

Discover Health

WEST CHESTER CAMPUS

2019 Issue 1



Take care of *you*

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SIX WAYS TO AVOID MEDICATION MISHAPS

Have you ever considered altering the dosage of a medication to save money or to limit side effects, without speaking to your doctor or pharmacist? Michael Hoffmann, MD, a UC Health internal medicine physician at West Chester Hospital, offers tips for properly and safely managing your prescription medications.



Michael Hoffmann, MD
Internal Medicine Specialist

1. Always talk with your doctor and your pharmacist to understand your medications. Just as it is important to understand the health problems that you are facing, it is equally important to understand the treatment of these problems. If medications are not used properly, they may not help at all or may lead to additional harm.

2. Never alter a dosage without first consulting your doctor or pharmacist.

When we do not follow dosage directions, bad things can and do happen. For example, if an insulin dosage is increased without the guidance of a nurse, pharmacist or physician, dangerously low blood glucose levels can develop which can lead to passing out, heart attack or even death.



3. Be aware of side effects when taking multiple medications. Avoiding side effects and ensuring that all medications mesh well together is extremely important. The best way that you can avoid problems with complex medication regimens is to make sure that all medications are listed accurately in your medical record, and reviewed and discussed at each doctor's visit. If any change is made during the visit, be sure to understand why the change was made, and that the change is reflected correctly on your medication list at the conclusion of the visit.

4. Be keenly aware of overmedication. If your health has not changed and you have a growing list of medications (especially if you have no idea what these medications are for) you may be overmedicated. If you feel lethargic, less mentally sharp and/or feel worse than you did before the medication was prescribed, this could also indicate that you may be overmedicated. A well-balanced diet, restrictions on caloric intake, and regular physical exercise can easily replace a lot of the herbals, supplements and even prescription medications taken today.

5. Keep notes about how you are feeling while on certain medications. If you detect a significant change in how you are feeling, such as confusion, dizziness, fatigue and weakness—soon after starting a medication or a change to your regimen—you may be experiencing a side effect. A new rash, welts, shortness of breath or lip swelling that appear after starting a new medication may signal an adverse reaction. Should your symptoms be severe, schedule an evaluation with your primary care physician or visit a hospital emergency department.

6. Always proactively monitor your medications. Medications are intended to have a positive effect on your health. The necessity and effect of each medication should be discussed at every visit with the prescribing doctor or other provider. If your health is not improving, or the medication is not having the intended effect, it may not be necessary.

To receive the name of a primary care physician, please call 513-298-DOCS (3627).

AM I AT HIGH RISK FOR BREAST CANCER?

One in eight women in the U.S. will develop breast cancer during her lifetime—a daunting statistic that may sound like every woman is at high risk for a breast cancer diagnosis. But who is really at risk?



Breast health experts now have identifiable risk factors and instruments that can distinguish women who are truly at moderately high or very high risk for cancer.

With this knowledge, the University of Cincinnati (UC) Cancer Institute's Breast Cancer Center has opened a High Risk Breast Cancer Clinic, offering risk assessment services to evaluate whether a patient is at high risk for developing breast and ovarian cancers.

"Comprehensive assessment and management is an unmet need in our region, and we're so happy to provide this tool for individuals at risk," says Elyse Lower, MD, director of the center, professor at the UC College of Medicine and a UC Health oncologist. "This program is enabling us to boost awareness of breast and ovarian cancer risk to patients, families and health care providers, and to provide expert evaluation for the management of high-risk patients."



Elyse Lower, MD
Medical Oncologist

"Based on individual risk assessment, patients will be offered appropriate counseling, testing and primary prevention measures to reduce the likelihood of cancer development."

"Physicians will evaluate treatment based on criteria met by the individual, providing information needed to make decisions on risk reduction based on one's wishes," Dr. Lower says.

The clinic's multidisciplinary approach to women's cancer risk assessment and management will involve a dedicated breast imaging team and genetics experts along with gynecologic, surgical and medical oncologists.

To assess your risk using our high-risk checklist, visit uhealth.com/cancer/584-risk/ or call 513-584-RISK (7475).

