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University of Cincinnati Medical Center



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## Award-Winning Heart Institute Treats Most-Challenging Cases



As Greater Cincinnati's only academic medical center, we frequently earn recognition locally and nationally. I'm proud to share that among our recent honors is the National Cardiovascular Data Registry ACTION Registry-Get With the Guidelines Platinum Performance Award.

The award recognizes our success in reaching an aggressive goal of treating heart attack patients, as outlined by the

American College of Cardiology Foundation and American Heart Association. We achieved rigorous goals for eight consecutive quarters and met a performance standard of 90 percent.

Only 197 hospitals received the award, and there are nearly 5,000 hospitals in the United States. We achieved the registry's goal through the exceptional care provided by our cardiac catheterization laboratory and cardiovascular intensive care unit team.

Our excellence in cardiovascular care is attributable to our relationship with the University of Cincinnati Heart, Lung and Vascular Institute, where physicians, researchers and academics combine efforts to serve patients.

We welcomed a new leader to the institute last year. Richard Becker, MD, joined us from Duke University, where he was founding director of the Duke Cardiovascular Thrombosis Center. Becker completed his internship, residency and hematology fellowship at the Cleveland Clinic.

He's also very familiar with Greater Cincinnati and UC Medical Center. Becker grew up in Anderson Township, graduated from Anderson High School and earned his medical degree from the UC College of Medicine.

We're fortunate to have many outstanding physicians at the institute, and they've come to us locally and from across the country. Our staff includes specialists who've had faculty appointments or held fellowships at institutions including Harvard University, Yale New Haven Medical Center and UCLA Medical Center.

UC Medical Center stands ready to care for your heart, lung and vascular health—including the most challenging cases. We look forward to serving your needs.

Best in health,

Lee Ann Liska  
President and CEO  
University of Cincinnati Medical Center

*To learn more about the University of Cincinnati Heart, Lung and Vascular Institute or schedule an appointment, please call (513) 584-4278 or visit [UCHealth.com/heart](http://UCHealth.com/heart).*

## Comprehensive Breast Cancer Center Offers Advanced Care

"I call it 'the Bench to the Bedside, and the Bedside to the Bench' approach," says Elyse Lower, MD.

Connecting the world of scientific investigation with a holistic philosophy on individualized patient care, Lower, director of the University of Cincinnati Cancer Institute's Comprehensive Breast Cancer Center (CBCC), is working with the center's team of breast care specialists to provide patients with care that not only focuses on breast health, but also advances general well-being.

### Full-Spectrum Services

"Our center has a unique aspect to it," says Lower. "Our team's work actually begins before the diagnosis."

The CBCC, located in the Barrett Cancer Center on the University of Cincinnati Medical Center campus, is associated with the University of Cincinnati's Cancer Biology department. That department amplifies the CBCC's capabilities by offering real-time access to scientific advancements. "Some of the center's capability and uniqueness," says Lower, "comes from our ability to interact with our basic scientists to address and generate clinical questions."

Lower continues, "It starts from the time a woman has an initial mammogram or evaluation and goes through the biopsy, then on to meeting the surgeon and the rest of the care team."

"In addition to the surgeon team, there are also many other allied service providers," she adds. "This includes everything from nutrition to physical therapy. Genetic counseling to integrative medicine. ... Utilizing all of these elements helps us to provide our patients with the best level of care."

### Certified Pioneer

Lower says that when it comes to selecting a breast care center, "What patients really need to look for is a center that's certified." In the breast arena, the American College of Radiology and American College of Surgeons provide specific credentialing and accreditation.

Highlighting the CBCC's research and training programs, Lower says that the center has been involved in numerous studies that have produced new techniques and advancements in breast imaging. Some of these include digital mammography, 3-D tomosynthesis and a new technique that incorporates MRI technology.

### Achievements and Accreditations

The center was originally certified by the American College of Radiology for breast imaging in 1997. And it continues to earn distinctions. She notes that the CBCC is the only center in the region that has been certified by the American College of Radiology as a "Center of Excellence."

The CBCC also recently completed one of the breast care realm's most rigorous credentialing processes: the National Quality Measures for Breast Centers (NQMBC) program. Lower says that this program examines "all aspects of breast care. Everything from diagnosis to pathology, surgery, medical oncology, radiation oncology, genetics, plastic surgery and reconstruction. There are even specific metrics that look at patients' quality of life."

