



WELCOME LETTER

Summer is quickly coming to an end and throughout this month and next, schools and colleges embark on a new year and the Women's Center begins a new chapter of its own! We are adding new providers and expanding some of our services so we can continue to be the premier provider of women's health in the Tri-State.

Over the next two months, we will be adding providers who treat the whole woman and specialize in specific divisions of women's health. We are also adding a new service – adolescent care and expanding some of our other services including pelvic floor therapy and maternity services at our West Chester location. More about the new providers and services will come in the September edition of our newsletter so stay tuned!

In this month's edition, you'll find a quick check list of important back-to-school health care topics. Please don't forget to talk to your kids! Also, our nutrition expert discusses the hot topic of eating gluten-free foods. You may be surprised what a new study found when comparing gluten-free and regular foods.

And, be sure to check out the full-page spread featuring one of our endocrinologists, Ruchi Bhabhra, MD, PhD. She shares some interesting and fun information about herself. As a reminder, there's still time to support the Catherine Geering Community and Provider Educational Sexual Health Lectureship. I will match any donation up to \$5,000 until September 1, 2015. To donate, visit uchealth.kintera.org/CatherineGeeringLecture2016.

I hope you enjoy the last month of summer!

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

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Support the Catherine Geering Community & Provider Educational 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. Sadly, Catherine lost her battle with leukemia.

In her honor, UC Health Women's Center will hold a community and provider educational sexual health lectureship during the spring of 2016.

For more information visit page 4 or go to: uchealth.kintera.org/CatherineGeeringLecture2016

Women's Center

UC Health™

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Lisa Larkin, MD, FACP, NCMP, IF

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Questions About Contraception?

Ask Your Doctor

Contributed by **Sarah Pickle, MD, Assistant Professor of Family & Community Medicine and Obstetrics & Gynecology**

It's a hot topic these days, especially for young women, but the topic can come with many misconceptions. Contraception/birth control has been around for more than 50 years. Over time, we've seen new contraceptive methods develop and attitudes towards their usage change. With the number of misconceptions still surrounding contraception and the different options available, it's important to talk to a health care provider about their benefits and risks. Here are a few questions many of my patients ask:



What are my options for contraceptives?

There are several options available to prevent pregnancy, regulate your menstrual cycle, and help curb PMS symptoms or improve acne. Taking a birth control pill is one simple option and doesn't involve implantable devices or shots. However, with ease comes the possibility of forgetting to take the medication each day, which lowers the effectiveness of the pill. So, if you easily forget things or prefer not to take pills, a birth control patch, vaginal ring, shot, arm implant or intrauterine device (IUD) could be a better option.

What are the potential risks or side effects?

Birth control is very safe. Like with all medications, patients may experience minor side effects that can differ depending on the birth control method. Most of these minor side effects, such as irregular bleeding, get better over time. Serious side effects, such as blood clots, are very, very rare.

How effective are contraceptives?

The long-acting reversible devices (like the arm implant or IUDs) are the most effective forms of birth control to prevent pregnancy because they do not rely on a patient to remember to use the method—once the device is in place, it provides birth control (for years!) until the device is removed. The effectiveness of other birth control methods depends on a few factors—including a patient's ability to remember to use the birth control method and other medications a patient may be taking. However, remember that only condoms are effective at preventing sexually transmitted infections, so use a condom in addition to your selected birth control method.

With so many options, choosing a birth control method can seem overwhelming. You might try a few different methods before you find the one that works best for you. If you have a daughter who is a teenager or young adult, it's a good idea for you and her to talk to a doctor about whether or not your daughter should be on birth control. Being on birth control doesn't mean you're giving your daughter permission to have sex. Birth control helps control menstrual flow, irregular periods, bad cramps, and acne.

With back-to-school season here, it's a perfect time to schedule an appointment for you/your daughter. Give us a call at (513) 475-UC4U so we can help you or your daughter make the best decision.

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.

Even the Score Coalition Appoints Larkin as Scientific Co-Chair

Appointment Underscores Scientific Support of Medical Treatment for HSDD

WASHINGTON – In July, Even the Score announced the appointment of Lisa Larkin, MD, FACP, NCMP, IF, as scientific co-chair for the coalition. Dr. Larkin will join the women's sexual health coalition to serve as an expert voice in the important conversation regarding the need for FDA-approved medical treatment options for women struggling with Hypoactive Sexual Desire Disorder (HSDD), women's most common form of sexual dysfunction.