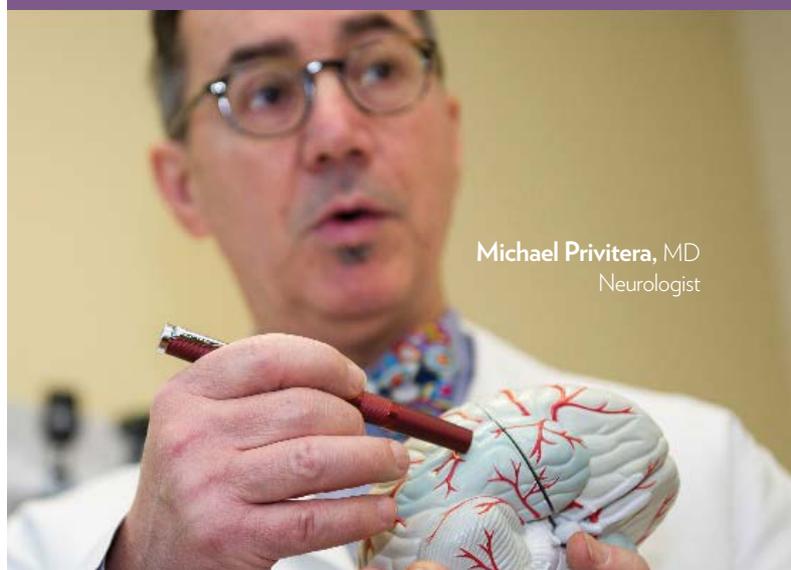
EPILEPSY CARE UNIT MEETS A NEED IN THE COMMUNITY

It has been one year since West Chester Hospital opened its epilepsy monitoring unit. The specialized inpatient program continues to grow, fulfilling a need for medical care for people with epilepsy and related disorders in the northern Cincinnati and Dayton regions.

The unit uses simultaneous video and electroencephalogram (EEG) to create "video snapshots" of the brain to evaluate, diagnose and treat people with seizures or episodes suspected to be seizures. The specialized care available via this program is yet another example of UC Health's dedication to providing access to highly specialized care to the local community.

"We have been able to significantly improve the care of people with epilepsy in the region," states Michael Privitera, MD, director of the University of Cincinnati Epilepsy Center within the UC Gardner Neuroscience Institute and professor of neurology for the University of Cincinnati (UC) College of Medicine. "We have diagnosed seizures in people who had undiagnosed spells for decades; identified patients who may be candidates for surgery due to medication-resistant epilepsy; and diagnosed non-epileptic events in patients who have suffered for years with attacks of unknown cause."

UC Health operates an epilepsy monitoring unit at UC Medical Center as well. The two hospitals are the only facilities in the greater Cincinnati region to offer round-the-clock epilepsy monitoring services.



Michael Privitera, MD
Neurologist

To find a neurologist at West Chester Hospital, call 513-298-DOCS (3627). To learn more about epilepsy services at UC Health, visit uhealth.com/epilepsy/.

DIABETES & PREGNANCY: HOW TO HAVE A HEALTHY BABY

Danielle Winsted was elated when she learned she was pregnant. She also had an ironclad resolution locked into place: to give birth to the healthiest baby possible.

The biggest challenge was Danielle's Type 2 diabetes, the most common form of diabetes when the body causes blood glucose (sugar) levels to be higher than normal.

"I learned I was diabetic last year. I actually had a miscarriage and as a result, I was told that my blood sugar was too high," says Danielle. "I decided then to focus on taking control of my diabetes."

Danielle visited the West Chester Hospital Diabetes and Pregnancy Program and talked with Michelle Cooley, nurse practitioner in the UC Health Women's Center located on the UC Health West Chester Campus, who coached Danielle on proactive steps she could take to have a healthy pregnancy.

Diet was the highest hurdle. "You always hear about pregnant women indulging their cravings for ice cream and other sweets, but I had to watch everything that went into my mouth. I followed a strict schedule every single day without deviating," says Danielle.

Danielle's schedule consisted of healthy snacks and nutritious meals about every three hours during the day. Throughout the pregnancy, she tested her sugar seven times a day and took five shots of insulin each day.

Holidays and other celebrations were difficult temptations for Danielle, but she held steadfast. "Everyone thought I was crazy because I kept such a tight limit on my diet, but when my baby was born healthy, I knew I'd done everything necessary and it all was absolutely worth it."

Danielle and Nick Winsted's healthy baby boy, Griffin, was born at West Chester Hospital. "The whole team at West Chester Hospital was amazing throughout the process," says Danielle.



Call 513-475-7385 to learn more or to schedule an appointment. For more information about the UC Health Diabetes and Pregnancy Program, visit uhealth.com/obstetrics.

All About Gestational Diabetes



Michelle Cooley provides answers to common questions.

What causes gestational diabetes?

Gestational Diabetes Mellitus (GDM) occurs as a result of insulin resistance in the body. Every pregnancy has a hormone—human placental lactogen or HPL—that can cause insulin resistance in some women. In those cases, the placenta overpowers the pancreas (which makes insulin) and causes GDM.

