

WOMEN'S healthTODAY

Lipo lowdown

IS THIS PROCEDURE
FOR YOU?

Tummy trouble?

PUT AN END TO
YOUR DISCOMFORT

SOUP'S ON!

ENJOY THESE
SATISFYING
FAVORITES

Alicia Silverstone

on the health decision
that changed her life

The Christ Hospital
2139 Auburn Avenue
Cincinnati OH 45219

NON-PROFIT ORG
US POSTAGE
PAID
CINCINNATI OH
PERMIT #5489



The Christ Hospital

A close-up photograph of two women smiling and hugging. The woman on the left has short blonde hair and is wearing a white shirt. The woman on the right has short dark hair and is wearing a pink shirt. They are both looking towards the camera with warm expressions.

Do something special for your closest friend this Breast Cancer Awareness Month...

Call

513-585-2668

today to schedule your
mammogram. Schedule an
appointment for a friend and
bring her along—you'll both
receive a FREE gift!

...schedule her for a mammogram.

(After you schedule your own, of course!).

The Christ Hospital Women's Imaging Center provides the most advanced digital mammography technology. All-digital equipment means earlier detection, a quicker process and no films to wrestle with. Combine these elements with a compassionate and dedicated staff led by physician expertise, and you've got a special recipe.

Our goal is to provide you with a coordinated, personalized approach to care, in addition to providing you with health education to last a lifetime.



The Christ Hospital

www.TheChristHospital.com

in this issue . . .

- 2 LETTER FROM THE FOUNDER
Thinking about cosmetic surgery?
- 3 **Uncovering hidden heart threats**
A simple screening can detect the problem
- 4 **Diabetes: The special risks for women**
- 5 **Enjoy your retirement!**
How to make the most of your golden years
- 6 HEALTH HEADLINES
What's making news in women's health
- 8 **Looking at liposuction**
Weigh the risks and benefits carefully
- 9 SEX & GENDER MATTERS
Protect yourself!
Skin cancer is on the rise
- 10 **Vital and vibrant**
Alicia Silverstone opens up about the healthy habits that changed her life
- 13 **Be emergency-ready**
Assemble a kit to help your family through a crisis
- 14 **Maybe it's MS?**
Dealing with a multiple sclerosis diagnosis
- 16 HEALTHY BITES
Have a souper supper!
- 18 **Saying the right thing**
When a loved one is diagnosed with cancer
- 19 **6 heart-health misconceptions**
- 20 **Suspect stomach symptoms**
Your guide to abdominal discomfort
- 22 HEALTHY MOVES
Step it up!
Fitness walking know-how
- 24 HEALTH SMARTS
Know the truth about heart disease



5



13



16



22

Thinking about cosmetic surgery?

In 2007, almost 12 million cosmetic surgery procedures were performed in the United States, up from more than 7 million in 2000. While most cosmetic surgeries are done safely and with minimal risk, recent high-profile cases—like hip-hopper Kanye West's mother dying after plastic surgery—have shone a spotlight on the potential complications of these elective procedures. If you're considering cosmetic surgery, don't make quick decisions on who'll perform the procedure or where it'll take place. And read "Looking at Liposuction," on page 8 to learn about the risks.

You'll likely be paying out of pocket, so be wary of the tremendous amount of physician-driven marketing you'll encounter. Cast a wide net and gather as much information about your potential surgeons as possible. Investigate credentials, talk to prior patients and formulate your own opinion. Be skeptical of pushy medical staff trying to oversell their services. Don't be influenced by financial packages that appear to be very attractive; this is your body and your life. Take advantage of free initial consultations, and don't be shy about asking straightforward questions that require clear answers. After you've done your homework, rest and reflect before you proceed.

Women's Health Today gives you up-to-date, accurate and easy-to-understand health information. I'd love to hear from you; please let me know what topics you'd like to read about in future issues.



Sincerely,

MICKEY M. KARRAM, MD
PRESIDENT AND CO-FOUNDER
FOUNDATION FOR FEMALE HEALTH AWARENESS

Dr. Karram and his wife, Mona, are the founders of the Foundation for Female Health Awareness, a nonprofit organization dedicated to improving women's health by supporting unbiased medical research and educating women about their health.

THE MAGAZINE OF
THE FOUNDATION FOR FEMALE HEALTH AWARENESS

FOUNDERS

Mickey M. Karram, MD / Mona Karram

NATIONAL ADVISORY BOARD

LINDA BRUBAKER, MD, Professor of Obstetrics and Gynecology, Urogynecology Urology, Loyola University Chicago Stritch School of Medicine; Co-Director, Women's Pelvic Medicine Center, Loyola University Medical Center

VIVIEN K. BURT, MD, PHD, Associate Professor of Clinical Psychiatry, The David Geffen School of Medicine at UCLA; Founder and Director, Women's Life Center, UCLA Neuropsychiatric Institute and Hospital

VIVIAN M. DICKERSON, MD, Associate Clinical Professor of Obstetrics and Gynecology, University of California Irvine; Director, Division of General Obstetrics and Gynecology, UCI Medical Center; Director of UCI's Post Reproductive Women's Integrative Health Center

