

WELCOME LETTER

**Support the Catherine Geering Community & Provider Educational Sexual Health Lectureship today!**

Today, on this beautiful day, I was reminded of my dear friend Catherine many times. One year ago, Catherine and I were both beginning our journey through cancer treatment. We shared a summer of chemotherapy together. We were bald together and sick together, but mostly, thanks to Catherine's wicked sense of humor, we laughed together. She was a good friend and a bright spot in my life last summer. Even when she was sick herself, she worried about me and she supported me, even attending an event in my honor, during her own chemotherapy. Sadly, Catherine lost her battle with leukemia three months ago and I am still acutely aware of the loss of my friend and professional partner.

Catherine became a nurse practitioner after 30 years as a labor and delivery nurse, with the goal of caring for women at midlife. Her passion became sexual health and menopause management because it was apparent to her how many women were suffering in silence. She brought humor as well as compassion and kindness to her role as a provider and patients adored her. She was also instrumental in developing and launching the sexual health and menopause program within the Women's Center and moving forward with the program is difficult without her. Every clinic session patients tell me how wonderful she was and how they miss her, and they share stories of how she helped them. There will never be another Catherine Geering.

I would like to honor Catherine by holding a lectureship in her honor in March 2016. I would like to remember her dedication to midlife women's health, especially sexual health, her support of the UC Health Women's Center, and her friendship and support of me, by funding a community and provider educational sexual health lectureship. Catherine was an active member of ISSWSH (International Society for the Study of Women's Sexual Health) and a colleague of many of the national experts in the field. I think she would be honored and happy to know that a lecture in her name, given by a thought-leader in the field, would provide education to patients and providers about sexual health.

My goal is to raise \$10,000 between now and September 1, 2015 in order to host the Catherine Geering visiting professor and lecture in March 2016. I would appreciate your support. A donation of any size is appreciated and can be made by going to <http://uhealth.kintera.org/CatherineGeeringLecture2016>. UC Health employees can designate their Above & Beyond gift to the Catherine Geering Sexual Health Lecture Fund. In the hopes of reaching the goal, I will personally match any donation between now and September 1 up to \$5,000.



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

*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*

To donate to the Catherine Geering Sexual Health Lectureship Fund please visit:

<http://uhealth.kintera.org/CatherineGeeringLecture2016>



**WEST CHESTER**

7675 Wellness Way, 4th Floor  
West Chester, Ohio 45069  
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# The Talk:

## *Difficult but Necessary Topics to Discuss with Your College-Aged Daughter*



### **STDs, Eating Disorders, Alcohol Consumption**

You managed to get your daughter through childhood and adolescence and now it's time to face the college years! For many, especially young women, college is scary, intimidating and a whole new world. So before she heads off to campus, sit your daughter down and discuss the difficult but necessary topics that come with being a college-aged woman.

#### **STDs**

According to the Centers for Disease Control and Prevention (CDC), nearly half of the 20 million new sexually transmitted diseases (STDs) diagnosed each year are among people aged 15 – 24 years. Women can have long term effects of these diseases, including pelvic inflammatory disease, infertility, tubal scarring, ectopic pregnancy and chronic pelvic pain.

#### **Talk to your daughter about:**

- Avoiding transmission of STDs by not having sex or only having sex with one uninfected partner.
- Importance of getting tested for STDs if sexually active.

#### **Eating Disorders**

95% of students who have eating disorders are between the ages of 12 and 25. Eating disorders such as anorexia and bulimia can lead to serious physical and emotional problems, such as loss of menstrual cycles, weak heart, reduction in bone density, muscle loss and weakness, fatigue, anxiety and depression.

#### **Talk to your daughter about:**

- The importance of proper nutrition and a healthy diet.
- The risks of eating disorders, including chronic disease and emotional distress on her and her family.

### **Binge Drinking**

Binge drinking is the most common pattern of excessive alcohol use in the U.S. It's more common among young adults aged 18 – 34 years. According to the CDC, about 90% of alcohol consumed by those under the age of 21 is in the form of binge drinks.

#### **Talk to your daughter about:**

- The consequences of binge drinking – unintentional injuries, sexual assault, alcohol poisoning, unintended pregnancy, chronic health conditions (high blood pressure, liver disease, diabetes).
- The negative effect on her physical and emotional well-being, like anti-social, aggressive and violent behavior and mood and memory change.