Michelle Cooley, NP
Women's Health
Nurse Practitioner

Who is at risk?

The risk of GDM is positively associated with pre-pregnancy body mass index (BMI). Women with a history of pancreatic insufficiency, pre-diabetes, being overweight, and multiple pregnancies (twins, etc.) are at risk. Women can reduce their risks by maintaining a healthy weight, regularly exercising, and following a healthy diet.

What is the plan of action for a patient with GDM?

We educate patients about a healthy diet, meal content and scheduling, exercise, the overall physiology of GDM and the risk of developing type 2 diabetes later in life. We recommend patients check their blood glucose seven times a day for a week and then evaluate their glucose readings at that one-week mark to determine what support and/or medication may be needed.

Does GDM have lasting effects on the baby?

The most immediate risk for the infant born to a mother with GDM occurs at birth. There is a risk of respiratory issues, severe low blood sugar and likelihood of Neonatal ICU admission with uncontrolled GDM. Babies born to mothers with uncontrolled GDM are more likely to develop diabetes and are more likely to be overweight children.

Does GDM have lasting effects on the mother?

Having GDM is a signal that a woman's pancreas doesn't appreciate a challenge. We educate women about maintaining the healthy habits they have learned during pregnancy and we encourage them to continue the healthy lifestyle outside of pregnancy to reduce their risk of Type 2 diabetes.

How do you encourage patients who have gestational diabetes?

The UC Health Diabetes and Pregnancy Program presents a specialized team comprised of dietitians, certified diabetes educators, nurses, nurse practitioners and physicians. Each team provides in-person visits as well as online "My UC Health" access and telephone follow up.

PLANNING THE BEST FUTURE FOR YOU AND YOUR FAMILY

Egg freezing is a clinical reproductive method that has been performed for decades, typically in patients undergoing medical interventions during chronic disease treatment such as chemotherapy and radiation, which can cause infertility. In 2014, the FDA approved a cryopreservation method called social egg freezing, or elective oocyte preservation. Women are now able to plan their reproductive future without having a severe medical condition in order to qualify for the procedure.

Suruchi S. Thakore, MD, IVT (in vitro fertilization) medical director at West Chester Hospital and University of Cincinnati assistant professor of obstetrics and gynecology, shares her expertise and passion for social egg freezing.

Why is social egg freezing important?

Women have progressed over the past 40 years by obtaining higher educations or qualifying for higher professional advancements, and subsequently, are delaying family planning to achieve those goals. While we have advanced and evolved as human beings, our bodies are stuck in the stone ages in that our reproductive potential is bound to our age. Many women today are waiting until after age 35 to start their families; the number of live births of women ages 35 to 39 has increased by 150 percent over the last 15 years; and a sharp rise has occurred in mothers delivering between the ages of 40 and 44.

How does the treatment process work?

Every month a woman will produce one mature egg (oocyte). With social egg freezing, the hormone medication regimen we implement tricks the body into producing 15 to 20 eggs in one month. The surgical process involves removing the eggs from the ovary, and placing the eggs under a microscope to determine which are mature enough to be frozen. Only mature eggs can be fertilized with sperm to create a pregnancy.

How does this differ from embryonic preservation?

The most-aggressive fertility option is called in vitro fertilization (IVF). It is the same process for obtaining eggs, but rather than freezing the eggs, sperm is added and embryos are thereby created and can be used immediately or placed into cryopreservation for future use.

How do fertility rates drop as we age?

During our 20s and 30s, a woman's monthly ability to become pregnant is about 20 to 30 percent. In the 40s, that ability drops significantly—to a mere 5 percent chance per month. Fertility rates decline about 1 to 4 percent each year before the age of 35. After age 35, fertility rates reduce about 15 percent per year, and after age 40, rates drop approximately 30 percent each year. It's a significant decline after age 35, yet most women are waiting until after age 35 to start their families.

What is the cost of social egg freezing?

Average costs around the country are \$7,000 to \$10,000. One of the cons with social egg freezing is that we cannot give anyone a 100 percent guarantee.

Is it safe for the baby?

Yes, it is safe. Studies completed on IVF babies and those born through egg freezing do not indicate an increased risk of chromosomal abnormalities or birth defects.

Who is the best candidate for social egg freezing?

I recommend that any woman in their early 30s who isn't planning on starting a family in the next three to four years consider exploring the risks and benefits with a reproductive specialist. It's important to make a well-educated decision about future fertility.

