



## WELCOME LETTER

It's May and there are many things to celebrate this month. Mother's Day on May 10, National Women's Health Week May 10 – 16 and during May we celebrate National Osteoporosis Month. I'm excited to encourage women everywhere to focus on achieving a longer, healthier and safer life! How can you do this? By making your own health a priority. I know it might be difficult at times—we get pulled in many directions—our kids, significant others, friends, work and even neighbors. But whether you're a mother, aunt, sister or daughter, I encourage you to take a step forward and learn what you personally can do to lead a healthier life regardless of your age. To get started, read our article about the 10 healthy things every mother should do. And on your to-do-list: get your annual check-up scheduled so you can check that off! This is super important and your annual check-up is a great opportunity to talk with your provider about any issues you may be experiencing.

We all know how stressful life can get but don't let stress win! Being stressed isn't good for your health. We've listed some easy steps you can take to help manage stress before it takes over your life.

Also, a Report of the Surgeon General indicates the prevalence of bone disease and fractures is projected to increase as our population ages. Osteoporosis and fractures no longer should be thought of as an inevitable part of growing old. I encourage you to read this month's article on bone health and screening and learn how physical activity, nutrition, early diagnosis and appropriate treatment can impact bone disease.

I hope you enjoy this Mother's Day with the women in your life! And please don't forget to wear sunscreen if you're planning on spending any time outdoors. The American Academy of Dermatologists recommends an SPF of at least 30 to provide adequate protection for your skin.

**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*

## TABLE OF CONTENTS

Stress and the Harmful Effects on Your Health .....	2
Stay Sun-Safe This Spring .....	3
Too Young for a Heart Attack? Study Finds Younger Women Delay Seeking Help.....	4
10 Healthy Things Every Woman Should Do .....	5
Osteoporosis: The "Thin Bone" Disease .....	6
Increase Daytime Light Exposure for Better Sleep at Night .....	7

## MAY SKIN CARE SPECIALS

### 20% OFF GIFT CERTIFICATES

**QUARTERLY TREATMENT SPECIAL;  
BUY 3 MICRODERMABRASION FACE,  
GET 3 DÉCOLLETAGE TREATMENTS FREE**

### 20% OFF OBAGI PRODUCTS

**\* Gift Certificates are good towards non-surgical services, skin care services and skin care products & cannot be combined with any other discounts.**

**\* A complimentary physician consultation is needed before receiving treatment(s).**

**\* All discounts and specials are only valid & available at UC Health Women's Center, 7675 Wellness Way, 4th floor, West Chester, OH 45069 and UC Health Plastic Surgery Office, 7690 Discovery Dr., Suite 1700 West Chester, OH 45069**

### WEST CHESTER

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

### MIDTOWN

3590 Lucille Drive  
Cincinnati, Ohio 45213  
**(513) 475-UC4U (8248)**



**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*

# Stress and the Harmful Effects on Your Health

Contributed by **Ann Stone, ANP**

Let's face it; stress is something most of us can't avoid. Stresses of work, family and finances lurk around just about every day. These stresses clutter our minds, often to distraction which causes more stress! Unfortunately, stress is part of life and can be quite harmful to our health.

There are at least three different types of stress, all of which carry physical and mental health risks:

- Routine stress related to work, family and other daily responsibilities
- Stress brought about by a sudden negative change, such as the loss of a loved one, job loss, or illness
- Traumatic stress, experienced in an event like a major accident, war, assault, or natural disaster

The body responds to each type of stress in similar ways. Different people may feel it in different ways. For example, some of us experience digestive symptoms, while others may have headaches, sleeplessness, depressed mood, anger and irritability. Those who suffer from chronic stress are prone to more frequent illnesses such as the common cold or flu. Of all of the types of stress, changes in health from routine stress may be the hardest to notice until symptoms start. Over time, continued strain on your body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, diabetes, depression, anxiety disorder and migraines.