TOMMASO FALCONE, MD, Professor and Chairman, Department of Gynecology and Obstetrics, The Cleveland Clinic Foundation; Co-Director, Center for Advanced Research in Human Reproduction and Infertility

SEBASTIAN FARO, MD, PHD, Clinical Professor of Obstetrics and Gynecology, Women's Hospital of Texas

NIECA GOLDBERG, MD, Assistant Professor of Medicine, SUNY Health Science Center, Brooklyn, New York; Clinical Assistant Professor of Medicine, New York University

THOMAS HERZOG, MD, Professor of Clinical Obstetrics and Gynecology, Columbia University College of Physicians and Surgeons; Director, Division of Gynecologic Oncology, Columbia University Medical Center, New York

BARBARA LEVY, MD, Medical Director, Women's Health & Breast Center, St. Francis Hospital, Federal Way, Washington; Assistant Clinical Professor of Obstetrics & Gynecology, Yale University School of Medicine; Assistant Clinical Professor of Obstetrics and Gynecology, University of Washington School of Medicine

WENDY L. WRIGHT, ARNP, FAANP, Adult/Family Nurse Practitioner; Adjunct Faculty, Fay W. Whitney School of Nursing, University of Wyoming

THE CHRIST HOSPITAL STAFF

President and CEO Susan Croushore

Vice President, Operations Victor DiPilla

CNO/Vice President, Nursing Deborah Hayes

Vice President, Marketing and Community Relations Heather Adkins

Vice President and Chief Medical Officer Berc Gawne, MD

Vice President, Finance John Renner

Editor Arin Kraemer

CUSTOMER SERVICE

For more information about services at The Christ Hospital, please contact Arin Kraemer at arin.kraemer@thechristhospital.com or (513) 585-3945.

Women's Health Today is published four times a year by The Christ Hospital, 2139 Auburn Avenue, Cincinnati, OH 45219, in conjunction with the Foundation for Female Health Awareness, PO Box 43028, Cincinnati, OH 45243. This is Volume 4, Issue 4. © 2008 by The Christ Hospital and the Foundation for Female Health Awareness. All rights reserved.

The information contained herein is not a substitute for professional medical care or advice. If you have medical concerns, seek the guidance of a healthcare professional.

Women's Health Today magazine is part of Women's Health Experience, the flagship program of the Foundation for Female Health Awareness. Women's Health Experience is a unique initiative aimed at connecting women with healthcare experts, as well as their local hospitals, to learn about important issues that may affect their health. Through Women's Health Experience regional conferences, *Women's Health Today* magazine and www.womenshealthexperience.com, you'll get objective, timely information. You can also sign up for free e-newsletters containing health news and results of medical studies. Sign up now at www.womenshealthexperience.com.

Uncovering hidden HEART THREATS

A simple screening can detect the problem

The first step in treating any illness is recognizing something's wrong. That's why Christ Hospital and Midwest Ultrasound are sponsoring low-cost, painless screenings to help detect serious heart defects in student athletes.

Several inherited defects including heart muscle, valve and blood flow problems can affect young people. Hypertrophic cardiomyopathy (HCM), an abnormal thickening of the heart muscle, is the most common defect. HCM occurs in about one of 500 people in the United States. Young males are more likely to die from HCM than young females, and more than half of all HCM deaths occur in African-Americans.

In HCM, one side of the heart becomes thicker than the other, making it difficult to pump blood. "In most occurrences of HCM, there are no symptoms and no signs detectable in a physical exam," says Ken Bertke, RDCS, CNMT, clinical director of

cardiac services for Midwest Ultrasound. For some young people, the first sign of HCM is a sudden, often fatal, collapse during or after exercise.

Fast heart screening

HCM and other heart defects are easily detectable with a heart screening called an echocardiogram. Christ Hospital is working with Midwest Ultrasound to provide low-cost echocardiograms to students throughout the Cincinnati region. Because the heart thickening in HCM usually isn't noticeable until the teenage years, the screening program is available to students ages 14 and older.

"An echocardiogram is a simple, painless ultrasound procedure similar to the ultrasounds performed on pregnant women," says Bertke. "We take some very detailed measurements. We study blood flow, valve function and the thickness and function of the heart muscle."

"There are no needles, dyes or radiation," says David Parlato, BA, RVT, chief of clinical operations for Midwest Ultrasound. "The whole procedure takes only 30 minutes." After your ultrasound, a Christ Hospital cardiologist reviews the results and sends you an outcome report, outlining the next steps you should take if a problem exists. HCM may be treated with medication, surgery or both. Physicians usually recommend that people with HCM avoid strenuous exercise. **WHT**



Get an echo for your athlete


Schedule a 30-minute screening at Midwest Ultrasound, or visit one of our convenient walk-in heart screening events at schools and fitness centers throughout Cincinnati. The cost for the screening, including the cardiologist interpretation, is \$135. To schedule an appointment or find an event near you, call **(513) 936-5299**.



DIABETES:

THE SPECIAL RISKS FOR WOMEN

By Kathleen Blessinger, RD



Although women are no more likely than men to get diabetes, they're at greater risk for complications if they do develop the condition. That's why gaining tight control of diabetes by exercising, eating right, testing blood sugar levels and taking medication is very important for women who have diabetes. What's more, all women should

know the symptoms of diabetes and see their health-care provider if they suspect they have a problem.

