



WELCOME LETTER

Ahh, the dog days of summer are quickly coming to an end. As I reflect back on some of the amazing things that have recently occurred for the advancement of women's health care, nationally and locally, I'm quite thrilled how the future landscape of women's health is shaping up.

First, Addyi (flibanserin) was approved by the FDA last month! This one-of-a-kind drug treats hypoactive sexual desire disorder (HSDD) in premenopausal women. Prior to Addyi's approval, there were no FDA-approved treatments for sexual desire disorders in women or men. This approval is a giant step in the right direction for women's sexual health care.

Secondly, we're growing! Over the past several months, we've added new primary care, obstetrics and gynecology, and plastic and reconstructive surgery physicians. We have also added a patient care navigator to the Women's Center team. Our navigator will facilitate care for our patients with complicated medical needs and those with a new cancer diagnosis. UC Health is listening to our patients and we're working hard to ensure primary care and specialty services are coordinated and seamless. And to make it even more convenient, beginning October 1 we'll be offering breast imaging services at the Women's Center! Please let us know if there is anything we can do to improve your care.

Finally, I want to express my heartfelt gratitude to all of you who have supported the Women's Center this year. The outpouring of support for the Catherine Geering Endowed Sexual Health Lectureship has been incredible. I am thrilled to announce that through your generous contributions we have raised almost \$30,000. I also would like to recognize the Brunner family's generous contribution to support the Women's Center patient navigator. I am truly grateful for all.

Enjoy what's left of this summer and don't forget to schedule your mammogram if you haven't done so already. October will be here before we know it!

Lisa Larkin, MD, FACP, NCMP, IF

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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

It's More Than a Pretty Color.	2
The Beauty of Robotics in General Gynecologic Surgery.	3
Eating Disorders Prominent Among College Students	4
Get to know Dawn Shively	5
Even With the Best Intentions - Summer Sun Causes Skin Damage	6
The Sidestep of Supplements	6



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.

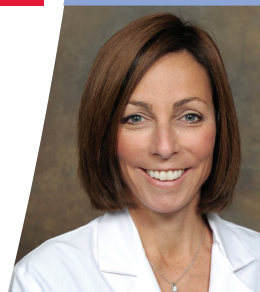
For more information visit page 4 or go to:
uchealth.kintera.org/CatherineGeeringLecture2016

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It's More Than a Pretty Color.

It's a reminder to take care of your breasts.

Breast Cancer Awareness Month is right around the corner but there's no reason to wait until October to take care of your breast health. Get a jump start by scheduling a mammogram today!

A clinical breast exam should be conducted every three years for women in their 20s or 30s and every year for women 40 and over according to the American Cancer Society. And every month women should perform a breast self-exam. These few tasks can help save lives!

