

## In Loving Memory of Our Dear Friend Catherine Geering

UC Health and our entire community has lost a dear friend and colleague—Catherine Geering, RN, MSN, WHNP, a beloved women's health nurse practitioner who passed away February 17, 2015 at the age of 57. Catherine is survived by her husband, Timothy Geering, MD, her four children, Daniel, Stephen, Michael and Emily, her mother Doloris and brother Douglas Hlavaty.

Catherine was a well-known labor and delivery nurse for 30 years and in mid-life decided to go back to school and pursue a Master of Science degree in nursing from the University of Cincinnati. This led her to her most recent role as a women's health nurse practitioner in the UC Health Women's Center.

We all have many favorite memories of Catherine. One of my favorites is her description of what she did as a nurse practitioner. She told people she worked to "stamp out hot flashes and promote sexual activity." We always laughed when she made that statement.

One thing that stands out the most about Catherine was her passion for life—her love of her family and friends, her passion for work and her love of gardening and being a vegetarian. We often talked about finding our "personal destiny (from the book the Alchemist)" in life, and in her life as a nurse practitioner caring for women at midlife, and women with sexual issues. She had found her calling. She was passionate in her work and loved by her patients. She was kind, caring, warm, loving and dedicated. In the 3 years we worked together I received many letters from patients about her kindness and how she changed their lives.

In the few months that I have been back to work full time and seeing our mutual patients, I hear daily how kind she was and what wonderful care she provided. She was a special clinician who was perfectly suited to her role. She positively impacted the lives of many women. As my colleague and sexual health/menopause clinical partner my loss is tremendous. Replacing her is impossible, and moving our sexual health program forward will be difficult without her.

But the loss of my friend Catherine is the greatest. When you were around her you always felt joy, and she always made others smile and laugh. She was a tremendous listener, always supportive, and kind to a fault. She taught us all to take life a little less seriously and to laugh more. During our mutual illness last summer, she always wanted to make sure I was Ok before we could talk about her. She impacted my life and the lives of countless others in ways she probably never knew. She was a wonderful friend and her death is a profound loss.



**Lisa Larkin, MD, FACP, NCMP**

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## Women's Center

## UC Health

### WEST CHESTER

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# Heavy Coffee Consumption May Reduce Risk of Melanoma, Study Suggests

Contributed by **W. John Kitzmiller, MD, Chief of the Division of Plastic Surgery, UC College of Medicine**

Millions of adults start their day with a cup of coffee. Most drink more than one cup just to get through the day. But new research suggests that a lot of coffee consumption each day may reduce the risk of developing melanoma.

The study published in the *Journal of the National Cancer Institute* found that drinking four or more cups of coffee a day is linked to a reduced risk of melanoma, the most deadly form skin cancer.

Melanoma is currently the fifth most common form of cancer in the U.S., and it's the leading cause of skin cancer-related deaths. Melanoma occurs when unrepaired DNA damage to skin cells – most often caused by ultraviolet radiation (UVR) from the sun or tanning beds – triggers mutations that lead the skin cells to multiply rapidly and form malignant tumors. There are several known risk factors for melanoma, including UVR exposure, nevi (lesions), fair skin, freckling, light hair and a family history of melanoma.

In this study, researchers found that among the study participants who drank four or more cups of coffee a day, the risk of malignant melanoma fell by 20%. The connection was statistically significant for caffeinated coffee and melanoma but not for decaffeinated coffee and melanoma. According to the researchers of this study, "Higher coffee intake was associated with a modest decrease in risk of melanoma in this large U.S. cohort study. Additional investigations of coffee intake and its constituents, particularly caffeine, with melanoma are warranted."

Regardless of what you drink or eat, melanoma can develop without notice if proper precautions aren't taken to protect your skin. "The most important way to lower your risk of melanoma is to protect yourself from exposure to UV rays," says W. John Kitzmiller, MD, Chief of the Division of Plastic Surgery, UC College of Medicine and physician at the Women's Center.

If you are outdoors, especially during the summer months, simply stay in the shade, wear protective clothing and use sunscreen that has sun protection factor (SPF) values of 30 or higher. UVB rays tend to be stronger during the hot days of summer but they are capable of causing sunburn year round.

Also, avoid tanning beds as they have been linked to an increased risk of melanoma, especially if started before the age of 30. If you want to tan, one option is to use a sunless tanning lotion, which can provide a darker look without the danger to your skin.



Even those who are careful and protect their skin can have an increased risk of developing melanoma. That's why it's important to talk to your doctor if you have moles on your body. Depending on how they look, your doctor may want to watch your moles closely with regular exams or may remove some of them if they have certain features that suggest they might change into melanoma. If you find a new, unusual, or changing mole, you should have it checked by a doctor experienced in recognizing skin cancers.

