and age. “We have effective tools and services to tackle the many factors that influence pain in women and it's critical to apply them efficiently through an integrated approach tailored to each patient,” Martin says.

Headaches, back pain, neck pain and arthritis are just a few painful conditions women face. “Even when pain is chronic, we can work in partnership with you and your other care providers to help manage symptoms so they are less impactful on your daily life” says Sian Cotton, PhD, Director of the UC Health Center for Integrative Health and Wellness. Through a number of , evidence-based, complementary therapies Cotton's team cares for the whole person—mind, body, spirit—and incorporates those to improve all aspects of a patient's life. Integrative medicine physician consults, acupuncture, massage, yoga therapy, mindfulness groups, and reflexology are a few treatment modalities offered in the Women's Center. Successful treatment, management, and prevention of pain require an integrated approach that responds to all the factors that influence pain.

Visit uchealth.com/women to learn more about pain management and integrative medicine. Appointments can be made by calling (513) 475-UC4U (8248).

Gift Certificates Available

Purchase a gift certificate for services like massage, acupuncture, tai chi, or private yoga sessions.

To purchase gift certificates or schedule an appointment, please call (513) 475-UC4U.



Resolution: Love Yourself This Year, Take Care of Your Inner and Outer Beauty

Every year millions of people make New Year's resolutions that usually involve losing weight, smoking cessation, financial betterment or to be physically healthier. But part of being healthier is not only taking care of your inner health but also taking care of your outer health—your skin.

It's winter and the sun is MIA, and you can't remember the last time you weren't wearing a heavy coat. So do you really need to protect your skin? One word, YES! About 80 percent of sun rays pass through clouds. And while snow and ice don't come with UV warnings, they should—they can reflect up to 80 percent of UV rays, which not only cause skin cancer but are also the source of about 90 percent of all wrinkles, according to the U.S. Environmental Protection Agency.

Skin care resolutions don't have to be tedious or expensive; and some can be fun and relaxing. Many can be done from the comfort of your home! The skin care specialists at the Women's Center recommend the following tips to help you take better care of your skin this year:

- **Check your skin.** Visit a specialist to have your skin examined for acne, eczema, psoriasis, moles and skin cancer.
- **Wear sunscreen daily.** UV radiation from the sun exists year-round so your skin needs sunscreen to protect it from those UV rays. Our skin care experts recommend wearing a sunscreen with at least SPF 30 and reapply it often throughout the day especially if you're exposed to the sun for long periods of time.
- **Moisturize after showering.** As good as a warm shower feels, warm water strips your skin of essential oils. To replenish those oils, use a face cream and body lotions. It's best to use them as soon as you get out of the shower when your skin is damp. If you wait too long after showering, your skin starts losing water vapor, preventing the cream and lotion from fully soaking into your skin.
- **Exfoliate regularly.** It takes nearly a month for your skin to replenish itself. During that time, skin cells can dry out. To avoid the dried skin cells, use a gentle face scrub once or twice a week and a chemical exfoliant the other days of the week.

- **Take off your makeup at night.**

You wear makeup 8 – 12 hours a day allowing whatever you put on your face to soak into your skin causing it to become dirty. When skin oils and dirt get together they cause acne or unwanted oily skin. To avoid this, remove your makeup and wash your face as soon as you get home. And don't forget to clean your make up brushes regularly. Makeup and skin oils build up creating bacteria on your brushes that can harm your skin. Use a mild brush cleaner or mild liquid cleanser with lukewarm water to clean your brushes.

- **Take care of your hands, neck and chest.** These parts of your body are exposed most every day, whether you're inside or outside. That exposure causes the skin to become dehydrated especially during winter months when the air is dry and cold. To prevent skin from flaking and cracking, use a lipid rich moisturizer.

At the Women's Center, our skincare specialists and experienced cosmetic surgeons provide a number of services and treatments to help you look and feel your best. To help you with your new skincare resolutions, we're offering a special on skincare products and services. Call us today at (513) 475-UC4U to take advantage of these great offers before they're gone!

Treat Yourself to Skin Care

20% Off Sunscreen

Buy Two, Get One Free Chemical Peel

(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.

Delivering Relaxation to Your Office

Contributed by **Carly Hueber, EDM**

The Integrative Medicine program of UC Health is going mobile with one of our most popular health and wellness services – yoga! We're bringing yoga therapy right to your office.

Yoga in the workplace has tremendous mental and physical benefits which can lead to decreased stress, increased production, and higher sense of workplace pride. Our Integrative Medicine practitioners can customize a program to your specific needs and limitations such as space and props. Options include lunchtime yoga in an available room where we provide necessary props, a short chair based class that can be at different intervals throughout an hour to accommodate busy shifts and inconsistent breaks, or before or after hours community yoga classes.

Our highly trained instructors modify all classes for various skill and ability level to ensure success for all participants. So what are you waiting for? Pick up the phone and schedule your session to relaxation! To schedule and for cost information, please call Carly Hueber at (513) 475-WLNS (9567).



Winter 2015 Classes

Urban Zen Restorative Yoga:

Mondays, 5:30 – 6:45 p.m.

February 2 - March 23

\$30 per class; \$210 for the entire series

Tai Chi:

Thursdays, Noon – 1 p.m.

February 5 - March 26

\$15 per class; \$105 for the entire series

Classes are by pre-registration only.

Conditions we treat:

Anxiety
Chronic pain
Depression
Diabetes
GI issues
Insomnia
Menopause symptoms

Migraines
ObesityIntegrativeMed
Sexual health issues
Stress

Our services:

Acupuncture
Health and Wellness Coaching

Integrative Medicine Physician Consult
Massage therapy
Mindfulness groups
Nutrition evaluation and support
Reflexology
Shared medical visits
Yoga therapy, Pilates therapy, Tai Chi
and medical Qigong