Diabetes and the female heart

Women who have diabetes have a two- to four-times greater risk of heart attack, congestive heart failure and other heart conditions compared with women who don't have diabetes.

Diabetes is also linked to the following heart disease risk factors:

- **Obesity.** On average, women who have diabetes are heavier than those who don't have the condition. Extra weight forces the heart to work harder and decreases the amount of oxygen that goes to the heart. Excess weight increases a woman's chance of developing diabetes if she doesn't already have it.
- **Cholesterol.** Diabetes in women is associated with low levels of HDL, or good, cholesterol. Because HDL cholesterol helps clear artery-clogging LDL cholesterol from the body, a reduction in HDL puts a woman's heart health in jeopardy.
- **High blood pressure.** Women who have diabetes tend

to have higher blood pressure than women without.

To help control these factors and keep blood sugar levels in check, women who have diabetes should follow the nutrition and exercise plan recommended by their physician.

And, women who have diabetes and smoke should make every effort to extinguish the habit. Smoking can double their already high risk of heart disease by narrowing blood vessels and encouraging blood clots. **WHT**

Educate yourself!

Dietitians and registered nurses at the Diabetes Outpatient Self-Management & Training Center at The Christ Hospital can educate you and your family about:

- ➔ diabetes disease processes
- ➔ nutritional management
- ➔ physical activity
- ➔ medications
- ➔ glucose monitoring
- ➔ psychosocial adjustment
- ➔ pregnancy and diabetes
- ➔ skin and foot care
- ➔ stress management
- ➔ other diabetes management issues



Stay healthy!

To schedule an appointment with the Diabetes Center, call **(513) 585-2668**. Most insurance carriers will pay for all or a portion of diabetes education. A physician referral is required.

Kathleen Blessinger, RD, is a registered dietitian with The Christ Hospital Diabetes Center.

ENJOY YOUR RETIREMENT!

How to make the most of your golden years

By Elven Mention

Most seniors look forward to retirement. With money and healthcare in good supply, this respected stage of life is their reward for years of hard work. Some envision this time as a leisurely vacation representing freedom from schedules and watching the clock. But the years after retirement may make up one-third of your life span—and that's a long time to be on vacation.

Researchers who study happiness in retirement say it's important for retirees to think of this time as not only freedom from past obligations but also freedom for a new purpose and direction. It's a time to define yourself by who you are, not what you do.

Signs of success

Happy retirees describe winning traits:

- **Commitment.** Donate time and energy to a cause that reflects your values. Enjoy your hobbies, but don't confuse retirement with recreation.
- **Connection.** Be active in your community and maintain a link to your neighbors.
- **Separateness.** Retirement sometimes creates too much togetherness for a couple. Nourish independent pastimes that give both of you enough private time.
- **Volunteering.** Volunteer work keeps you busy, involved and interested in life.
- **Problem solving.** Retirement presents lots of free time for disagreement. Brush up on the negotiating skills that solved earlier marital problems.
- **Diversity.** Widen your circle of friends. Get to know people who differ from you by age, occupation, education, background or religion.
- **Curiosity.** Stimulate your mind by looking for new things to learn; traveling is a great education.



Although successful retirees are usually active people, they reflect an air of calmness, too, through their healthy sense of security and completion. **WHT**



Be active!

Senior Care Preferred Plus is a membership program for people ages 50 and older that helps seniors save money and stay healthy and active. The program offers many social activities, health care discounts and resources, including:

- free TV and telephone service while an inpatient at The Christ Hospital
- health insurance counseling
- computer training
- free installation of the LifeLine Emergency Response Unit
- travel opportunities (day and overnight)
- discounts on prescriptions, eyewear, dental services, hearing aids and much more

Join Senior Care Preferred Plus for just \$17 a month. Call **(513) 585-4001** for a membership application today!

Elven Mention is the manager of The Christ Hospital's Senior Care Preferred Plus Program.



health



Sleep: Quantity matters

Getting too little sleep may increase your likelihood of developing metabolic syndrome—a combination of conditions such as abdominal obesity, elevated blood pressure and insulin resistance—which boosts your risk for coronary heart disease. But so does getting too much sleep. That’s according to researchers publishing in the journal *Sleep*, who examined more than 1,200 adults ages 30 to 54. Results indicated that getting fewer than seven hours or more than eight hours of sleep a night hiked the risk for metabolic syndrome by 45 percent over those who slept an average of seven to eight hours a night. Eight percent of participants got more than eight hours’ sleep, while those who were short on sleep accounted for 20 percent. Among other things, says the National Sleep Foundation, important hormones are secreted, blood pressure drops and memory is consolidated during sleep.

Yet another reason to move it!