## **The Pre-College Physical**

### **The Most Important Exam All Year**

If you have a daughter or son heading off to college soon, there is probably a lot to be done before this next phase of their life begins. Most colleges require a pre-entrance physical examination; even if your child's doesn't, it's a good idea to have one. This exam offers an opportunity to check your child's health status, to learn how to stay healthy and to plan what to do if problems arise.

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

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# Celebrate Life!

## *Cancer Survivors Embrace Life*

The first Sunday in June is a very special and inspiring day for thousands of people who are living with a history of cancer – from the moment of diagnosis through the remainder of life.

National Cancer Survivors Day is an annual “Celebration of Life” held every year in hundreds of communities around the world. It’s a celebration for those who survived cancer, their family members, friends or anyone else who has been tied to a cancer survivor. The day provides a way to connect with each other, celebrate milestones and recognize those who have supported cancer survivors throughout their journey. It’s also a day to draw attention to the ongoing challenges of cancer survivorship – lack of resources, research and overall support to improve cancer survivors’ quality of life.

The stereotype is that a cancer diagnosis means life is over but that’s not the case for thousands of survivors. Survivors use National Cancer Survivors Day to show the world that life after a cancer diagnosis can be rewarding and inspiring. Thanks to advances in cancer prevention, early detection, treatment and follow-up care, more people than ever are surviving cancer.

As part of University of Cincinnati Cancer Institute’s Survivorship Program, Women’s Center providers, patients and their caregivers are educated about the short and long-term effects of cancer treatment, evidence-based interventions to address these effects, surveillance and prevention strategies and cancer rehabilitation approaches with the overall goal of patients living a fulfilling life.

**For more information on cancer survivorship and support groups offered by UC Health, visit [uchealth.com/cancer](http://uchealth.com/cancer).**

### **What can you do to celebrate National Cancer Survivor’s Day?**

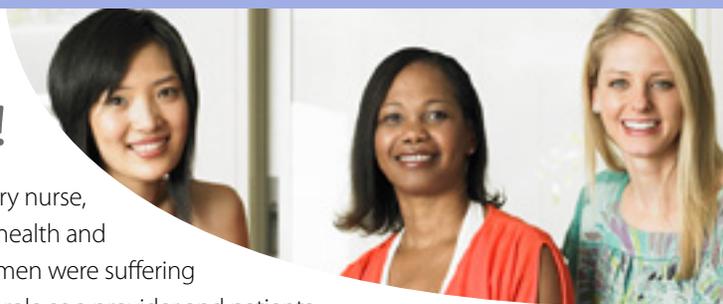
**Join the American Cancer Society’s Cancer Prevention Study-3.** CPS-3 is a study conducted by the American Cancer Society for individuals who have not been previously diagnosed with cancer. It aims to better understand how lifestyle factors impact cancer risk. Though it is a 20-year study, commitment is minimal. Participants are only asked to complete an initial exam and fill out questionnaires every two to three years. Learn more: [cancer.org](http://cancer.org).

**Commit to keeping an open dialogue with your primary care provider.** After completing cancer treatment, many patients are reluctant to continue talking about cancer with their primary care providers or internal medicine physicians. However, studies have shown that cancer survivors are at greater risk for developing secondary diseases. It’s vital to continue having open communication with your physicians. The Women’s Center is here to help connect the dots and transition patients forward from cancer, with the best care and attention possible.



## Support the Catherine Geering Sexual Health Lectureship today!

Catherine became a nurse practitioner after 30 years as a labor and delivery nurse, with the goal of caring for women at midlife. Her passion became sexual health and menopause management because it was apparent to her how many women were suffering in silence. She brought humor as well as compassion and kindness to her role as a provider and patients adored her. She was also instrumental in developing and launching the sexual health and menopause program within the Women’s Center.



**Please consider making a gift today to the Catherine Geering Sexual Health Lectureship. It’s easy to give, just go to: <http://uchealth.kintera.org/CatherineGeeringLecture2016>**



## Food for Thought

# Boost your brain by eating more “super foods”

Contributed by **Angela Fitch, MD, Associate Professor of Medicine, Director, Women’s Center Metabolic Health & Weight Loss Program**

It’s mid-year and it may be time for a reboot! If you’re already incorporating these brain boosting foods into your daily meals, great! If you aren’t, let’s get started so you can help enhance your brain, ultimately giving you more energy and helping to prevent disease.