UC Health Center for Reproductive Health Expands

UC Health's Center for Reproductive Health has acquired Kettering Reproductive Medicine in Kettering, Ohio. New patients are now being accepted. Services are also provided in West Chester and Clifton, Ohio and Florence, Kentucky. The Center for Reproductive Health is the only comprehensive patient care and research center focused on fertility in the Greater Cincinnati and Dayton areas, and has helped thousands of families conceive and build families.



Suruchi Thakore, MD, reproductive endocrinology and fertility specialist, provides counseling to a patient.

To schedule a consultation, please call 513-475-7600 or visit uchealth.com/fertility.

GOING THE DISTANCE

Cincinnati runners turn out in full force for 5Ks, 10Ks and marathons—especially for the Flying Pig Marathon which garners approximately 40,000 participants each year.

We know running is good exercise. We also know that too much of a good thing can backfire. So how much running is too much?

“From a health standpoint, there’s no true definition of what constitutes a long distance run — after all, one person’s mile is another person’s marathon,” says Brian Grawe, MD, a UC Health orthopaedics and sports medicine specialist at West Chester Hospital and assistant professor of orthopaedic surgery for the University of Cincinnati (UC) College of Medicine. “However, common injuries can crop up with an avid running lifestyle.”

Dr. Grawe often treats endurance athletes, and many patients come into the practice with lower extremity injuries, including:

- Anterior (near the front) knee pain
- Plantar fasciitis (heel pain)
- Achilles tendinitis (pain in the band of tissue that connects calf muscles at the back of the lower leg to the heel bone)
- Shin splints (pain along the inner edge of the shinbone)

In most cases, rest is the best medicine. “If you run through muscle pain and joint aches, inflammation can become significant and make it harder to recover,” says Dr. Grawe. “You need to listen to your body and know when enough is enough.”



Call 513-298-DOCS (3627) for the name of an orthopaedic and sports medicine specialist near you.

To combat inflammation, Dr. Grawe recommends long-distance runners take low-dose ibuprofen before a run.

Dr. Grawe also notes that dynamic stretching is a large part of preventing injuries. Dynamic stretching (stretching in motion) has been shown to prevent injury and to improve range of motion and overall performance.

“Warming up in motion improves muscle performance and power. Previous generations believed that static stretching—sitting down and stretching each muscle for 10 to 12 seconds—was best, but that’s not the case,” says Dr. Grawe.

Listening to your body is the most important factor for a healthy running lifestyle. As far as health benefits go, running is exceptionally healthy for the entire body and specifically good for heart health.

Weight-bearing exercises like running—as opposed to non-weight bearing exercises like swimming—also aid in bone metabolism and can prevent osteoporosis.

Additionally, distance running builds muscle endurance, which can help mitigate small injuries that can occur on a day-to-day basis or catch up with you over time.

Dr. Grawe also points out that long-distance running builds endurance both physically and mentally. “Endurance runners that I provide care to seem to be able to bolster their coping mechanisms and center themselves mentally.”

Run for Your Life: Quick Tips for Running Safety

- **Dynamic stretching.** Begin your run with a warm-up that includes exercises like walking, side lunges, lateral leg swings, and single-leg dead lifts. Make dynamic stretching part of your running routine to stave off injury.
- **Resistance training.** Strength training also helps prevent injuries. The American College of Sports Medicine (ACSM) recommends that adults perform resistance exercises for each of the major muscle groups two or more times per week. Strong muscles are better equipped to absorb the high impact of repetitive foot strikes that comes along with running.
- **Shoe selection.** According to the ACSM, a running shoe should protect the feet against injury, but should not do the work of the foot by providing excessive cushioning and lots of extra support in the arch.
- **Dress for the weather.** We all know how fickle Cincinnati weather can be. Make sure to wear appropriate clothing and to protect yourself from the elements. Layered, moisture-wicking clothes are best.
- **Fuel your body.** Bring a small pack for water and snacks during your run, and make sure to hydrate adequately after running.
- **Be aware of your surroundings.** If you’re running on the road, always use extreme caution. Wear high-visibility clothing. Make sure you’re seen by traffic, and also make sure to face traffic which makes it easier to see and react to oncoming cars.
- **Rest and recover.** Give your body adequate rest, plenty of water, and if you have particularly sore areas, apply ice and take low-dose ibuprofen.

(Source: American College of Sports Medicine)



Brian Grawe, MD
Orthopaedics and
Sports Medicine
Specialist

TRUE OR FALSE: THE FLU VACCINE GIVES YOU THE FLU

Flu season has officially arrived and that means it's time for flu shots. But is it really true that you can get the flu from the influenza vaccine? Contrary to popular belief, the answer is no.