Move it, mom—and pull your daughters with you. That’s the take-away message from a data review of nearly 65,000 women to determine the relationship between exercise and premenopausal breast cancer. Regular physical activity was rewarded with a 23 percent lower risk of breast cancer, and high levels of physical activity in young women between ages 12 and 22 contributed most strongly. Authors of the study, which appeared in the *Journal of the National Cancer Institute*, say exercise wasn’t linked to a specific sport or to intensity, but to total activity. Nearly one-quarter of all breast cancers are diagnosed in premenopausal women.



headlines

Heredity and pelvic organ problems

Add one more thing to the list of things you inherit: pelvic organ prolapse. Affecting more than one in five U.S. women, pelvic organ prolapse occurs when the vagina and the organs surrounding and supporting it fall from their normal position. Women who have a family member with a hernia or prolapse—which causes internal organs to protrude through a body opening—were more than one-and-a-half times more likely to develop prolapse, say Saint Louis University School of Medicine researchers after studying more than 450 women. Risk increased sharply in women with a family history who also delivered three or more children vaginally. If you have a family history of pelvic organ prolapse and want to help even your odds, study authors suggest you:

- avoid taking a job that requires heavy lifting



- avoid constipation to prevent straining during bowel movements
- maintain a healthy weight

Pelvic organ prolapse becomes more common with age and occurs in about 30 percent of U.S. women older than 50.

The earring effect

It can be a real struggle to walk past those inexpensive, oh-so-trendy earrings, but sometimes when you stop to shop, you get what you pay for. Nickel, which can be a component of inexpensive earrings, is a common cause of dermatitis—skin inflammation—on the earlobes, according to the American Academy of Dermatology (AAD). Continuing to sacrifice your skin for fashion can make it difficult to treat the disorder. To avoid developing a sensitivity to nickel, follow these AAD recommendations:

- Shop smart and buy jewelry labeled “nickel-free” or “hypoallergenic.”
- Wear only stainless steel, platinum or gold jewelry if you know you have a nickel allergy.
- Don't wear jewelry that causes itching or redness or other skin irritations.
- Use 1 percent hydrocortisone cream or ointment to treat nickel-induced irritation.
- See your dermatologist if symptoms don't improve in three to five days after not wearing jewelry or if your symptoms worsen.



looking at liposuction

Weigh the risks and benefits carefully

Liposuction—a surgical procedure that removes accumulated fat in areas such as the stomach, hips and chin—may seem like the closest thing to waving a magic wand and making fat disappear. If only it were that easy.

In this procedure, plastic surgeons use a small suction device to siphon fat from beneath the skin. The result is a smoother, more contoured body shape. Liposuction can boost self-esteem and make you look slimmer, but remember that it's a cosmetic procedure, not an overall weight-loss tool.

Is lipo for you?

If your weight is average or slightly above, you may be an ideal candidate for liposuction if you have firm, elastic skin; good overall health; and concentrated pockets of fat that are resistant to diet and exercise. People who aren't good candidates include those who are obese or overweight. If you have diabetes, heart

disease or any condition that affects healing, you shouldn't have liposuction.

Consider the risks

Full recovery from liposuction can take weeks, and you may not see final results for months. Also, as with any other surgical procedure, complications can occur. Risks include infection, fluid imbalance, temporary swelling, punctured organs, scarring or "skin death" (skin above the site may change color, become infected and fall off) and increased sensitivity or numbness in the treated area.

You also risk death from complications such as embolisms (caused by pieces of loosened fat which can travel to the lungs or brain, causing clots), infections and anesthesia poisoning.

Something else to consider while you weigh the risks: Liposuction isn't necessarily permanent. You may find that other options suit you better. **WHT**

Liposuction alternatives

If liposuction isn't an option, try:

- **Changing your diet.** Keep your total fat intake to less than 35 percent of your daily calories and eat a diet rich with fruits, vegetables and whole grains.
- **Exercising.** At least 60 minutes of moderate activity a day can melt away fat and help keep it off.
- **Loving the skin you're in.** Enhance it by using clothing or makeup to emphasize certain body and facial features.



SEX & GENDER MATTERS

The latest findings on women-specific health from the Society for Women's Health Research

By Jennifer Wider, MD

Protect yourself!

Skin cancer is on the rise

Over the past few decades, the incidence of melanoma, the deadliest form of skin cancer, has increased. Melanoma is now the most common cancer in women between the ages of 25 and 29, while skin cancer is the most common cancer among both men and women in the United States.

Risk factors

The risk factors for melanoma, according to the Centers for Disease Control and Prevention in Atlanta, Ga., include:

- a family or personal history of skin cancer
- lighter natural skin color
- certain physical characteristics, including lighter eyes and red or blonde hair color
- a history of sunburns early in life
- consistent sun exposure through work and play
- many pre-existing moles

Researchers have also uncovered the hidden dangers of tanning salons, which many more women use than men. Tanning salons use lights that give off rays that mimic natural sunlight, so your skin is damaged just the same.

Prevention tips

The best way to guard against skin cancer is to limit your sun exposure and avoid the sun during its peak hours of 10 a.m. to 2 p.m. To prevent skin damage, the American Academy of Dermatology recommends you:

- Generously apply sunscreen with a sun protection factor (SPF) of at least 15 that offers broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- Use a lip balm with SPF protection. Lips are a common area for precancerous growths.
- Wear protective clothing, such as a long-sleeved shirt, pants, wide-brimmed hat and sunglasses.
- Use extra caution near water, snow and sand, which reflect damaging rays.
- Get vitamin D safely through a healthy diet that includes vitamin supplements.

Melanoma is treatable if caught early—that's why it's so important to be aware of the signs and to visit a dermatologist regularly. **WHT**

Learn more!