## Coping with Stress

Taking practical steps to maintain your health can reduce and prevent the effects of stress. I recommend trying these tips to help you cope with stress:

- **Recognize signs of your body's response to stress.** Difficulty sleeping, being easily angered or irritated, feeling depressed, having low or no energy, increased alcohol and other substance use.
- **Set priorities.** Decide what must get done and what can wait and learn to say no to new tasks if they are causing you to feel overwhelmed.

- **Don't dwell on problems.** Try to relax your brain especially before going to sleep so your body gets the rest it needs.
- **Exercise at least 30 minutes per day.** Exercise helps boost mood and reduce stress.
- **Explore stress coping programs such as ones we offer through our Integrative Medicine program.** Acupuncture, massage therapy, reflexology, yoga therapy, Pilates therapy and Tai Chi are great for stress relief and promote relaxation.
- **Ask for help from family members, friends or others you feel comfortable confiding in.**
- **Seek help from your doctor if you are overwhelmed or depressed.** At the Women's Center, our psychiatry and behavioral health experts offer individualized treatment plans for females and males of all ages. Families are welcome as well.

**Any of these options are great stress relievers but it's best to start with learning what brings on stress in your life. Take our assessment at: [uchealth.staywellsolutionsonline.com/RelatedItems/42,StressfulLifeEventsMRA](https://uchealth.staywellsolutionsonline.com/RelatedItems/42,StressfulLifeEventsMRA) to help you identify your life "stressors."**

## 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.

# Stay Sun-Safe This Spring

Contributed by **Cathy Fricke, Skin Care Specialist**

The warm weather is here and you're spending time outdoors after that rough winter. Spring temperatures may not be as intense as the summer heat, but you still have to protect yourself against the sun's damaging rays.

Even in the spring, the sun's rays can be harmful. Ultraviolet (UV) radiation is stronger during spring and summer months because the sun is higher in the sky, making the rays more intense and more harmful to your skin. The rays are strongest between 10 a.m. and 4 p.m. but can still burn your skin in the early morning and late evening hours. So what is the best way to protect your skin and still enjoy the warm temperatures and sunshine? Sunscreen and plenty of it!

Your best defense against the sun is sunscreen, protective clothing, a wide brimmed hat and sun glasses. I recommend you use a sunscreen with SPF 30 or higher and re-apply at least every 2 hours regardless of what you're doing outside.

Remember to read the label on the sunscreen bottle and pay attention to your face, ears, neck, arms and other areas not covered by clothing or any area that you know burns easily. If you're going to wear insect repellent or makeup, put the sunscreen on first. And apply sunscreen to your dry skin at least 30 minutes before going outdoors.



## Choosing the Right Sunscreen

Try these tips to find a sunscreen that will protect your skin from the damaging sun.

- Choose a sunscreen with at least SPF 30 or higher.
- Choose a sunscreen with broad spectrum protection. Sunscreen products can only be labeled broad spectrum if they have been tested and shown to protect against both UVA and UVB rays.
- Check the expiration date to make sure the sunscreen is not expired. Sunscreens exposed to heat for long periods may be less effective.
- Adults with sensitive skin or skin conditions like rosacea may also benefit from using a sunscreen made for children. If you have a skin irritation or allergies, avoid sunscreens with alcohol, fragrances or preservatives.

## 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.

Help us be a voice for all women. Join us in the movement to advance women's health care. Donate today at [women.uchealth.com](https://women.uchealth.com).

To learn more about sponsorship and volunteer opportunities, email [womenscenter@uchealthsites.com](mailto:womenscenter@uchealthsites.com).







## *Too Young for a Heart Attack?* Study Finds Younger Women Delay Seeking Help

The symptoms of a heart attack can happen anywhere, any time and at any age but according to a new study, that doesn't weigh on the minds of younger women who are ignoring the signs of a heart attack.