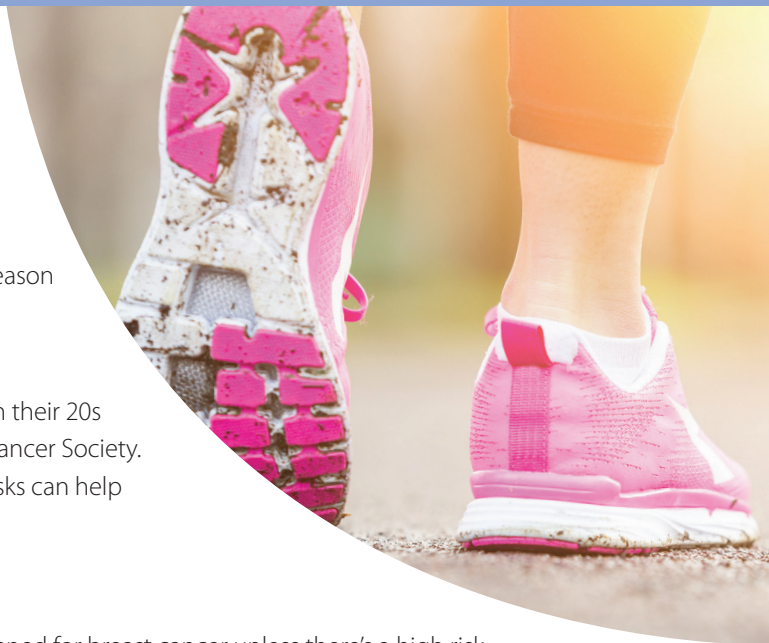
Breast Cancer in Men

Breast cancer in men is rare but it does happen. Men are not routinely screened for breast cancer unless there's a high risk due to strong family history or inherited gene mutation. The National Comprehensive Cancer Network recommends that men at higher risk for breast cancer have a clinical breast exam every six to 12 months, starting at age 35 and consider having a mammogram at age 40. Some breast abnormalities can be easier to notice in men than in women.

Warning Signs of Breast Cancer

Thanks to mammography and other breast screenings, breast cancer can be found at an early stage, before signs appear. However, not all breast cancers are found through screenings and the warning signs are not the same for all women or men. The most common signs, in men and women, are a change in the look or feel of the breast and/or nipple and nipple discharge.

Remember, not all lumps or abnormalities in your breast are cancer. If you feel anything on your breast that concerns you, schedule an appointment with your doctor or call (513) 584-PINK.



Benefits of 3-D Mammography

3-D mammography, also known as tomosynthesis, is the latest advancement in breast cancer detection. This screening and diagnostic tool, offered at the Women's Center, is designed for early breast cancer detection and can be done in conjunction with traditional 2-D digital mammography. During the 3-D part of the exam, the X-ray arm sweeps over the breasts, capturing multiple images. A computer then produces a 3-D image of the breast tissue in one millimeter slices, providing greater visibility for the radiologist. If you aren't sure which mammogram is best for you, talk to your doctor.

Connect with us.



facebook.com/uchealthwomen



twitter.com/uchwomenscenter

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.



The Beauty of Robotics in General Gynecologic Surgery

Contributed by **John Adler, MD, Assistant Professor of Obstetrics & Gynecology**

During the early years of gynecologic surgery, there were only abdominal (laparotomy) and vaginal hysterectomy options for female patients.

In the July edition of our Women's Center newsletter, I explained why we choose the vaginal approach as our first line of treatment for most uncomplicated hysterectomies, but that there are limits to this approach that should be considered by patients and their surgeons.

Over the last 30 years there have been improvements in laparoscopy technologies worldwide that have been adopted by gynecologic and general surgeons. Da Vinci robotic hysterectomy is a form of operative laparoscopy that many gynecologic surgeons have chosen as their preferred method for certain patients. Why? My reason for undergoing the vigorous training in robotic surgery is that I became convinced, with the da Vinci robot, I could convert many of the most difficult abdominal surgeries for benign diseases into the vaginal removal of the abnormal body parts, thus preventing large, painful, and potentially disabling incisions. This is consistent with my reasoning for advocating a renaissance in teaching the vaginal hysterectomy to younger OB/GYN physicians

as they begin their careers in women's health care. If a surgeon is proficient in the vaginal approach, it makes robotic surgery much easier when they choose to undergo robotic training. And that reasoning has held true for myself and others as more experience is gained.

There are some issues surrounding robotic gynecologic surgery which I think are important to clarify. The GYN surgeon receives no increase in compensation for utilizing this technology and the complication rates and lengths of hospital stays are the same for all laparoscopic techniques. The decision to use robotics is purely based on the preference of the individual gynecologic surgeon and the informed choice of their patients.

UC Health Women's Center has expanded its da Vinci robotic surgery options for women in the subspecialties of General Gynecology, GYN Oncology, Reproductive Endocrinology and Infertility, and Female Pelvic Medicine and Reconstructive Surgery. The risks and benefits of this option should be discussed with every patient who needs surgical intervention.



Eating Disorders Prominent Among College Students

Contributed by **Jyoti Sachdeva, MD, Assistant Professor of Psychiatry**

College is a fun and exciting time for a young man or woman but can also be very stressful and overwhelming. Moving away from home for the first time; studying for several hours a day; making new friends; dating - the list can go on and on. The combination of all of these responsibilities often leaves college students feeling anxious. While some might have an easier time adjusting to the college transition, others may feel overwhelmed and bombarded; often relying on copy mechanisms, such as controlling food consumption.