The Society for Women's Health Research is a nonprofit research, education and advocacy organization that works to improve women's health through sex-specific research, education and advocacy. For more of the latest news and research on women's health, visit their Web site at www.womenshealthresearch.org.



Jennifer Wider, MD, is a medical advisor for the Society for Women's Health Research in Washington, D.C.

By Bonnie Siegler

Alicia Silverstone opens up about the healthy habits that changed her life

A lifelong animal lover, Alicia Silverstone says trading in steak for tofu was an empowering life choice. It all started when the 32-year-old actress learned about the cruelty against pigs raised for food. “I went home and cried,” says the San Francisco native. Further convincing Silverstone to take up the vegan lifestyle was finding Sampson on the set of “Clueless,” her hit 1995 film. Sampson, a 65-pound mixed-breed dog, had been hit by a car. Silverstone took Sampson home with her after his release from the animal hospital. “I began to understand the relationship between a human being and an animal and how beautiful it is,” she says.

Taking a stand against animal cruelty and going vegan at age 21 was a turning point for Silverstone. “What was really powerful for me on a deep level was that I’m a woman and can make a choice that I believe in, and I really believe in choosing a vegan way of eating,” she says. “That was a huge decision in my life. Then I began to be rewarded karmically.”

A very vegan lifestyle

For Silverstone—who caused a stir last year when she appeared nude in vegetarian ads for the People for the Ethical Treatment of Animals (PETA)—the health benefits of giving up meat and animal products have been numerous and significant. Since becoming a vegan, the actress says she’s slimmed down and feels “free to breathe and live, rather than being focused on dealing with miscellaneous stuff.” Before finding her focus, Silverstone admits to eating a typical American diet of processed fast foods, meat, dairy, refined sugar and white flour—and suffering the consequences.

continued on page 12

{vita vibra



| and
nt }



"I always needed antibiotics, aspirins or antacids. I was tired and had mood swings," she says. Since going vegan, however, Silverstone reports, "I haven't taken any of those medicines in more than eight years."

Silverstone says being a vegan boosts her energy reserves, helps her sleep better, gives her healthier-looking skin and eyes, and helps her maintain an overall sense of calm. "I went to my doctor for a regular checkup a few years ago and hadn't been there for about seven years. He checked my blood and everything was perfect, even better than it was years ago. My body got so healthy."

However, she's the first to say that playing food police isn't her favorite role. "I'm not a puritan; I'm just pure about being a vegan and doing the best I can every day," says Silverstone.

From sugar to squash

Silverstone credits her healthy body and immune system to her plant-based diet of whole grains, whole beans and fresh food. Most of the time, all she needs to do is step outside to gather a meal for herself and her husband, musician and fellow vegan Christopher Jarecki. "It's amazing to go into your own backyard and pick vegetables that you planted with your own little hands," she says. Her organic garden and its compost area are Silverstone's pride and joy; it's where she grows sweet peas, kale, garlic, tomatoes and more.

Steamed greens and miso dumpling soup are Silverstone's breakfast staples, and a big salad full of her fresh-grown vegetables topped with sesame tofu dressing is a substantial lunch. "If I eat macrobiotically every day, I can lose weight and attain my ideal figure. But I don't like living that rigid lifestyle, so if I'm at a party and they have a cake with ice cream, I can't resist," says Silverstone. "I might have a headache the next day from the sugar and white flour and feel really low in energy, but food is an art and made to be enjoyed."

Now-and-then exercise

The 5-foot-5-inch Silverstone keeps her shape with yoga, hiking with her dogs and riding her bike along the beach with friends. "Yoga and the dog walks happen the most regularly, but I can be a bit sporadic.



I'm not a puritan; I'm just pure about being a vegan and doing the best I can every day.

That's where I'm lucky that my diet and lifestyle are so good, because they compensate for my irregular exercise habits, especially when I'm working," she says. "But I love doing yoga; it's really a blissful experience. Jumping on a trampoline is fun, too. And, not many actresses get giddy over getting dirty fingernails from gardening like I do."

Best of all, the healthy lifestyle habits Silverstone enjoys have helped her achieve clarity and a better outlook on life. "I feel spiritually healthy," she says. "This way of eating has led me on a beautiful path. I've learned more about myself and I'm more in touch with my own body." **WHT**

Vegan or vegetarian?

These similar-sounding terms describe people who adhere to two different types of eating systems. Vegetarians simply don't eat any meat, fish or fowl. Vegans take it a step further; they don't eat any animal products, eliminating all dairy, eggs and even honey from their diets. Vegans need to be sure to get adequate protein and iron from other nutritious sources, like soy products, seeds, whole grains, nuts and green leafy vegetables.

Be emergency-ready

Assemble a kit to help your family through a crisis

Tornadoes, hurricanes, floods, fires, acts of terrorism and other unexpected emergencies can force you to evacuate your home at a moment's notice—or confine you inside it. How would your family fare if you couldn't get to a store for days? Prepare for a disaster before it strikes by assembling a supply kit to care for your family's needs in an emergency.

