



WELCOME LETTER

Ah, it's here! Spring in the Cincinnati region; one of my favorite times of the year. I just love the daffodils peaking their heads out of the still cold ground. What determination they have! These beautiful flowers are a reminder that with a little determination we ourselves have the strength within to move forward, taking baby steps towards greater overall health. The winter may have seemed long and cold but springtime is a chance to get outdoors and enjoy the warmer temperatures. I encourage each of you to take advantage—get outdoors, grab your family or friends and head to the park or take some “me” time to rejuvenate your mind and de-stress.

With April's arrival, we're anxiously awaiting the opening of our new maternity services at West Chester Hospital. With the increasing demand in our northern counties we feel privileged to offer women this new, state-of-the-art unit. And don't forget, the Women's Center offers a full range of obstetrical and prenatal care to guide you through your pregnancy and give your baby a healthy start.

And although February has passed and the public service awareness for heart health has declined, remember to take care of your heart. Heart disease is a woman's greatest health threat. Visit our website to learn about all our comprehensive programs designed specifically for women.

This month the Women's Center is offering skin care specials to help rejuvenate and prepare your skin for the summer months. And if you feel like you can't step away from your office for a little mid-day exercise then let the Integrative Medicine team come to you, they're bringing yoga therapy right to your office!

I hope you stay well and stay in touch!

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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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:

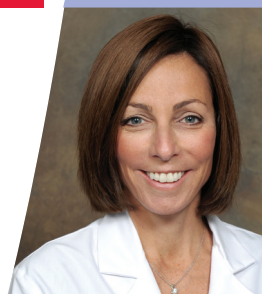
women.uchealth.com/about-us/support-the-center

WEST CHESTER

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West Chester, Ohio 45069
(513) 475-UC4U (8248)

MIDTOWN

3590 Lucille Drive
Cincinnati, Ohio 45213
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Don't Move... We'll Come To You

Contributed by **Carly Hueber, EDM**

Looking to boost morale and health around the office? Look no further than the UC Health Integrative Medicine program. They've gone mobile, meaning they'll come to you. Businesses know that helping employees build resilience and reduce stress isn't just the right thing to do—it can also help the bottom line. Stress is a universal issue that has a direct impact on people's health and increases health care costs.

Office yoga as part of a weekly routine, can work wonders to wipe away body pain, fatigue and tension and increase overall muscle strength and flexibility. It helps keep employees focused and revitalized throughout the day!

We know that stressed individuals are at greater risk for many different health conditions, such as heart disease, some cancers, diabetes, depression and anxiety, and obesity. Yoga in the workplace has tremendous mental and physical benefits and can also lead to a 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, 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 that do not have to be department specific.



Our highly trained instructors modify all classes for various skill and ability levels to ensure success for all. So what are you waiting for? Pick up the phone. Relaxation is right around the corner.

**For schedule and cost information,
please call Carly Hueber at (513) 475-WLNS
(9567).**



**UCHealth.com/women
(513) 475-UC4U**

Spring Is Here...

Get your skin ready to shine.

Microdermabrasion Package Only \$330

Purchase three Microdermabrasion Treatments
Receive three Complimentary Décolletage Treatments

20% off NIA24 Products
(good through April 30, 2015)

New Patients
Receive half-off first skin care service
20% off first product purchase

A complimentary physician consultation is needed before receiving treatment(s). Our physicians reserve the right to decline to perform a medical procedure if the recipient is deemed medically unsuitable after a thorough medical evaluation. UC Health Plastic Surgery will not be financially liable in any way for procedures refused for medical reasons. The recipient may refuse any procedure they are not comfortable with receiving, while still receiving any they do want.

Iodine Recommended Daily in Multivitamin Prenatal Supplements

New guideline recommendations from The US Council for Responsible Nutrition (CRN), a dietary-supplement trade association, calls for iodine supplementation to be included in multivitamin/mineral supplements intended for pregnant and lactating women.

CRN, the leading trade association for the dietary supplement and functional food industry, developed these guidelines in response to recommendations from authoritative medical organizations, including the American Academy of Pediatrics, the Endocrine Society, and the American Thyroid Association. Guidelines suggest that pregnant and lactating women receive a daily multivitamin/mineral supplement containing 150 mcg of iodine.