Types of College Student Eating Disorders

There are several types of eating disorders. Anorexia, bulimia and binge-eating are the most common types among college students. I've listed the most common signs of these types of eating disorders so you know what to watch for if you suspect a loved one or friend suffers from an eating disorder.

Anorexia

Those with anorexia may take extreme measures to avoid eating. They often become abnormally thin but still talk about feeling overweight or bloated. Because they have a distorted image of their body, they typically continue to diet even when they're underweight. Obsessive calorie counting; avoiding food; thinning hair; dry, flaky skin; and cracked or broken nails are also common signs of anorexia.

Bulimia

College students with bulimia usually binge and purge. Binging is the consumption of a large amount of food within a short period of time. Purging is forced vomiting. Those with bulimia may also compensate for their binging and purging by controlling their weight through excessive exercise, laxatives or diet pills. Just like anorexics, bulimics are always concerned about their weight and may also have a distorted image of their body. Other signs of bulimia include, hiding food; frequent trips to the bathroom after eating; and heavy presence of food containers and wrappers.

Binge-Eating

As the name implies, this eating disorder involves uncontrollable, excessing eating, followed by feelings of shame and guilt. Unlike those with bulimia, students that binge-eat typically don't vomit after eating. However, many who have bulimia also have binge-eating disorder. Other signs include, being overweight or obese; eating in secret; eating when they're not hungry; and experimenting with different diets.

If you know someone with an eating disorder, encourage them to seek professional counseling immediately. At the Women's Center, we offer individualized treatment plans for eating disorders and other behavioral health conditions for men and woman as well as families. Remember, the longer an eating disorder goes untreated, the more advanced it is likely to become – and the more difficult to achieve a full recovery.

Get to know *Dawn Shively*

Dawn Shively helps everyone who comes through the doors

The smiling face patient's and guests first see

Loves working at the Women's Center

As a woman, appreciates the convenience of coordinated primary and specialized care

Enjoys helping people and listening to their life stories

Wakes up early and begins her day with devotions and a cup of coffee

Wears a dress and heels on most work days

Would be an interior designer if she wasn't a patient & guest receptionist

Wants to learn American Sign Language

Grew up in Springfield, Ohio

Is inspired by her mom because she always finds a blessing in each day

Prefers to read a book instead of watching TV

Favorite book is "Kisses from Katie: A Story of Relentless Love and Redemption"

Favorite TV show is "Fixer Upper"



Even With the Best Intentions - Summer Sun Causes Skin Damage

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

Surprise! Age spots aren't just caused by getting older. The main culprit is the sun! Perhaps every good intention was made this summer to protect your skin from the damaging effects of sunshine but to no avail. It's frustrating, but there are things you can do to help the skin recover. First priority—try your best to prevent further damage by continuing to apply generous amounts of broad-spectrum sunscreen and reapply throughout the day. Wear sun-protective clothing, a wide-brimmed hat and try to avoid the sun during the midday when it's most powerful. There are also medical grade products available to both lighten and shrink dark spots and cosmetic procedures performed by our highly-trained plastic and reconstructive surgeons to reduce fine lines and wrinkles. If sun damage is causing pigmentation, unevenness of color and texture or wrinkles, let's talk!



September Skin Care Specials

FILLERS & PRODUCTS

- **Botox \$199 per site**
- **20% off Dermal Fillers including Juvederm™ and Restylane®**
- **20% off Obagi® Products**