Disaster kit contents

Your kit should contain basic items your family would need to stay safe and comfortable during and after a disaster. Be sure to include the following:

- a three-day supply of water (one gallon per person, per day)
- a three-day supply of nonperishable foods and a manual can opener
- any special foods or dietary items family members need
- a flashlight and extra batteries
- extra clothing and blankets
- matches and cooking equipment
- all prescription medicines
- medical supplies (diabetes testing and medication supplies, catheters, syringes, inhalers, nebulizers)
- over-the-counter medicines (pain relievers, anti-diarrhea medicines, antacids, antihistamines, eyedrops)
- a cooler with ice or freezer packs for any drugs that must be refrigerated
- infants' items like formula, diapers, wipes, bottles, pacifiers
- a first-aid kit (sterile gloves, bandages, a cleansing agent or towelettes, antibiotic and burn ointments, eye-wash solution, scissors, tweezers, petroleum jelly, cold packs)
- a thermometer



- a hearing aid and batteries
- wheelchair batteries
- eyeglasses and contact lens solution
- toilet paper, feminine hygiene supplies
- denture needs
- oxygen
- cash
- copies of identification, credit cards and vital medical documents, such as insurance and Medicare cards, health records, proxies and prescriptions

Assembling your kit

Find an easy-to-carry container, such as a backpack or a plastic bin, in which to pack your kit. Seal all items in airtight plastic bags and store your kit in a place where it'll be easy to grab if necessary. Plan for the needs of any disabled family members and give your power company a list of all power-dependent life-support equipment your family uses. Develop a contingency plan that includes an alternate power source for the equipment, such as a portable generator or battery.

Re-evaluate your family's needs and update supplies at least once a year. Check medications for expiration dates every six months and replace when necessary. **WHT**

Maybe it's MS?

Dealing with a multiple sclerosis diagnosis

For months, Annie thought the numbness and weakness in her right arm was merely a sign of poor fitness or lack of sleep, hallmarks of stressful days juggling her job and young family. When she began having difficulty seeing clearly, she assumed it was time for reading glasses.

But Annie's blurry vision and weak arm weren't products of her busy life. They were early signs of multiple sclerosis (MS), a chronic and potentially debilitating disease that affects the central nervous system and impairs strength, sensation, vision and muscle control and coordination. An estimated 400,000 people in the United States suffer from MS, and two to three times as many women are affected as men. The first symptoms typically strike between ages 20 and 50.

When the body turns on itself

"Multiple sclerosis is a disease in which the body's own immune system mistakenly attacks the brain and central nervous system," says Robert W. Neel, MD, a board-certified neurologist with The Christ Hospital and neurology residency program co-director at the University of Cincinnati. The immune system attacks the myelin sheath, a protective fatty substance that covers nerve fibers in the brain and spinal cord. When this sheath is damaged, hardened patches of scar tissue form, blocking or delaying nerve impulses, resulting in these symptoms:

- limb or facial weakness or paralysis, or increased muscle tension in one or more limbs
- blurred or double vision, partial or complete vision loss with eye movement pain
- numbness, tingling, pain or electric-shock sensations in the face or limbs
- fatigue
- dizziness or vertigo
- unsteady balance, incoordination or problems walking

Diagnosing MS

If you experience any of these signs, see your healthcare provider for an evaluation. Many conditions can produce similar symptoms, and because there's no single test to diagnose MS, says Dr. Neel, your provider will conduct several assessments besides taking a clinical history, which may include:

- a neurological exam to test your cranial nerves and vision, reflexes, muscle strength and tone, balance, coordination and sensitivity to temperature and sharp objects
- a magnetic resonance imaging (MRI) scan to detect MS lesions in the brain and spinal cord
- a spinal tap to check for abnormal protein levels and signs of inflammation
- a test to measure your eyes' electrical signals

MS symptoms are often unpredictable. They can vary from person to person and from time to time in the same person. They can be aggravated by stress, heat or cold. The disease can range from mild, chronic illness with occasional symptom flare-ups to a progressively worsening condition with few, if any, periods when the disease is quiet (known as remission). "For most people, MS has a period of high activity, then may quiet down within 10 to 15 years of the first episode," says Dr. Neel.

Treatment can help

Early treatment can help alter the disease's course and reduce the symptoms' severity. In addition to physical and occupational therapy to maintain muscle control, your physician may prescribe medication to block attacks on the myelin sheath and slow deterioration. Other drugs can help fight infection, regulate the immune system, reduce nerve inflammation, ease muscle spasms and combat fatigue and depression.

An MS diagnosis can seem devastating. Don't assume it's just a short trip from diagnosis to wheelchair; with early treatment, most people with MS don't face that fate. **WHT**



MS attacks and **damages the brain**, blocking or delaying nerve impulses, resulting in **blurred vision, electric-shock** sensations and other troubling symptoms.

© 2008 Jupiterimages

ASK THE EXPERT

Featuring Robert W. Neel, MD



Q: Is multiple sclerosis a hereditary disease?

A: While we haven't been able to say that MS is definitely hereditary, we do know that certain people have a hereditary predisposition to MS. People who have a parent or sibling with MS have a higher chance of having the disease than those who don't. But remember that MS is not a fatal disease. While it can be life altering, you can still live your normal life span with treatable symptoms.

Have a souper supper!