Javier Baez, MD
Internal Medicine Specialist

"Flu shots can help you stay well and also protect the individuals you encounter during daily interactions," says Javier Baez, MD, a UC Health primary care physician and assistant professor in the University of Cincinnati (UC) College of Medicine's Department of Internal Medicine.

"The vaccine is created from an inactivated part of the flu so it won't actually cause the flu," says Dr. Baez. "Some years it is more effective than others since it can be hard to predict yearly strains. Regardless, it is important for everyone to receive a flu shot, but especially for those who have diabetes or lung issues and for those who have had transplants in the past."

The flu vaccine typically includes three to four strains of inactivated flu based off data researchers at the Centers for Disease Control and Prevention collect. Flu season typically begins at the end of September and continues until February or March though sometimes flu cases do occur in late spring.

A flu shot will protect against the highly contagious viral infection of the respiratory passages, which becomes more widespread through the winter, says Dr. Baez. He suggests adults also get a booster vaccine to protect against pertussis, or whooping cough, a highly contagious bacterial disease that causes uncontrollable, violent coughing, and can be fatal for infants. Expectant mothers and caregivers of newborns should receive the pertussis booster to protect infants from the illness.

How do you know if you have the flu? "You will experience upper respiratory symptoms," says Dr. Baez. "You will also run a high fever, usually with shakes and body chills. It feels like any other viral illness, but more intense in your discomfort."

It's always smart to check in with your physician if you are experiencing any of these symptoms, he says. "If you think you have the flu it is good to stay home, wash your hands and make sure you are getting plenty of fluids. And eat as well as you can."

PROTECT YOURSELF FROM COLDS, FLU, PERTUSSIS AND OTHER SEASONAL WOES.

- Wash your hands, especially before mealtimes or if you are sick; use soap and water when available and an alcohol-based rub otherwise.
- Avoid touching your eyes, nose and mouth since openings in the mucous membrane allow germs into the body.
- Avoid close contact with people who are sick.
- Stay home when you are sick to keep others around you from becoming ill.
- Keep children home from school or day care if they are sick; children should stay home 24 hours after a fever has subsided. It doesn't count if you have used an over-the-counter medication to bring down the fever, it must ease on its own.
- Make sure you get plenty of sleep; stay active physically and stay hydrated.
- Use good hygiene at work and clean off phones, computers and doorknobs using alcohol rubs or disinfecting wipes.
- Make sure you breathe in some fresh air by spending a few minutes outdoors during the winter months when weather conditions allow. Sunshine will also help prevent seasonal affective disorder, a type of seasonal depression.



To find a primary care physician at West Chester Hospital, call 513-298-DOCS (3627).



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Health Events Calendar

West Chester Hospital is a health information resource for people in its surrounding communities. Events and activities listed are held within West Chester Hospital, 7700 University Drive, West Chester, Ohio 45069, unless otherwise noted.

Free Community Seminar Series

- February: Cardiovascular Health**
 Saturday, Feb. 23 (9-10:30 a.m.) and Wednesday, Feb. 27 (7-8:30 p.m.)
 Cardiologists will discuss cardiovascular disease and how to maintain a healthy heart.
- April: Respiratory Health**
 Wednesday, April 24 (7-8:30 p.m.) and Saturday, April 27 (9-10:30 a.m.)
 This educational event will address questions about respiratory health, including allergies and asthma.
- May: Healthy Aging for Women**
 Saturday, May 18 (9-10:30 a.m.) and Wednesday, May 22 (7-8:30 p.m.)
 This free seminar will focus on navigating our bodies' changes and maintaining good health as we age.

Register for the events above online at uhealth.com/wchevents or by calling 513-298-3000. Seminar series events are held in the plaza conference room located on level A of the hospital.

Education, Support & More

- Weight Loss Seminars**
 Free informational seminars are available to those who are interested in exploring surgical and non-surgical weight loss programs. Visit uhealth.com/weightloss or call 513-939-2263 to register and learn more.
- Diabetes Education & Support**
 A free diabetes seminar will be offered Tuesday, July 23 in the plaza conference room (level A).
 To register, visit uhealth.com/wchevents or call 513-298-7847. A monthly diabetes support group is available. Registration is not required. Call 513-298-7847 for information.
- Childbirth Education Classes & Tours**
 Maternity unit tours are free, and childbirth education and newborn care classes are available at a minimal cost.
 To register, visit uhealth.com/wchevents. A free Baby Café breastfeeding support group is also available. To learn more, email wchchildbirthed@uhealth.com.



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