The study published in the *Journal Circulation: Cardiovascular Quality and Outcomes* found that US women, younger than 55 years old, often inaccurately assess their cardiovascular risk, reported poor preventative health behaviors and delayed seeking medical care for symptoms of a heart attack.

During the study, researchers interviewed women aged 30 to 55 who survived a heart attack and found that many of the women didn't pay attention to early warning signs of a heart attack such as pain in areas of the upper body (arms, shoulders, back, neck, jaw or stomach), dizziness and nausea/vomiting. For women and men, the most common heart attack symptom is chest pain or discomfort but women are more likely to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. Several of those same women didn't receive immediate medical attention or a complete assessment for their symptoms, a formal diagnosis of a heart attack or didn't take steps to prevent heart disease.

Heart disease is the leading cause of death in women, contributing to one in three female deaths every year. Recent trends suggest that heart disease is on the rise, particularly among young females because of multiple risk factors and family history. Seeking immediate medical help is extremely important if you develop heart attack symptoms.

### ***Four Healthy Habits That Could Save Your Life***

**Heart disease is preventable. Work with your doctor to minimize your risk factors.**

- **Schedule an appointment with your doctor to learn your risk for heart disease.** At the Women's Center, you get a complete health assessment, a review of your medical records and updated blood work to assess your risk for heart disease.
- **If you're a smoker, quit smoking.** You'll cut your risk of heart disease by 50 percent within one year after quitting.
- **Exercise.** Walking just 30 minutes a day can lower your risk for heart attack and stroke.
- **Maintain a healthy diet.** Visit [heart.org](http://heart.org) for heart healthy recipes.

Researchers suggested developing strategies, preferably with your doctor, to empower yourself and other women in your life – regardless of age – to recognize heart attack symptoms and seek immediate medical care. This can be particularly critical for young women at increased risk for heart disease.

# 10 Healthy Things Every Woman Should Do

With Mother's Day approaching, we're reminding all the women out there to make your health a priority! As providers of women's health, we're aware of how often women tend to take care of others before they take care of themselves. Well this month we're offering 10 simple things every woman can do to get on the healthy-living bandwagon! Ready, set, go!

- 1. Visit your doctor.** The American Congress of Obstetricians and Gynecologists recommends all women 21 and older see their doctor (gynecologist and primary care) every year for a wellness check-up.
- 2. Reduce risks.** Many health problems can be avoided by reducing your risk of developing them. Make lifestyle changes such as quitting smoking, scheduling wellness check-ups, exercising and eating healthy. It's not always easy so connect with other women to garner support!
- 3. Check Yourself.** You know your body! Perform monthly breast self-exams and get regular clinical breast exams and screening mammograms to ensure your breasts are healthy. For other body parts, if you notice any abnormalities, please talk to your doctor.
- 4. Eat healthy.** Meals rich in fruits and vegetables are important for good health. Limit foods and drinks high in calories, sugar, salt and fat.
- 5. Get moving.** If you aren't exercising, start! Getting adequate exercise is one of the most important things you can do for your health. Exercise controls weight, reduces risk of diseases and cancers and improves your mental health and mood. Try for 30 minutes of exercise every day.

## 6. Sleep well.

Insufficient sleep is associated with a number of chronic conditions including diabetes, cardiovascular disease, obesity and depression. Get to bed early and try to get in at least 7-9 hours of sleep each night.

- 7. Manage stress.** Stress is unavoidable but it doesn't have to run your life. Read our article on "Stress & the Harmful Effects on Your Health" to learn ways to manage stress.

- 8. Get to know your history.** Know and share your family's medical history. Family members share a lot including genes that may influence your health and risk for diseases and cancers. Share your family's medical history with your health care providers as well as with your child's health care provider.

- 9. Schedule "Me" Time.** Take time just for you each week! It's vital to living a fulfilling life. Time to yourself can help you have a better understanding of yourself. Remember, self-time is not selfish – it's necessary for self-care!