Successfully meeting all of these standards, the CBCC was named as a "Certified Quality Breast Center of Excellence" in August 2013. This certification places the CBCC in a very select group. "There are only 40 to 45 centers nationwide that have this distinction," Lower says. "And, at the time of our certification, only two of those were in Ohio."



## Breast Cancer Facts

- 1 in 8 women will be diagnosed with breast cancer in her lifetime.
- There are currently 2.9 million breast cancer survivors in the U.S. This is the largest group of all cancer survivors.
- In the U.S., mammography will detect about 80 to 90 percent of breast cancers in women who are not currently experiencing symptoms.
- Only 53 percent of U.S. women who are 40 and older reported having a mammogram within the last year.
- Worldwide, approximately 1.3 million cases of breast cancer will be detected each year.

*To learn more about the UC Cancer Institute's Comprehensive Breast Cancer Center or to schedule an appointment, please call (513) 584-1937 or visit [UCHealth.com/breastcancer](http://UCHealth.com/breastcancer).*

# HOW WE MAKE A DIFFERENCE



## Epilepsy Surgery Restores Patient's Quality of Life

### Man experiences 'unending wave' of seizures prior to treatment

Ryan Adamkiewicz had reached one of the scariest points in his epilepsy—status epilepticus—when he and his team at the Epilepsy Center at the University of Cincinnati Neuroscience Institute knew that something needed to be done.

### 50-100 Seizures Daily

"Status," as it's sometimes called, happens when seizures come one after the other, in unending waves.

"Fifty or 100 or more. They just went on and on," recalls Adamkiewicz's father, Tom. The solution was epilepsy surgery, performed at University of Cincinnati Medical Center, and today Adamkiewicz is seizure-free and able to enjoy a good night's sleep for the first time in years.

Adamkiewicz had his first seizure at age 17 and was referred to the Epilepsy Center, where an epileptologist (a neurologist who specializes in epilepsy) treated him with medication. For the next five years the medications kept him seizure-free, and he enjoyed five additional seizure-free years without medication.

But the seizures returned at age 27. The medications became less effective, and seizures interfered with his sleep, prevented him from driving and ultimately cost him his job when a supervisor thought he was faking the condition.

## UC Neuroscience Institute Is Region's Highest-Level Epilepsy Center

The UC Neuroscience Institute's Epilepsy Center has earned the region's only Level IV designation, the highest rating possible, from the National Association of Epilepsy Centers (NAEC). The NAEC defines Level IV centers as those that "have the professional expertise and facilities to provide the highest level medical and surgical treatment for patients with complex epilepsy."

### Surgery at UC Medical Center

Neurologists at the Epilepsy Center advised Adamkiewicz it was time to consider surgery and referred him to Ellen Air, MD, PhD, a neurosurgeon at UC Medical Center. He had been through eight to 10 different medications, all to no avail.

"It's important to realize that while surgery sounds risky, experts agree that having uncontrolled seizures is also risky," Air notes. "Seizures can lead to an accident, neurological impairment or, in some cases, even sudden death."

Using simultaneous video and electroencephalography (EEG) to measure electrical activity in Adamkiewicz's brain in the Epilepsy Monitoring Unit at UC Medical Center, along with advanced brain imaging techniques, Air and neurologist Michael Privitera, MD, director of the Epilepsy Center, were able to find the location of the seizures—the seizure focus. They determined that removing it would not harm Adamkiewicz's ability to speak, think or move.

### Seizures Abruptly Stop

Finding the exact location of the seizure focus took three operations, but the change in Adamkiewicz's life was dramatic and immediate, as his seizures abruptly stopped.

*"The first thing he said to me at his two-week follow-up appointment was, 'I've had 13 nights of sleep,' which he hadn't had in I don't know how long," recalls Air.*



Ellen Air, MD, PhD



Michael Privitera, MD

*"Epilepsy surgery may be one of the most underutilized evidence-based treatments in all of medicine, not just in neurology," says Privitera.*

"It's really exciting Ryan has had a tremendously fantastic response," Privitera adds. "And that makes us feel great. I'm really proud of how our team worked together. Every step of the way—from the preliminary studies to the stimulation mapping—the team was fantastic."