This month we're offering 20% off Obagi Nuderm Kits and of course the 20% off of all sunscreens. Remember to wear sunscreen all year!

**\* Buy two chemical peels and get 1 free**

**\* Buy two chemical peels and get 1 free**

**\* 20% off Obagi NuDerm System and Travel Kits**

**Did you know...**

**Snow can cause a reflection during winter activities like skiing or sledding and can lead to sunburn without proper protection. UVA rays remain strong throughout the winter months and can cause photodamage, signs of premature aging and increase the risk of skin cancer.**

# Get Healthy Together

## Lifestyle Changes Are More Successful When Couples Do It Together

Contributed by **Angela Fitch, MD, Director of Medical Weight Loss**  
**Associate Professor of Medicine**

Living a healthy life is challenging whether you're trying to lose weight, stop smoking, or eat healthier. Not everyone can or prefers to take on the "get healthy" journey alone and that's a good thing according to a new study.

The findings published in *JAMA Internal Medicine* revealed that men and women are more likely to become healthier if their domestic partner makes a healthy change as well. Researchers found that married, or cohabiting, couples who have a 'healthier' partner are more likely to change their lifestyle than those whose partner has an unhealthy lifestyle. The study also revealed that for both men and women having a partner who was making healthy changes at the same time was even more powerful.

"It comes down to support. Whether you're changing your lifestyle for the better or maintaining it, having someone to encourage and challenge you along the way, really helps motivate men and women," says Angela Fitch, MD and Director of Medical Weight Loss at the Women's Center.

So what about those who don't have a domestic partner? Who do they turn to for help with lifestyle changes?

"Whether you're married or single, young or old, male or female, having someone there, physically or emotionally, is usually sought when trying something new especially if it involves living a healthier life. Starting a gym or nutritional routine or quitting tobacco products is scary and extremely difficult for many but there is available help outside the home for everyone," says Fitch.



To get started with living a healthier life, I recommend trying some or all of these options:

- Participate in a **FREE** Medical Weight Loss or Surgical Weight Loss information session either in-person or online.
- Take an exercise or Integrative Medicine class. Our Integrative Medicine providers offer yoga, Pilates and tai chi classes throughout the year.
- Get a professional trainer. Most gyms have trainers available (at cost) for individual sessions or hire a private trainer that will come to your home.
- Join the UC Health Weight Loss program at the Women's Center. Our comprehensive weight loss program offers three options for your medical weight loss needs. We will help you determine which plan is best for you to achieve long-term success. Attend one of our informational sessions to learn more. [www.uchealth.com/weightloss](http://www.uchealth.com/weightloss)
- Schedule an appointment with a nutritionist (registered dietician) at the Women's Center. Our nutritionists help with several conditions including weight loss and work with you to develop a healthy eating plan that serves you now and in the future.

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

### 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.



# Effective Treatment for UI During Pregnancy and Postpartum

Contributed by **Stacey Clarke, DPT, Pelvic Health Physical Therapist**

There are many changes, both anatomical and physiological, that occur in the bodies of women who are pregnant. These may include an increased heart rate, increase in blood circulating within the body, and natural changes in the pelvic anatomy. The growing uterus and fetus weigh solely on the pelvic floor muscle, which can contribute to chronic muscle stress and weakness. An expanding uterus also puts pressure on the bladder during pregnancy and the results are often an overactive bladder.

For women who are pregnant, stress urinary incontinence (SUI) is the most common type of urinary incontinence. Affecting approximately 54% of pregnant women, SUI is the involuntary loss of urine on effort or physical exertion or sneezing or coughing.

Pregnancy and childbirth can also weaken the perineum and the muscles surrounding the urethra. These muscles are meant to prevent urine from leaving the body, but they often become weak when the bladder has a strong contraction.

To help prevent SUI during pregnancy and the postpartum period I recommend conservative therapy or perineal rehabilitation through a pelvic floor muscle exercise program as the first-line intervention.

Exercise is often recommended and important for pregnant and postpartum women. Cardio and strength-training exercise are common but I also recommend pelvic floor therapy (PFT). This form of exercise relaxes and strengthens the muscles under the uterus, bladder, small intestine and rectum. A pelvic floor training exercise isn't complicated and can be done in your own home. And while PFT is great for pregnant and postpartum women, it's a non-surgical option for any woman experiencing a pelvic floor disorder.