- 10. Show you care.** Show others you care about their health by encouraging them to do all of the above mentioned suggestions. This is especially true for the women in our lives.

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



## A Special Delivery!

April was a very exciting month for the associates at West Chester Hospital, even more so for the parents of the first baby born in the hospital's new maternity unit.

The new unit officially opened on April 16 and, within hours of opening, a precious little girl named Kaitlynn arrived into the world. Kaitlynn's parents, Mandy McCrory and Michael McCrory, EdD of West Chester were thrilled to deliver their bundle of joy so close to home. Maria Gerber, MD, an obstetrician at UC Health Women's Center delivered Kaitlynn. Dana Lovell, MD, medical director for Maternity Services at the hospital, assisted with the birth.

Congratulations to Mandy and Michael McCrory and the associates at West Chester Hospital!

Childbirth education classes and tours of the new maternity unit are offered regularly. To register for classes or a tour, visit [UCHealth.com/WCHevents](http://UCHealth.com/WCHevents)

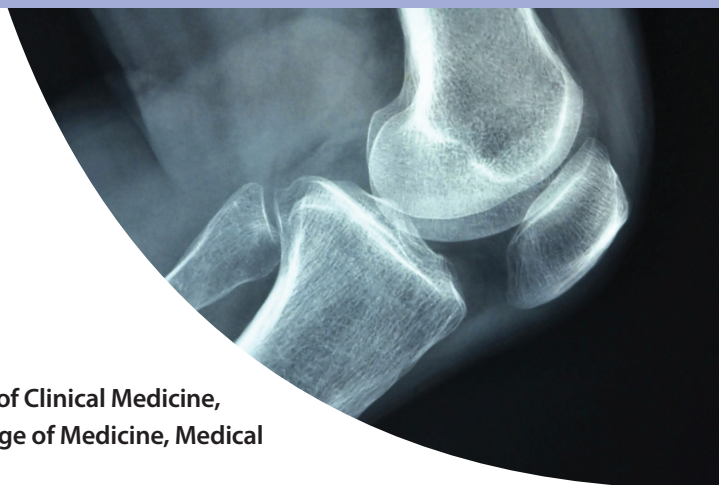


# Osteoporosis:

## The “Thin Bone” Disease

### What Women Need to Know

Contributed by **Abid Yaqub MD, FACE, FACP, ECNU, CCD, Associate Professor of Clinical Medicine, Director, Endocrinology Fellowship Program, University of Cincinnati College of Medicine, Medical**



The human adult body consists of 206 bones; all at maximum density around the age of 30. Having optimal bone mineral density and dietary calcium is very important for our bones and helps keep them strong and healthy but for women, just being female puts you at higher risk of developing osteoporosis and broken bones.

In women, rapid loss in bone mineral density ensues primarily related to decline in estrogen levels. In the five to seven years after menopause, a woman can lose up to 20% of her bone density. This much bone loss in a short amount of time can increase a woman's risk of developing osteoporosis, a condition in which bones become thin and may break easily. The drop of estrogen – a hormone in women that protects bones – and the fact that women have smaller, thinner bones than men are the main reasons why women are at greater risk of developing osteoporosis. Not surprisingly, women who already have a relatively lower bone mass entering menopause are at even higher risk of developing osteoporosis.

#### Diagnosis of Osteoporosis

Simple tests can diagnose osteoporosis early so preventive treatment can ward off trouble. Physicians diagnose the condition using a specialized x-ray technique called DXA (dual energy X-ray absorptiometry). A DXA scan measures bone density in your body. The results of the scan are compared to what you would expect for the person's age (this is called a Z-score) and how they compare to a young person with peak bone mass (this is called a T-score). A T-score lower than -2.5 indicates osteoporosis.