## Almost 2.8 Million Americans Have Epilepsy

The Centers for Disease Control estimates that about 2.3 million adults and 467,711 children in the United States have epilepsy. Nearly 150,000 American develop the condition each year.

**To learn more about the UC Neuroscience Institute's Epilepsy Center or to schedule an appointment, please call (513) 475-8000 or visit [UCHealth.com/epilepsy](http://UCHealth.com/epilepsy).**

# OUR CARING PEOPLE

## Cancer Nurse Develops Strong Relationships With Patients

Registered nurse Marilyn Kugler liked the fast-paced environment at the University of Cincinnati Medical Center Emergency Department, and she worked there for 12 years.

"I was fascinated by the world of trauma care," she says. However, the high volume of patients and time-sensitive nature of her work left little room for in-depth interactions.

### Finding Her True Calling

When she received a call about an opportunity from a colleague at the Barrett Cancer Center—located on the UC Medical Center campus—and a key component of the University of Cincinnati Cancer Institute—Kugler was ready for a change. She started work there in July 2012 and has found her true calling.

Kugler now works with head and neck cancer patients, who receive care for multiple years. "I really get to develop strong relationships with them," she says.

In a typical day, Kugler ensures patients understand their symptoms and treatment plans. She also responds to calls—or email, if the patient can't speak—to answer questions about pre- and post-op concerns, medication refills and other matters.

### Earning Praise From a Grateful Parent

One patient's mother recently detailed Kugler's efforts in a letter, praising her for being a support system for her and her son, who has laryngeal cancer.

The son had been coughing profusely after eating and drinking, which Kugler knew to be a sign his voice box prosthetic—a device used in patients with laryngeal cancer—wasn't working. She arranged for a repair.

Kugler says she's convinced her current position is where she was meant to be—and her patients couldn't agree more.



### MARILYN KUGLER, RN FACT FILE

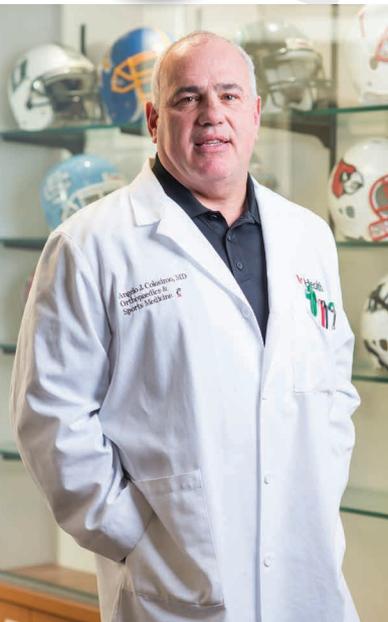
- Kugler holds a bachelor's degree in nursing from Concordia University in Columbus, Ohio, and has completed the Trauma Nursing Core Course established by the Emergency Nurses Association.

- She is a member of the Academy of Oncology Nurse Navigators, Ohio Nurses Association and Society of Otorhinolaryngology and Head-Neck Nurses Association.
- To maintain her state license as a registered nurse, she must complete 24 credit hours of continuing education units every two years.

### About UC Medical Center Nurses

- UC Medical Center has approximately 1,300 full-time registered nurses.
- Jennifer Jackson, UC Medical Center's chief nursing officer and vice president of patient care services, earned a doctorate of nursing practice degree from the UC College of Nursing.
- According to *U.S. News & World Report*, the UC College of Nursing ranks in the top 10 percent of U.S. nursing programs.





Angelo Colosimo, MD

With winter winding down and warmer days ahead, the urge to get outdoors and re-establish an exercise routine can be strong. Angelo Colosimo, MD, orthopaedic surgeon at University of Cincinnati Medical Center, however, reminds people to “Take it slow.”

Colosimo, also the orthopaedic surgeon for the University of Cincinnati Bearcats (and former team physician for the Cincinnati Bengals), emphasizes that navigating the changing seasons effectively and safely requires care, patience and a focus on long-term health.

**When transitioning into a regular exercise routine, what should people keep in mind?**

“It should be a gradual return to exercise. Whatever the activity you choose, it should be a progressive increase in activity, rather than an immediate ‘I’ve got to get in shape in the next week,’ type of approach.