There are no guarantees, but it is fair to expect your pregnancy and labor to go easier and possibly even quicker when you incorporate any strength and flexibility exercises into your daily routine. Before you begin an exercise program, make sure you talk with your health care provider. Although exercise during pregnancy is generally good for both mother and baby, your doctor might advise you not to exercise. Here are a few suggestions to help make your pregnancy easier and even healthier:

- Find an exercise partner.
- Take a meditation class.
- Try a prenatal yoga class.
- Stay motivated.
- Listen to your body.
- Rest.



## Full-Service Maternity Unit Opening at West Chester Hospital

Opening April 2015, the new state-of-the art Maternity Services unit will include delivery suites, Cesarean-section operating rooms and triage rooms, standard and isolation bassinets and several private family gathering areas. An adjacent nursery will function as a Level IIB Special Care Nursery for babies who may require additional medical attention.

Watch for more information on this newest service and learn about your maternity services options by visiting West Chester Hospital Maternity Services or join us for an upcoming maternity seminar.

# Comprehensive Breast Health and You

Contributed by **Amy Argus, MD, Director of Breast Imaging, West Chester Hospital**

Breast health begins with YOU! Knowledge of your own body is often the most powerful weapon against breast cancer. That's why it's so important that you perform monthly breast self-exams and have regular breast exams and screening mammograms.

## 3-D Mammography

At the Women's Center, we want you to have the best and the best for breast health is tomosynthesis (3-D mammography), the latest mammogram technology. This screening tool is used to supplement traditional mammography. By producing multiple images through the breast, tomosynthesis allows the radiologist to visualize the breast tissue in layers which helps to distinguish areas that need to be evaluated. As a result, fewer patients need to be called back for additional testing since breast tissue can be seen more clearly. In addition, more cancers can be found early than with conventional 2-D mammography alone.

## Breast Cancer Screening by Specialists

We use a team approach to treat our patients. In addition to core medical team members (radiologists, surgeons, oncologists and nurses), we also include on-site key ancillary providers (behavioral health, nutrition, integrative medicine, sexual health and menopause specialists with a special interest in breast health) when developing individualized treatment plans.

Your health is important to us and should be at the top of your priority list. By taking advantage of our comprehensive breast health program, you are exposed to the best and most advanced care in the region. If you would like to schedule an appointment for a mammogram or with one of our providers, please call (513) 475-UC4U.

# Too Much Sitting Is Not Good for You

Sitting is a major part of the day for most of us. It's often unavoidable especially if your job requires you to be at a desk all day. But all that sitting may be quite harmful.

A new study from the *Annals of Internal Medicine* found that sitting increases our chances of getting a disease or condition that prematurely shortens our life, even if we exercise. In the study, researchers noted that because we typically sit more than we stand, the sitting outweighs the benefit we get from exercise. However, the more you exercise, the lower the impact of sitting has on your body.

According to the World Health Organization, physical inactivity has been identified as the fourth-leading risk factor for death. Researchers looked at 47 studies examining the relationship between sitting and death. They found that people who sit for long periods had an 18% increased risk of dying of cardiovascular disease, 17% increased risk of dying from cancer and a 90% increased risk of developing type 2 diabetes.

So what can you do to reduce the time you're sitting? Try to work the following into your daily routine, whether you're at home or work:

- **Stand.** If you can't get away from your desk, stand at your desk. Moving your arms and legs is also a good thing to do to increase blood flow after sitting.
- **Pace while on the phone.** Take calls on your cell phone or invest in a headset so you can walk away from your desk.
- **Go for a walk.** Instead of calling or e-mailing a colleague or using inter-office mail, walk to your colleague's desk.
- **Don't skip commercials.** If you watch TV at home, don't skip through the commercials with your DVR. Instead walk around or at least stand up during the commercial break.

All of the above mentioned options are easy to do but take it a step further and take advantage of our Integrative Medicine services – acupuncture, massage therapy and reflexology – can help reverse the negative effects of prolonged sitting by reducing stress, optimizing health function, restoring your natural balance and enhancing your overall well-being.



# Colorectal Cancer Not Uncommon in Women

Contributed by **Roberta Hunter, MD**

When you think of women and cancer you may think of breast or ovarian cancer but according to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

Colorectal cancer is the second leading cause of cancer-related deaths for both men and women with nearly 50,000 deaths expected this year alone. Thankfully, the death rate from colorectal cancer has been dropping in both sexes for more than 20 years and that's likely due to screening. Screening is allowing more colorectal cancers to be found earlier when the disease is easier to cure.

## Importance of Colonoscopy

March is National Colorectal Cancer Awareness Month and we wanted to remind you of the importance of getting screened for colorectal cancer. A colonoscopy is the best screening test available for colorectal cancer. This procedure allows a doctor to look at the inner lining of the large intestine (rectum and colon) by using a thin, flexible tube with a tiny video camera and a light called a colonoscope to look at the colon. By doing so, this helps find ulcers, colon polyps, tumors and areas of inflammation or bleeding. Biopsies are often performed during a colonoscopy to check for cancerous cells.