As the days grow shorter, nothing says “comfort” like a steaming crock of homemade soup. An easy way to improve your family’s diet, soup can be a filling yet low-calorie meal that packs a lot of nutrients, protein, vitamins and more into one pot.

Simmering your own soup requires little or no cooking oil, and you control the fat and sodium content. Add plenty of antioxidant-rich vegetables and fiber-rich beans, and season with herbs and spices. If you prefer heartier versions, use lean meats, poultry or seafood rich in heart-healthy omega-3 fatty acids. Try one of these healthy recipes and round out the meal with whole-grain bread.



CHICKEN, GREENS AND POTATO SOUP

Serves 4

- 3 medium potatoes, peeled and cut into ½-inch pieces (about 3 cups)
- 2½ cups chicken broth (homemade or commercial low-sodium variety)
- vegetable oil spray
- 1 medium leek, sliced (white part only) (about 1 cup), or 9 green onions, sliced (about 1 cup)
- 4 medium cloves garlic, minced, or 2 tsp. bottled minced garlic
- 10 oz. boneless, skinless chicken or turkey breasts, cut into bite-size pieces
- 12-oz. can fat-free evaporated milk
- ½ 10-oz. package no-salt-added frozen mustard greens or chopped spinach, thawed and drained
- 1 tsp. snipped fresh dillweed or ¼ tsp. dried, crumbled
- 1 tsp. chopped fresh thyme or ¼ tsp. dried, crumbled
- ¼ tsp. salt
- ⅛ tsp. pepper

In a Dutch oven, combine potatoes and broth. Bring to a boil over medium-high heat. Reduce heat and simmer, covered, for 20 minutes, or until tender. Don't drain. Let cool slightly, then purée in a food processor or blender. Set aside. Wipe Dutch oven with paper towels. Spray with vegetable oil spray. Sauté leek over medium heat for 5 minutes, stirring occasionally. Add garlic and cook for 1 minute, stirring occasionally. Add chicken. Cook for 5 minutes, or until chicken is tender and no longer pink, stirring often. Stir potato mixture and remaining ingredients into Dutch oven. Cook over low heat for 2 to 3 minutes, or until heated through, stirring occasionally.

Per serving: 265 calories, 24 g protein, 35 g carbohydrates, 42 mg cholesterol, 2 g total fat (1 g saturated, 1 g polyunsaturated, 1 g monounsaturated), 3 g fiber, 302 mg sodium

SHRIMP GUMBO

Serves 4

- ¼ cup all-purpose flour
- 1 tsp. vegetable oil
- 2 cups sliced fresh okra (about 1 lb.) or 10-oz. package frozen, no-salt-added sliced okra
- 1 cup chopped onion (about 2 medium)
- ½ cup chopped green bell pepper
- ½ cup chopped celery
- 3 medium cloves garlic, minced, or 1½ tsp. bottled minced garlic
- ½ tsp. pepper, or to taste
- 2 cups chicken broth (homemade or commercial low-sodium variety)
- 14½-oz. can no-salt-added diced tomatoes, undrained
- 1 bay leaf
- 1 cup uncooked rice
- 1 lb. fresh medium shrimp, peeled and deveined
- ¼ tsp. salt
- 6 drops red hot-pepper sauce

In a medium nonstick skillet over medium heat, cook flour for 8 to 10 minutes, or until light brown, stirring occasionally. Set aside. Heat oil in a large nonstick stockpot over medium-high heat, swirling to coat bottom of pot. When oil is hot, sauté okra for 10 minutes. Add onion, bell pepper, celery, garlic and pepper. Cook 3 to 5 minutes. Add flour, broth, tomatoes and bay leaf. Reduce heat and simmer, covered, for 20 minutes. Meanwhile, cook rice using package directions, omitting salt and margarine. Set aside. Add shrimp to okra mixture. Cook, covered, for 3 to 5 minutes, or until shrimp is done (when it turns pink and opaque). Don't overcook, or shrimp will become rubbery. Remove bay leaf. Stir in salt and hot-pepper sauce. Put ½ cup cooked rice in each soup bowl. Ladle gumbo over rice.

Per serving: 358 calories, 22 g protein, 59 g carbohydrates, 135 mg cholesterol, 3 g total fat (1 g saturated, 1 g polyunsaturated, 1 g monounsaturated), 4 g fiber, 335 mg sodium

SPINACH PASTA SOUP

Serves 4

- 4 cups chicken broth (homemade or commercial low-sodium variety)
- ½ cup water
- ¼ cup plus 1 Tbsp. no-salt-added tomato paste
- ½ tsp. grated lemon zest (optional)
- ¼ cup orzo or pastina
- 6 cups chopped fresh spinach, leaves only, patted dry (about 8 oz.) or ½ 10-oz. package frozen chopped spinach, thawed and drained
- ¼ cup sliced green onions (about 2)
- ¼ tsp. pepper
- ¼ tsp. salt

In a medium saucepan over medium-high heat, combine broth, water, tomato paste and lemon zest. Whisk until smooth. Bring to a boil. Stir in pasta. Reduce heat to medium and cook for 5 to 7 minutes, or until pasta is tender. Stir in spinach and green onions and cook for 2 to 3 minutes. To serve, stir in pepper and salt.