“Scientific evidence shows that, similar to folic acid, adequate iodine is critical early in pregnancy when the fetal brain is growing rapidly,” says Duffy MacKay, ND, senior vice-president, scientific and regulatory affairs, CRN. “Currently, many U.S. women of childbearing age get insufficient dietary iodine, putting their children at risk for decreased cognitive function. CRN’s guidelines call on manufacturers of multivitamin/mineral supplements for pregnant and lactating women in the U.S. to provide the scientifically-backed amount of iodine that this population needs.”

Many women of childbearing age have mild iodine deficiency, which can have adverse effects on cognitive function in children. Pregnant women need more iodine than other women because of changes the body goes through when pregnant. Increased thyroid-hormone production, renal losses and fetal iodine requirements all require a sufficient iodine supply to keep mom and baby healthy. According to the CRN, only 15 – 20% of pregnant and lactating women take a supplement containing adequate iodine. “We commend the Council for Responsible Nutrition for stressing the importance of iodine for

pregnant and lactating women in order to ensure normal brain development of the fetus and baby,” said Robert C. Smallridge, MD, president, American Thyroid Association.

“Our association strongly concurs that pregnant and lactating women should get 150 mcg of iodine daily from their multivitamin/mineral supplement.”

As with any medication or dietary supplement, too much of one thing can be dangerous. Doctors warn that taking more than 1,100 mcg of iodine per day is not recommended because this can increase the risk of thyroid dysfunction, particularly in pregnant and lactating women or those with a pre-existing thyroid disease. It’s important to read the bottle label and talk to your doctor before you start taking any medications or dietary supplements.



FOOD SOURCES OF IODINE

Iodine is found in dairy products, eggs, vegetables, seafood and table salt. Check the label for the amount of iodine in your food.

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.

More Time Between Pregnancies Helps Reduce Risk of Premature Birth

Contributed by **Emily DeFranco, DO, Associate Professor of Obstetrics & Gynecology, Maternal-Fetal Medicine**

In the United States, 1 in 9 babies are born prematurely and worldwide, 15 million. The outlook here in Hamilton County and the state of Ohio doesn't look good. The United States ranks among the bottom industrialized nations in infant mortality—Ohio is near the bottom among states with 17,000 babies born too soon. Here, in the region, we're working to address the crisis. Not only does premature birth cost society more than \$26 billion a year, it takes a high toll on families. And babies born even just several weeks before term are at risk of severe health problems and lifelong disabilities. Premature birth is the number 1 killer of newborns.

The time between pregnancies, known as interpregnancy interval (IPI), is crucial and can help pregnant moms avoid adverse birth outcomes, according to a recent study. Preterm birth, low birth weight and infant mortalities have each been repeatedly shown to follow a strong relation to the time interval between pregnancies.

As a principle investigator of the Influence of interpregnancy interval on neonatal morbidity study published in the *American Journal of Obstetrics & Gynecology* in March 2015, we found neonatal morbidity requiring admission to the Neonatal Intensive Care Unit (NICU) was lowest when the baby was born following an interpregnancy interval of 12 to 24 months compared to short periods of time between pregnancies of less than six months. Ideally to protect the baby's health, the length of time between pregnancies should be 12 months or more. Women who become pregnant sooner than 12-18 months following the prior birth are more likely to deliver prematurely, which poses greater risks to the baby's health. The most significant [birth] risks are associated with the shortest birth intervals.