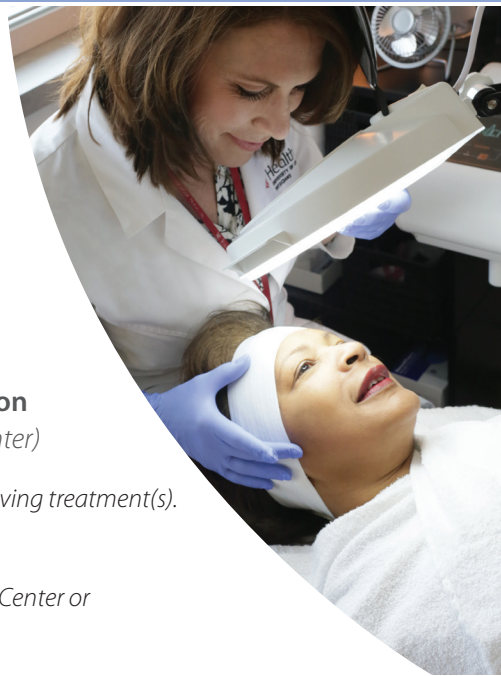
PEELS

- **Buy 2 Get 1 Free Light Peels or Microdermabrasion**
(Microdermabrasion only available at the Women's Center)

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

Gift Certificates cannot be combined with other discounts.

Discounts and specials are valid and available at the Women's Center or UC Health Physicians Office building (Clifton).



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.

The Sidestep of Supplements

Contributed by **Lisa Larkin, MD, FACP, NCMP, IF, Director, UC Health Women's Center, Associate Professor Obstetrics and Gynecology; Director, Division Midlife Women's Health and Primary Care**

Seems like there is new evidence nearly every day that bolsters the decision to opt for prevention as a long-term wellness strategy. The benefits of a Mediterranean diet and a lifestyle that's geared toward disease prevention have been shown to enhance quality of life over the long haul. It's not only the healthiest choice but it's also much less costly, in terms of medical care, than treating a disease that may be preventable in the first place.

This time the spotlight is on supplements, herbal compounds that are sold as substances to ward off certain diseases or make up for nutrients that are missing from a person's diet. The industry markets its products as health-enhancing, but recent studies show that they're simply not all they're cracked up to be, even in the country's top retail pharmacies. In fact, the New York State attorney general's office commissioned special tests to find out exactly what's in popular supplements at GNC, Target, Walgreens and Walmart. The findings are not good.

For starters, most of the pills tested contained inexpensive filler material – ingredients like powdered rice and houseplants not listed on labels. In some cases, wheat was discovered in products that were promoted as gluten – free, which could cause an allergic reaction. In others, no trace of the named substance was found in the sample. That's right, things labeled ginkgo biloba and St. John's

wort for example, were completely devoid of the component that made consumers purchase it in the first place.

What's most shocking about these findings is that anyone is surprised. The health supplement industry isn't subject to the stringent testing and oversight that the U.S. Food and Drug Administration (FDA) requires of other industries. Stringent testing and controls are in place for pharmaceuticals, but supplements can skirt these rules with the argument that they are plant-based. So not only do these substances avoid the necessary scrutiny mandated for most other manufactured products ingested by the public, they are promoted as a healthy way to take in valuable nutrients and minerals.

All of this underscores what medical professionals already know – that it's better to stick to nutrient-dense foods, rich in elements of a Mediterranean-based diet, and regular exercise to prevent disease and maintain wellness. There is no shortcut to living a long, healthy life free of complicating sickness. Like anything else of value, it takes commitment to a lifestyle, which is a bit of work. But it is the only proven way to make a difference in wellness over the long haul. The magic pill simply doesn't exist.



Women's Center Welcomes New Physicians

We believe, excellent patient experience is a critical piece of medicine and communication and coordination among care providers influence a patient's experience. At UC Health, we're committed to providing women coordinated, comprehensive care. That's why we continue to build the best medical team comprised of primary care and subspecialty experts all in one convenient location.

Akeria Johnson, MD

Women's Health and Primary Care

Sarah Pickle, MD

Women's Health, Gynecology,
and Primary Care

Ryan M. Gobble, MD

Plastic & Reconstructive Surgery

Reisa Burnett, MD

Plastic & Reconstructive Surgery

James Buckreus, MD

Obstetrics & Gynecology

Kendal Stephens, MD

Obstetrics & Gynecology

Rob Rickenbaugh, RN

Patient Navigator

Debra Zevallos, MHA

Administrative Director of Women's Health

**To schedule an appointment call
(513) 475-UC4U (8248)**

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, obstetrics, 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 | |