“In the winter months, people just aren’t as active. We’re not outdoors. We’re not burning as many calories. And we often have the tendency to overeat. When the weather gets nice, we say, ‘OK! It’s time to start exercising.’ And then, we go out and we overdo it. The biggest mistake most people make is going too hard too quickly.”

**Are there any specific things people can do to avoid exercise-related injury?**

“The biggest key to exercising safely is flexibility. Stretching is key. You’ve got to warm up. You’ve got to warm down. Skipping these steps can set you up for injuries. The more you become sedentary—as we often do during the winter months—the tighter your muscles become. Flexibility is the key in preparing your muscles for exercise and helping you prevent injuries.”

**What steps would you recommend before starting an exercise regimen?**

“The most important thing is seeing your primary care physician to confirm that you’re healthy enough to exercise. Getting a yearly physical before starting an exercise regimen is essential. You want to make sure that your blood pressure and heart are healthy and can support exercise.”

**THREE THINGS TO REMEMBER:**

1. Gradual return to exercise
2. Warm up, warm down
3. Stretching and flexibility

**FOCUS ON BONE HEALTH**

- Exercise stimulates bone formation, because bone put under moderate stress responds by building density.
- Weight-bearing exercises (soccer, basketball, running, walking and dancing) help build bones.
- Resistance exercises (activities like weightlifting that develop muscular strength) are also beneficial to bone health.
- Avoiding smoking and minimizing alcohol can positively affect bone health.
- Effective sources of calcium include milk and dairy products (yogurt and cheese), broccoli, dried figs and dark leafy greens (kale and rhubarb).
- Adult men and women need about 1,000-1,200 mg of calcium per day.

**About the Expert**

**A Few Stats on Angelo Colosimo, MD:**

- *Director of the UC College of Medicine’s Division of Sports Medicine*
- *Orthopaedic surgeon for UC athletic teams*
- *Served as team physician for Cincinnati Bengals for 12 seasons*
- *Played football at Colgate University (lettered four years)*
- *Honored as East Coast Athletic Conference (ECAC) Scholar Athlete of the Year*

*To learn more about orthopaedics and sports medicine, please call (513) 475-8000 or visit [UCHealth.com/services/orthopaedics](http://UCHealth.com/services/orthopaedics).*

## NEWS BRIEFS

### UC Health Integrative Medicine Offers Services at Barrett Cancer Center

UC Health Integrative Medicine services are now available at the Barrett Cancer Center on the University of Cincinnati Medical Center campus.

The goal of integrative medicine is to help the whole person achieve overall wellness. Massage therapy, acupuncture, reflexology, acupressure—which targets the same pressure points as acupuncture, only without needles—and National Acupuncture Detoxification Association (NADA) auricular acupuncture are all being offered.

The NADA acupuncture protocol has strong research support as being beneficial for smoking cessation and anxiety reduction in addition to other conditions.

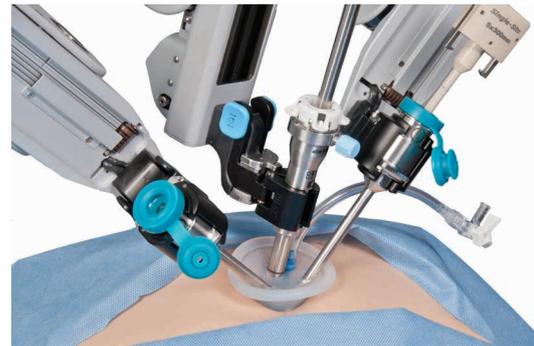
### UC Medical Center First in Region to Offer Single-Site Hysterectomy

Gynecological oncologists at University of Cincinnati Medical Center are now offering single-site robotic hysterectomy using the da Vinci Surgical System, reducing the surgical site to a single one-inch incision in the navel.

UC Health is the first medical system in Cincinnati offering this procedure. Hysterectomy, a surgery to remove the uterus, is done for a number of reasons, including cancer, irregular bleeding, fibroid tumors, prolapse (slippage) of the uterus and endometriosis.

During the procedure, the surgeon sits at a console, viewing the pelvis through a 3-D, high-definition scope and uses controls below the viewer to move the instrument arms and camera.