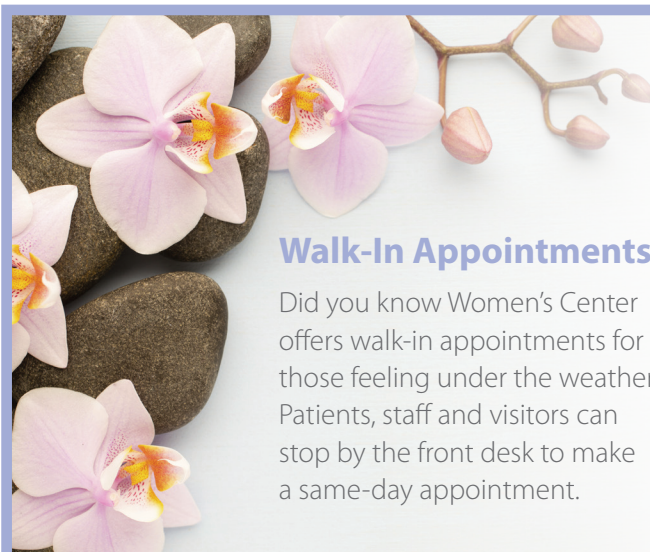
The study also found that African American women tend to have shorter intervals between births compared with women of other races. Almost 17 percent of African American babies are born prematurely each year because of preterm labor. While proper birth spacing is critical, additional factors contribute to a high preterm birth and infant mortality rate—including cigarette smoking,

multiple births and medical complications like hypertension and diabetes.

Although many women believe they are naturally protected from pregnancy soon after birth, it is possible to get pregnant even within the first month after delivering a baby. Physicians recommend waiting at least 6-8 weeks after delivery before having intercourse; however this study supports the importance of family planning and access to birth control methods for at least the first 12 months after a birth.

Our collaborative team of obstetricians provides prenatal and postpartum care. If you have questions about birth spacing, prenatal care, optimizing your health before or during pregnancy, our multi-specialized team is here to be your health care partner.

Preterm birth remains the single biggest factor affecting infant mortality in Cincinnati.



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.

New Dietary Recommendations Bring Changes

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

The Department of Health and Human Services Dietary Guidelines Advisory Committee (DGAC) recently released its new recommendations to the US government for healthy eating. The report provides some new advice on food recommendations and supports a pattern that promotes good health and disease prevention.

In this newest report, the DGAC, which is made up of physicians and nutritionists, recommends we eat more vegetables, fruits, whole grains, low or nonfat dairy, seafood, legumes and nuts and less red and processed meats, added sugars and refined grains. Surprisingly, the new recommendations also approved of consuming a moderate amount of caffeine and not worrying about trying to control the amount of dietary cholesterol we eat.

Sonal Hill, MS, RD LD, at the Women's Center says it has to do with dietary combinations. "People focus on what not to eat, but should focus on what they should be eating on most days at most meals," says Hill. "Diets that are rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can also include foods on the "bad list." Some foods and drinks that people cut out actually have a place in their diet. Not all "bad" foods and drinks need to be removed."

What You Should Be Eating

Women have different daily nutritional requirements than men but we all should strive for the same goal – being healthy and that usually starts with diet and exercise. With that in mind, try sticking to the following recommendations and burning off more calories than you consume and you'll be on the right path to maintaining a healthy weight while keeping yourself well nourished.

The DGAC and I recommend dietary options that are full of vegetables, fruits, whole grains and low in saturated fat, added sugars and sodium.



The goals for the general population are:

- Less than 2,300 milligrams of dietary sodium per day.
- Less than 10% of total calories from saturated fat per day.
- A maximum of 10% of total calories from added sugars per day.

Trying to maintain a healthy diet can be overwhelming and intimidating but we are here to help you. Our expert team of nutritionists can help you navigate the information and develop a healthy eating plan that helps you reach your goals.

OUR SERVICES

- **Diabetes education**
- **Tailored dietary needs post-trauma**
- **Tailored dietary needs pre & post-surgery**
- **Individual counseling sessions that cover diet history, nutritional assessments and individualized meal plans**
- **Dietary modification strategies, written information, recipes, resources and goal setting**

Connect with us.



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twitter.com/uchwomenscenter



New Maternity Services Unit and Nursery Set to Open This Month

Later this month, a full service maternity unit and nursery will open at West Chester Hospital. The new unit has been added in response to the increasing demand for maternity services in the Tristate's rapidly growing northern counties.

The Maternity Services Unit will be located on the third floor of the hospital and will feature spacious labor/delivery/recovery/postpartum suites, Caesarean-section operating rooms, triage rooms as well as a nursery and a Level IIB special care unit for babies that may require special attention. West Chester Hospital, nationally recognized for outstanding service and safety ratings, brings together all the comforts of home and exceptional obstetrical care.