**1. Eat more whole grains.** Like everything else in your body, the brain cannot work without energy. The ability to concentrate and focus comes from having plenty of energy – in the form of glucose in our blood to the brain. Incorporate this by choosing whole grains with a low glycemic index (GI), which release glucose slowly into the bloodstream, keeping you mentally alert throughout the day. Vegetables, fruits, seafood, meats, dairy, grains, nuts and seeds, beans and legumes, and spices and herbs all have low GI.

**2. Add “good” oil.** Essential fatty acids (EFAs) are necessary for the formation of healthy cell membranes and proper development and functioning of the brain and nervous system. The most effective omega-3 fats occur naturally in oily fish such as salmon, halibut, mackerel and tuna. Other good sources include linseed (flaxseed) oil, soya bean oil, walnut oil, pumpkin seeds, kale and parsley.

**3. Eat more fruits & vegetables with lycopene.** Lycopene is a powerful antioxidant found in the carotenoid family of plants. Carrots, tomatoes, watermelon, guava fruit, papaya, pink grapefruit, sweet red peppers, red cabbage and mangoes all have lycopene but tomatoes are considered one of the best forms of lycopene in our diet. It’s a good protector against the kind of free radical damage to cells which occurs in the development of dementia, particularly Alzheimer’s.

**4. Eat more blueberries.** Like lycopene, blueberries contain powerful antioxidants that neutralize free radicals linked to the development of cancer, cardiovascular disease and improving or delaying short term memory loss.

**5. Take your vitamins.** B vitamins - B6, B12 and folic acid – are known to reduce levels of homocysteine in the blood. Elevated levels of homocysteine are associated with increased risk of stroke, cognitive impairment and Alzheimer’s disease. Vitamin E also aids in preventing cognitive decline, particularly in the elderly. Nuts are a great source of vitamin E and dark green leafy vegetables are a great source for B & E vitamins.

Eating nourishing and healthy foods along with exercise gives brains the best chance of avoiding disease.

### Top Foods for Brain Power

Blueberries



Nuts



Olive Oil



Garlic



Spinach



Fatty Fish



Hot Cocoa



Whole Grains  
& Brown Rice



Dark Leafy Greens



# Sexual Dysfunction Drugs for Men vs. Women: A Case of Inequality

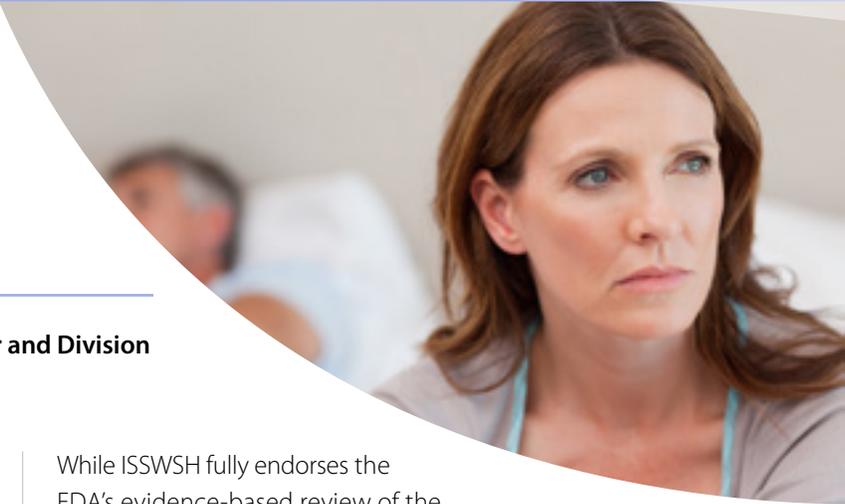
Contributed by **Lisa Larkin, MD, FACP, NCMP, Associate Professor and Division Director, Midlife Women's Health**

"Spectacular science has emerged," in the form of a novel non-hormonal pill shown to improve low sexual desire in women, says Sprout Pharmaceuticals CEO Cindy Whitehead. In clinical trials, flibanserin has shown promise in treating Hypoactive Sexual Desire Disorder (HSDD) and has been facing FDA approval difficulty since 2010.

On June 4, I've been asked to present to the FDA as they hold a Joint Meeting of the Bone, Reproductive and Urologic Drugs Advisory Committee and the Drug Safety and Risk Management Advisory Committee to review the approval of flibanserin for HSDD. Flibanserin has shown to offer a favorable safety and efficacy profile for the treatment of HSDD.