#### Reducing the Risk of Osteoporosis

The National Osteoporosis Foundation recommends testing for all women age 65 and older and for all postmenopausal

women younger than 65 who have one or more of the risk factors, including smoking, excessive alcohol use, use of steroids and other medications adversely affecting bone, certain diseases like Rheumatoid arthritis, family history of osteoporosis or vitamin D deficiency. Around the time of menopause, a woman can reduce her risk of developing osteoporosis by making a few lifestyle changes, including:

- **Aim for 1,200 mg of calcium intake every day.** If your diet falls short of calcium, consider calcium supplements. Calcium citrate and calcium carbonate are best.
- **Maintain adequate vitamin D intake 800-1000 IU/day.** Vitamin D levels can be measured by a blood test.
- **Exercise regularly.** A combination of weight bearing exercise for 30 minutes a day and resistance (strength) training for 2-3 times a week is very helpful in maintaining strong, healthy bones.
- **Stop smoking.** Smoking cigarettes is associated with a higher risk of developing osteoporosis.
- **Avoid excessive alcohol & caffeine use.**

Medical treatments are available for those diagnosed with osteoporosis or those who have a high risk of developing it. If you have questions or concerns about your risk of developing osteoporosis, talk to your doctor.

Connect with us.



[facebook.com/uchealthwomen](https://facebook.com/uchealthwomen)



[twitter.com/uchwomenscenter](https://twitter.com/uchwomenscenter)

# Increase Daytime Light Exposure for Better Sleep at Night

Natural light is something that you wouldn't think of when it comes to getting a good night's sleep but that is exactly one of the important factors to help you sleep better.

A study published in the *Journal of Clinical Sleep Medicine* focused on the importance of exposure to natural light for office workers. The study found that workers in environments with windows not only had significantly more light exposure during work hours but also slept an average of 46 minutes more per night during the workweek than workers in environments without windows. Workers without windows also reported more sleep disturbances and poorer quality of sleep.

"There is increasing evidence that exposure to light, during the day - particularly in the morning - is beneficial to your health via its effects on mood, alertness and metabolism," said senior study author Phyllis Zee, MD, a Northwestern Medicine neurologist and sleep specialist. "Workers are a group at risk because they are typically indoors often without access to natural or even artificial bright light for the entire day. The study results confirm that light during the natural daylight hours has powerful effects on health."

As the study suggests and many of you who suffer from lack of natural light may know, the lack of natural light exposure during work hours can have negative effects on your health. Insufficient sleep and reduced sleep quality have been associated with several medical conditions including obesity, diabetes, heart disease and hypertension, mood disorders, memory loss, and bone loss. Not getting enough sleep can even cause death if the problem is severe and left untreated.

Getting a good night's sleep is vital to your health and well-being. Exposure to natural light affects your circadian biological clock. The circadian rhythm regulates the timing of periods of sleepiness and wakefulness throughout the day. The sleepiness we experience during the circadian dips will be less intense if we have had sufficient sleep and more intense when we are sleep deprived.

To improve your sleep and increase your exposure to natural light, take regular outdoor breaks during the day, especially if your office lacks windows.

## Best Sleep Position for Your Body

- 1. On Your Back.** Sleeping on your back allows your head, neck and spine to rest in a neutral position and helps ward off acid reflux.
- 2. On Your Side.** This position wards off back and neck pain and acid reflux as long as your torso and legs are relatively straight. Sleeping on your side is also the best position for those with sleep apnea because it keeps your airways open.
- 3. Fetal Position.** This is the most popular sleeping position. It's great if you're pregnant or if you snore as long as your torso is hunched and knees are bent but not too much to where you're restricting breathing in your diaphragm.
- 4. On Your Stomach.** Sleeping on your stomach definitely eases snoring but it's bad for everything else. It can cause back and neck pain and puts pressure on your muscles and joints.

**Trouble sleeping? Call (513) 475-UC4U to schedule an appointment with Victoria Surdulescu, MD.**



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:

- |   |                              |                               |                    |
|---|------------------------------|-------------------------------|--------------------|
| • 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              |                    |