"We will be able to provide families that wish to bring their children into the world with UC Health the option to do so in the northern suburbs," says Kevin Joseph, MD, president and CEO of West Chester Hospital. "As the second-fastest growing ZIP code in the state, West Chester is a prime area for obstetrical demand."

To help fund the new unit and nursery, Frederic and Julie Holzberger, founders and owners of the Aveda Fredric Institute in West Chester, will be recognized for their \$100,000 gift. In their honor, the new nursery will bear their names.

Two events will be held on April 11 to mark the opening of the Maternity Services Unit. An educational seminar designed for pregnant women and couples will take place from 10:00 – 11:30 a.m.

in the Plaza Conference Room. Online registration can be completed on UCHealth.com/WCHevents. Immediately following the seminar, from 11:30 a.m. – 3:00 p.m., West Chester Hospital will celebrate the new unit and nursery with a public open house event and tour. During the event, visitors can meet expert physicians and clinicians who will staff the new unit. They can also add a personal memento to a time capsule that will be opened when the first baby born at West Chester Hospital turns 18 years of age. No R.S.V.P. is required.



Keeping Heart Patients Healthier

Physicians who routinely review with their patients the medications they should be taking are more likely to have patients adhere to their medications and achieve health goals, according to University of Cincinnati heart researcher Dylan Steen, MD, assistant professor and director of clinical trials and population health research in the UC Division of Cardiovascular Health and Disease. Steen reported on the findings at the American College of Cardiology Scientific Sessions held in March.

“Discontinuation of the most important medications is common early after serious cardiovascular events, such as heart attacks and strokes, and those patients who stop taking their medication have a much higher incidence of adverse health outcomes,” says Steen. “We implemented guideline-based performance reports to improve adherence to the most important medications during the course of a large, international clinical trial.”

Steen and his team of researchers tracked the use of aspirin, clopidogrel, statins, beta blockers, angiotensin converting enzyme inhibitors, and angiotensin receptor blockers—standard medications prescribed following coronary events—and all of which reduce the progression of cardiovascular disease. He said that tracking reports

in previous trials have demonstrated excellent use of these medications for 12 months.

“This is a demonstration that in a broad population, excellent medication utilization can be achieved,” says Steen. “It supports the randomized clinical trial data that shows that these medicines are well tolerated. The reasons patients stop their medications in the vast majority of cases include inadequate understanding of their health benefits, perception of tolerability issues, and having to deal with complex medical, pharmacy and insurance issues.”

“By having a mechanism to consistently identify patients who are not taking these medications, health care providers can initiate a discussion with these patients to identify what concerns each may have and potentially come up with solutions,” says Steen.



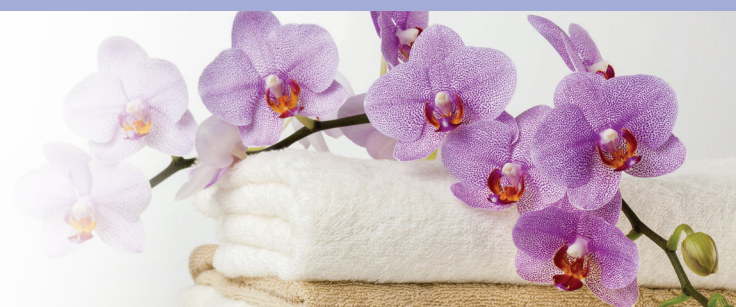
TIPS FOR TAKING HEART MEDICATION TO HELP KEEP YOU AND YOUR HEART HEALTHY:

- **Talk with your doctor and pharmacist. They can help you better understand the correct amounts and when and how often to take both prescription and OTC medicines.**
- **Share your information. Make your doctor and pharmacist aware of all the medicines you are taking.**
- **Mind your meds. Keep track of your medicines on a daily basis.**
- **Be consistent. Take your medicines consistently and almost always you want to take them at the same time of day.**

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. If you wish to be removed from our mailing list, please email 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:

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|-----------------------------------------|------------------------------|-------------------------------|--------------------|
| • Primary Care | • Weight Loss & Nutrition | • Executive Health | • 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 | |