As a Board Member of The International Society for the Study of Women's Sexual Health (ISSWSH), the preeminent scientific organization focused on research, education, and clinical practice of women's sexuality, I applaud the FDA's recent announcement and am hopeful the prolonged development of flibanserin, a drug that could be the first approved medical treatment for distressing low sexual desire in women, will be seriously considered.

While there are 23 FDA-approved treatments for either erectile dysfunction or low testosterone in men, there is not one single FDA-approved drug to help sexual dysfunction in women. This is true despite the estimated 1 in 10 women in the United States that suffer from low sexual desire—that's 16 million women. Low sexual desire can be associated with significant distress that goes way beyond the bedroom and affects every aspect of life, including body image, mood, self-confidence and self-worth.



While ISSWSH fully endorses the FDA's evidence-based review of the risks and benefits of flibanserin, ISSWSH recognizes the significant unmet need for safe and effective medical therapies to address all women's sexual problems.

James A. Simon, MD, former president of the North American Menopause Society, a colleague and my mentor was lead investigator of the SNOWDROP trial. Dr. Simon coauthored Efficacy and safety of flibanserin in postmenopausal women with hypoactive sexual desire disorder and found that 100mg of flibanserin taken daily was associated with statistically significant improvements in the number of satisfying sexual episodes per month. Studies also showed improvements in reported sexual desire over placebo and reduction in stress associated with sexual dysfunction.

In one manufacturer-sponsored randomized controlled trial published last year (n = 1,087), the results of which were submitted to the FDA, flibanserin was seen increasing satisfying sexual events per month by an average of 2.5, compared with 1.5 for placebo (J. Sex. Med. 2013;10:1807-15 [doi: 10.1111/jsm.12189]). Since the drug was first denied in June 2010 by an FDA advisory panel, the manufacturer, Sprout Pharmaceuticals, added 14 new clinical studies with data on more than 3,000 new patients to its resubmitted application. In total, more than 11,000 women have tried the drug and more than 5,000 subjects were enrolled in phase III trials.

## 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.

# Want a “base tan?”

## Tanning beds are **NOT** the answer

Contributed by **W. John Kitzmiller, MD, Professor of Surgery; Chief, Division of Plastic, Reconstructive & Hand Surgery/Burn Surgery**

Vacation season is here! Your checklist seems like it’s a mile-long – shop for swimsuit, pack suitcase, confirm travel arrangements and get some “color” to avoid getting sunburned. Stop right there! Getting a “base tan” needs to be removed from your checklist. Why? Tanning beds are one of the most dangerous forms of cancer-causing radiation, according to the International Agency on Research on Cancer (IARC). In fact, the IARC has found as many as 90 percent of melanomas are caused by ultraviolet (UV) exposure. This includes exposure from the sun and from artificial sources, such as tanning beds.

### Why are tanning beds so dangerous?

Tanning beds emit three to six times the amount of radiation given off by the sun. This means that using a bed or a booth for 20 minutes translates into one to three hours of lying out at the beach without any sunscreen protection. In 2009, The World Health Organization moved tanning beds into the highest cancer risk category—

carcinogenic to humans. And in several states, including Ohio, the use of tanning beds among minors is banned unless a parent is present to sign a consent form.

### How can I get a “base tan” without using a tanning bed?

Bronzers in the form of powders and moisturizers, once applied, create a tan that can easily be removed with soap and water. More like make-up, these products tint or stain your skin only until they are washed off. And to better your skin health overall, incorporate orange juice, milk, fish, and supplements into your diet as alternative sources of Vitamin D, and avoid prolonged periods of time in the sun without sunscreen protection. Finally, the Women’s Center offers a variety of skincare services to help keep you looking young and healthy.



## Dangers of Tanning Beds

In addition to the serious risk of skin cancer, tanning can cause:

- **Premature aging.** Tanning causes the skin to lose elasticity and wrinkle prematurely. This leathery look may not show up until many years after you’ve had a tan or sunburn.
- **Immune suppression.** UV-B radiation may suppress proper functioning of the body’s immune system and the skin’s natural defenses, leaving you more vulnerable to diseases, including skin cancer.
- **Eye damage.** Exposure to UV radiation can cause irreversible damage to the eyes.
- **Allergic reaction.** Some people who are especially sensitive to UV radiation may develop an itchy red rash and other adverse effects.

## Gift Certificates Available

Purchase a gift certificate for services like massage and acupuncture.

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



# Women Care About Men's Health Too

## The Check-Ups Your Guy Needs

It's a known fact that women pay better attention to their health than men—sorry all you guys out there! But as women, we care not only about our own health but for the health of others in our lives especially the men.