## Who Should Get Screened

Any adult can have colorectal cancer but this type of cancer is more commonly found in people age 50 and older. Those with a personal or family history of this cancer, have polyps in their colon or rectum, or those with inflammatory bowel disease (IBD) are more likely to have colorectal cancer. A high-fat diet, being overweight, smoking and being inactive can also increase the risk of having colorectal cancer.

In the average risk individual, a screening colonoscopy can be done at age 50 and every ten years thereafter. This interval of surveillance however may change depending on findings on the initial colonoscopy, family history and other personal conditions. Colonoscopy isn't the only test available to screen for colorectal cancer. Talk to your doctor about the different screenings and which one is best for you. And remember, cancer doesn't discriminate against age or race so please encourage the women and men in your life to have regular screenings. It may just save your or a loved one's life.

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# Sleep in Middle Age Could Make For Better Memory

Here's the deal... quality sleep is sometimes elusive. Not just quality but also quantity! And to make it a little worse for those who lack both, recent findings found sleep helps memory and may have lasting benefits as individuals hit their seventh, eighth, and ninth decades of life.

The research found people who have a hard time getting to sleep in youth and middle-age are more likely to experience problems with memory loss in old age. Take to heart the value and importance of a good night's rest. Maintaining good sleep quality, especially in young adulthood and middle age, has shown to promote better cognitive functioning and serves to protect against age-related cognitive declines.

In the article -- "Sleep, Cognition, and Normal Aging: Integrating a Half Century of Multidisciplinary Research" the researchers note the benefits of a sound night's sleep for young adults are varied and unique. One example is that a particular kind of "deep sleep" called "slow-(brain)-wave-sleep" helps memory by taking pieces of a day's experiences, replaying them and strengthening them for better recollection.

When women reach the menopause years, sleep can become disruptive. Taking an afternoon nap may help with memory and protect against its decline -- as long as you don't skimp on nighttime sleep.

As with many things, it's better to get a head start instead of waiting until the last minute or until it's too late. Getting adequate sleep works the same way. As an adult, at least seven hours of sleep is needed for your body to rest and go through the deep and dream sleep process.

*If a person lives 85 years, he or she may sleep nearly 250,000 hours – more than 10,000 full days.*

Think about all the factors that can interfere with a good night's sleep —pressure at work and family responsibilities to unexpected challenges. Although you might not be able to control all of the factors that interfere with your sleep, you can adopt habits that encourage better sleep. Start with these simple sleep tips:

**Stick to a sleep schedule.** Go to bed and get up at the same time every day, even on weekends, holidays and days off.

**Pay attention to what you eat and drink.** Don't go to bed hungry or stuffed and limit your fluid intake before bed to prevent disruptive middle-of-the-night trips to the toilet.

**Create a bedtime ritual.** Easing the transition between wakefulness and drowsiness can be done by doing the same things each night before bedtime—take a warm bath, read or listen to soothing music.

**Get comfortable.** Make sure your room promotes a good sleep environment. Use shades and a fan to create an environment that meets your needs.

## HOW MUCH SLEEP DO YOU REALLY NEED?

The National Sleep Foundation (NSF) recently updated recommendations for appropriate sleep durations:

**School-age child (6 – 13 years):**  
9 – 11 hours (previously 10 – 11 hours)

**Teens (14 – 17):**  
8 – 10 hours (previously 8 ½ - 9 ½ hours)

**Young adults (18 – 25):**  
7 – 9 hours (new category)

**Adults (26 – 64):**  
7 – 9 hours (no change)

**Older adults (65+ years):**  
7 – 8 hours (new category)

## 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.



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).

## Health Care Designed For Women

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

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

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

### A Medical Home

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

### Evidence-Based Care, Specialized for Women

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

### Advancing Women's Health Care

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

#### Our aesthetic/cosmetic services include:

- |   |                              |                               |                    |
|---|------------------------------|-------------------------------|--------------------|
| • Primary Care                          | • Weight Loss & Nutrition    | • Executive Health & Wellness | • Gastroenterology |
| • Menopause & Sexual Health             | • Cardiology & Pulmonology   | • Integrative Medicine        | • Mental Health    |
| • Comprehensive Breast Health & Imaging | • Obstetrics                 | • Plastic Surgery & Skin Care | • Geriatric Care   |
| • Bone Health & Endocrinology           | • Gynecology & Urogynecology | • Headache & Pain Medicine    |                    |
|   | • Gynecologic Oncology       | • Sleep Medicine              |                    |