"I am honored to join Even the Score as its co-chair and help lead the coalition as it reaches a critical juncture in the fight for HSDD treatment options for women," said Lisa Larkin, MD. "When women come into my office seeking treatment for their HSDD, I, like every other health care provider in this country, have no medical tools to help them. There is clear science supporting the approval of medical treatments for HSDD. Women deserve to have a multitude of options available to them, and the medical community needs to prepare for that historic moment."

"I'm delighted that Dr. Larkin is joining Even the Score as Scientific Co-Chair. Her role will perfectly complement the advocacy work we've done on behalf of the 16 million American women struggling with HSDD," said Susan Scanlan, Chair of Even the Score. "Dr. Larkin brings an unimpeachable voice from the scientific and medical communities to this vital discussion of gender equity in sexual health. Her personal experience as a researcher and practitioner will help us validate the need for treatment options for this devastating condition."

Even the Score is an advocacy coalition of more than two dozen women's health, rights and research organizations. They are working to elevate the voice of American women and couples who believe that it's time for the FDA to level the playing field when it comes to the treatment of HSDD.

To learn more about the work of Even the Score: EvenTheScore.org.

3RD ANNUAL JURIED ART SHOW

Survivor: A Journey of Courage & Healing

UC Health Women's Center is pleased to present the 3rd annual Juried Art Show awarding a one year exhibiting/consignment opportunity to chosen artists.

Art is known to have a positive impact on the mind, body and soul and can often help reduce stress, anxiety, depression, and pain – all which are common mental and physical symptoms a cancer survivor experiences.

As an artist, what does cancer survivorship look like to you, how do you artistically interpret strength, resilience, fearlessness, bravery, and the art of conquering the climb to recovery? All mediums will be accepted for consideration, as long as they are wall art or larger free standing sculptures.

For more information please contact curator Melissa Mitchell at uhealthwomenscenterart@gmail.com or call (513) 348-6808.





A Passion for Giving

"We make a living by what we get, but we make a life by what we give." This quote from Winston Churchill reflects the message of giving and the reason one generous man chooses to give to the Women's Center.

Edward Weber, 88, of Cincinnati is a dear friend of Lisa Larkin, MD, FACP, NCMP, IF and a frequent donor to the Women's Center. The Maple Knoll resident and former vice president of United Dairy Farmers began his friendship with Dr. Larkin when he became her patient. "Dr. Larkin has taken me in as a good friend," said Weber. I don't know why I am so fortunate to know her."

One of Edward's fondest memories of Dr. Larkin is when she took time from her vacation to stay informed of his care. "When I was very sick on New Year's Eve, I called her," said Weber. "She sent me to the hospital and called the hospital before I got there. She told them to call her with the results, which they did at 2 a.m. She called me at my bedside at 7 a.m. and then called the doctors at the hospital. I found out later that she was on vacation."

Because of his friendship with Dr. Larkin, generous nature, and enjoyment of helping others, Edward often donates to the Women's Center. "I like to help people when I see they have a need," he said. "It makes me feel good to know that I can help others, it enriches my life."

It's because of supporters like Edward we can advance women's health care and help women live longer, healthier lives so they can support the ones they love. Join Edward and our other donors by donating to the Women's Center. Donations are accepted through a secure UC Health website, uchealth.com/women/donate. You can also support the Catherine Geering Community & Provider Educational Sexual Health Lectureship by visiting uchealth.kintera.org/CatherineGeeringLecture2016

In memory of Catherine Geering, a labor and delivery nurse and women's health practitioner, UC Health Women's Center will hold a community and provider educational sexual health lectureship during the spring of 2016.

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.

Get to know *Dr. Ruchi Bhabhra*

Ruchi Bhabhra is relaxed

Loves dressing casual at home & business-style
at work

Grew up in the state of Rajasthan in the northwestern
part of India

Is a proud University of Cincinnati graduate

Has a PhD in Pathobiology & Molecular Medicine

Is passionate about being an endocrinologist

Happy to make a difference in so many patients' lives

Inspired daily by people and incidences around her

Enjoys learning something new every day

Loves to sing

Wants to check skydiving off her bucket list

Would be a chef if she wasn't a physician

Watches the Food Network

Starts the day with yoga, a cup of coffee,
and relaxation

Feels connected with women's health



Gluten-Free Nutrition

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

With all of the emerging health trends, how do you know what is really nutritionally beneficial? The gluten-free (GF) diet was originally developed as an alternative for people diagnosed with celiac disease or gluten sensitivities but going gluten-free may not be such a good idea for everyone interested in the diet.

The growing perception that GF foods are healthier has caused a dramatic increase in demand and consumption of these foods. However, with the increasing interest in the GF diet, this trend spiked an interest with researchers as well. A new study published in the British Journal of Nutrition compared the nutritional value of regular foods versus their GF alternatives. Of the 3,200 foods they compared, researchers found no nutritional difference in GF food versus regular food.