Men's health issues have a significant impact on everyone around them. And because women typically live longer than men, we're in a unique position to encourage the men in our lives to take good care of themselves.

During National Men's Health Month this June, we're sharing the most important medical examinations and screenings the men in your life need to ensure they stay strong and healthy.

**Physical Examinations.** Physical exams by a primary care provider are recommended every year. Depending on age and medical history, the provider may recommend blood and urine tests to screen for various illnesses and diseases.

**Screening for Testicular Cancer.** Monthly self-exams and yearly exams by a doctor unless an abnormality is found.

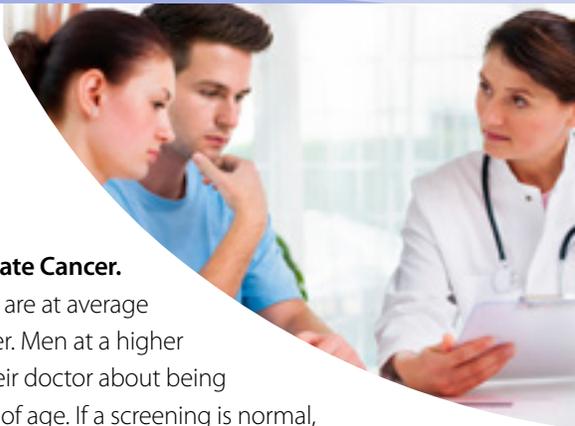
### Screening for Prostate Cancer.

Age 50 for men who are at average risk of prostate cancer. Men at a higher risk should talk to their doctor about being screened, regardless of age. If a screening is normal, it's recommended to be retested at least every two years.

**Screening for Lung Cancer.** Recommended after age 55 for those at high risk of lung cancer due to cigarette smoking.

**Colonoscopy.** Both men and women should have a colonoscopy every 10 years unless your physician says otherwise.

In addition to these examinations and screenings, encourage the men in your life to exercise regularly – at least 30 minutes per day, get enough sleep – at least 7-8 hours per day and eat healthy, well-balanced meals.



# Stay Cool This Summer

The air conditioner and fans are running, the shorts and tank tops are out of storage and a cold ice tea is nearby. It's officially the summer season! With average Cincy temps in the mid to upper 80s most of the summer you'll undoubtedly be looking for ways to stay cool and safe this summer.

**1. Stay hydrated.** Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have cold water to drink. Avoid caffeine and alcohol as they promote dehydration.

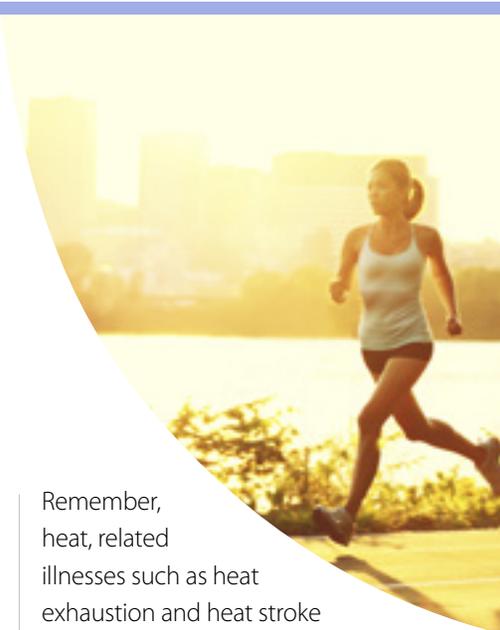
**2. Avoid spicy foods.** Eating spicy foods will elevate your body temperature, making you feel even hotter. Instead of eat small meals or snacks containing cold fruit or low fat dairy products.

**3. Wear light colored clothes.** Wear cotton, loose-fitting clothing, preferably of a light color so you'll stay cooler. Dark colored clothing attracts and traps heat.

**4. Hang out in the air-conditioning.** If you don't have air-conditioning, arrange to spend time at someone's house who does. If that's not an option, go to a library, movie theater or other public spaces that are air-conditioned. Many cities, including Cincinnati have cooling centers that are open to the public on really hot days.

**5. Exercise early or late.** Exercising outside is preferred by many but do so during the cooler times of the day. If those times don't work seek shade frequently, take breaks often and drink plenty of water to stay hydrated.

Remember, heat, related illnesses such as heat exhaustion and heat stroke can come on quickly and without notice. Stay safe and check on older adults as they are more susceptible to extreme heat.



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