UC Medical Center gynecological oncologists are first in the region to offer single-site robotic hysterectomy—reducing the surgical site to a single one-inch incision in the navel.



*To learn more about integrative medicine or schedule an appointment, please call (513) 475-9567 or visit [UCHealth.com/services/integrative](http://UCHealth.com/services/integrative).*

*To learn more about single-site robotic hysterectomy or schedule an appointment, please call (513) 475-8000 or visit [UCHealth.com/roboticsurgery/single-site-hysterectomy](http://UCHealth.com/roboticsurgery/single-site-hysterectomy).*

### Access Your Medical Record Online, Anytime

My UC Health gives you direct online access to portions of your UC Health electronic medical record where your doctor stores your health information. Your records from University of Cincinnati Medical Center and throughout the UC Health system are available. Lab results, appointment information, medications, immunizations and more are all securely stored for quick retrieval.

#### View your medical information

- Review your medications, immunizations, allergies and medical history.
- Receive test results online—no waiting for a phone call or letter.
- Review health education topics and discharge instructions provided by your doctor's office.

#### Stay in touch with your doctor's office

- Communicating with your doctor's office is as simple as sending an email—but even more secure.
- Request renewals of your medications online.

#### Manage your appointments

- Request an appointment.
- View details of your past and upcoming appointments.



#### Access your family's records

- Link your family's accounts to yours for convenient access to appointments, immunization records, growth charts and more.

#### Keep your records secure

- Your information is safe from unauthorized access because My UC Health is password protected and delivered via an encrypted connection.

#### How do I get access?

- Ask your UC Health caregiver to turn on access to your records.
- It's accessible by computer, iPhone or Android phone.

*For more information, visit [UCHealth.com/myuhealth](http://UCHealth.com/myuhealth) or call (513) 585-5353.*

**Inside Health Care** is a quarterly magazine published by University of Cincinnati Medical Center to provide accurate and timely health information. It is offered as a health education tool featuring news and stories centered around academic-based, discovery-driven health care—it is not a substitute for consultation with a personal physician. UC Medical Center is located at 234 Goodman Street, Cincinnati, OH 45219. For more information, call (513) 584-1000 or visit UCHealth.com. You can also like us on Facebook at Facebook.com/uhealthcincinnati or follow us on Twitter @UC\_Health.

## Mobile Diagnostics Van Performs Mammograms Across Cincinnati



The van's 3-D mammography technology is called breast tomosynthesis. The exam consists of the traditional 2-D mammogram, plus an additional 15 images taken over a 15-degree arc.

Dispatched from University of Cincinnati Medical Center, the UC Health mobile diagnostics van will perform mammograms across Cincinnati in the coming months. Women are encouraged to call in advance to reserve a 15-minute time slot. Most insurance plans are accepted.

## Van Schedule

April	Location	Address	Hours
11	UC Health Primary Care Trenton	841 W. State St., Trenton 45067	9 a.m. to 1 p.m.
14	UC Health Primary Care Montgomery	9275 Montgomery Rd., Cincinnati 45242	10 a.m. to 3 p.m.
15	UC Health Primary Care Wyoming	305 Crescent Ave., Cincinnati 45215	1-5 p.m.
17	Daniel Drake Center for Post-Acute Care	151 W. Galbraith Rd., Cincinnati 45216	9 a.m. to 3 p.m.
<b>May</b>			
12	UC Health Primary Care Montgomery	9275 Montgomery Rd., Cincinnati 45242	10 a.m. to 3 p.m.
20	UC Health Primary Care Wyoming	305 Crescent Ave., Cincinnati 45215	1-5 p.m.
<b>June</b>			
4	UC Health Primary Care Tri-County	11590 Century Blvd., Cincinnati 45246	1-5 p.m.
9	UC Health Primary Care Montgomery	9275 Montgomery Rd., Cincinnati 45242	10 a.m. to 3 p.m.
17	UC Health Primary Care Wyoming	305 Crescent Ave., Cincinnati 45215	1-5 p.m.

To schedule an appointment at one of the van's locations or to discuss bringing the van to an organization, please call (513) 585-VANN (8266) or email mobile-diagnostics@uhealth.com.

For more information on free health screenings and upcoming events, visit:



uhealthcincinnati @UC\_Health