What is the difference between regular foods and their gluten-free alternatives?

Gluten is the spongy complex of proteins found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. The GF diet focuses on naturally GF foods including meat, fish, nuts, fruit, vegetables, potatoes, some cereals, some plant products, and foods that have the gluten extracted in processing. Some foods may be naturally gluten-free, but may contain gluten through cross-contamination during processing or transport. Gluten has received a negative perception because it is mostly found in grains such as pastas and bread, in which people automatically think high carbs and that's not always the case. Many naturally GF foods such as whole grains, vegetables, fruits and lean proteins provide essential minerals and vitamins.

The Gluten-Free Diet for People Who Aren't Gluten Sensitive

GF alternatives provide no additional nutritional value compared to food with gluten. This doesn't mean they are unhealthy. If you have found that you feel better on a GF diet, then there is no reason to stop eating GF food. However, in order to receive all of your essential vitamins and minerals make sure to eat a well-balanced diet. Everyone's body is different and responds to food differently. I recommend finding a healthy eating plan which provides all essential nutrients and benefits your health the most.

If you're looking for help determining a healthy eating plan tailored to your nutritional needs, give us a call. We will develop a healthy eating plan that works best for you and your body's specific needs. If you would like to make an appointment, please call (513) 475-UC4U.

Skin Care & Plastic Surgery

Skin care specialists and experienced cosmetic surgeons provide a number of services and treatments to help women look – and feel their best.

Our medically supervised skin care program includes a complimentary physician consultation before receiving services.

New Patients

Receive ½ off your first skin care service and 20% off your first product purchase.

This offer is valid for new patients only.



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Do You Know If You're At Risk For Bone Loss?

Contributed by **Shazia Chaudhry, MD**

Millions of people either already have osteoporosis or are at high risk due to low bone density. The “silent disease” can occur in men and women of any age, but is more common in women because of smaller, thinner bones and menopause.

Because each woman's body is different, knowing when the right time to get screened for osteoporosis can be difficult for women to determine on their own. Age, body size, ethnicity, family history, hormone levels, medication use, and lifestyle habits are all risk factors that should be considered.

Recently, researchers at the University of California, Davis, found that too many women who need a DXA scan (measurement of bone mineral density) aren't getting it. The study found over the past seven years, more than 42 percent of eligible women – those with risk factors and age 65 and older – were not screened. However, nearly 46 percent of low-risk women – no risk factors and younger than age 65, were screened. As a physician, I don't recommend DXA scans for younger women who are risk-free. If you're younger than 65 and have one or more risk factors for developing osteoporosis, we would then take the proper steps to determine if a bone density test is needed.

Osteoporosis and Perimenopause

When a woman begins perimenopause – years leading up to menopause – the body starts making less estrogen. Decreasing estrogen levels can contribute to bone loss and can naturally start decreasing for women around age 30. Women can lose 0.5 to six percent of their bone mass per year during perimenopause, increasing their risk of osteoporosis. Because of the potential loss of bone mass, it's important for women experiencing perimenopause to talk with their doctor about their risk of developing osteoporosis. Pregnant or breastfeeding women or those who have had their ovaries removed are also at greater risk and should talk to their doctor.

- 1. Check-Ups:** The new school year is a great time for your child to have their annual check-up.
- 2. Immunizations:** HPV, Hepatitis B, Meningitis, Chickenpox, and Measles are recommended.
- 3. Sleep Routine:** Sleep is essential to performance at school. Children require a minimum of 10 hours of sleep each night to prevent being overtired.
- 4. Healthy Meals:** Eating a full and balanced breakfast is important to your child's overall health and a great jump-start for the brain. Packing a healthy lunch and snacks will keep your child full and energized until dinner.
- 5. Manage Stress & Anxiety:** A new school year can be exciting and overwhelming. Schedule changes, homework, after-school activities can quickly add unwanted stress. Start planning your schedule now and don't take on more than you can manage.



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 | • Adolescent Care | • Pelvic Floor Therapy | • Sleep Medicine |
| • Menopause & Sexual Health | • Weight Loss & Nutrition | • Executive Health | • Gastroenterology |
| • Comprehensive Breast Health & Imaging | • Cardiology & Pulmonology | • Integrative Medicine | • Mental Health |
| • Bone Health & Endocrinology | • Obstetrics | • Plastic Surgery & Skin Care | • Geriatric Care |
| | • Gynecology & Urogynecology | • Headache & Pain Medicine | |