Per serving: 95 calories, 4 g protein, 15 g carbohydrates, 1 g total fat (0 g saturated, 0 g polyunsaturated, 0 g monounsaturated), 3 g fiber, 222 mg sodium

Saying the right thing

When a loved one is diagnosed with cancer

You may one day find that your spouse, close friend or relative receives the diagnosis no one wants to hear: cancer. It's a delicate situation, so understandably you may be worried about saying the wrong thing. Here's how you can best offer comfort and support in this situation:

❖ **LISTEN WITH YOUR HEART.** Ask "What are you feeling?" Your loved one may be experiencing a host of emotions—fear, anger, sadness, guilt, helplessness or anxiety. He or she may be concerned about the impact cancer will have on finances, job, sexuality or relationships. Pay attention to the answer to your question so you can understand your loved one's feelings.

❖ **ENCOURAGE YOUR LOVED ONE NOT TO BLAME HIMSELF OR HERSELF FOR GETTING ILL.** A longtime smoking habit may have led to lung cancer, but it's important to instead focus on getting better.

❖ **ASK WHETHER HE OR SHE WANTS TO DISCUSS HIS OR HER HEALTHCARE VISITS WITH YOU.** Some people may want to talk about what their healthcare provider said in detail, while others may not want to talk about it at all. If your loved one asks for your opinion about his or her illness and treatment options, be open and honest. If you don't know the answer to a question, say so.

❖ **OFFER PRACTICAL HELP.** Instead of saying, "Call me if you need anything," say, "What can I do to help?"



You might offer to provide transportation to a doctor's office or sit in on a checkup, go grocery shopping or cook a meal.

❖ **TRY TO HELP YOUR LOVED ONE FOCUS ON POSITIVE INFORMATION.** More than 10 million people who've had cancer are alive today, and new treatments are constantly being developed.

❖ **KNOW THAT SOMETIMES PEOPLE TAKE OUT THEIR ANXIETIES AND FRUSTRATIONS ON THOSE CLOSEST TO THEM.** Or they may act out feelings of helplessness or weakness. These are normal responses to illness. Remain calm and be extra understanding if this happens. As you reach out to your loved one, remember to tune in to your own heart. It will help guide you to just the right words. **WHT**



Help is just a click away

Visit www.thechristhospital.com to learn about programs for patients with cancer and their families at The Christ Hospital Cancer Center. Or come visit our Cancer Resource Center, where you'll find a wealth of printed materials and a patient-education database. Call **(513) 585-2323** to learn more.

6 heart-health misconceptions

What you think you know about keeping your heart healthy may hurt you instead. Here's the truth behind some myths, confusing health headlines and changing recommendations.



Myth 1 A lot of vitamin E protects your heart.

Recent studies suggest high daily doses of vitamin E supplements—400 IU or more—are associated with a higher risk of death from any cause, including cardiovascular disease. Until more research is done on safe levels of vitamin E, take one multivitamin pill a day, but aim to get your vitamin E naturally from a healthy, varied diet instead of from supplements. Foods rich in vitamin E include vegetable oils, nuts, green leafy vegetables and fortified breakfast cereals.

Myth 4 Heart attacks start with chest pain.

The classic heart attack comes on with crushing chest pain, but many start with pressure, squeezing or fullness in the chest. Women may have none of these symptoms but instead feel pain or discomfort in the arms, neck, jaw, back or stomach. Other signs can include shortness of breath, cold sweats, nausea, light-headedness and unusual or unexplained fatigue. If you suspect a heart attack, call for immediate emergency help.

Myth 2 Smoking hurts lungs, not hearts.

You're at risk for lung disease if you smoke, but you're also two to four times more likely to develop coronary heart disease than a nonsmoker. Regular exposure to secondhand smoke is bad for your heart as well as your lungs.

Myth 5 Exercising three times a week is enough.

Government recommendations say we should all be exercising at a moderate to vigorous level for at least 30 minutes on most days, not just three times a week. To lose weight, make that 60 minutes. It doesn't have to be a formal gym session; several brisk 15-minute walks add up.

Myth 3 Heart disease is a man's problem.

Heart disease is the leading killer of women, claiming nearly 220,000 women a year. Cardiovascular diseases, including stroke and hypertension, kill more American women than men each year.

Myth 6 Chocolate is good for your heart.

Recent studies say that dark chocolate is heart-healthy, but eating too much of it can lead to unwanted pounds, ultimately hurting your heart. Limit yourself to a small amount if you do indulge. **WHT**

! Get heart-healthy!

Caring for thousands of cardiac patients every year, The Christ Hospital is one of America's top 50 hospitals for heart care. Visit our Heart and Vascular Center at www.thechristhospital.com, where you can take our interactive HeartAware Risk Assessment.

Suspect stomach symptoms

Your guide to abdominal discomfort

Although generally hardy, your stomach can be the source of many uncomfortable—some potentially serious—symptoms, including heartburn, nausea, vomiting and abdominal pain or burning.

Think of your stomach as a holding tank. Everything you eat or drink arrives there from the esophagus after you swallow it. Small amounts of a few substances, such as alcohol, simple sugars and some medications, are absorbed in the stomach, but most foods go on to be digested in the small intestine.

The stomach's job is to break food into smaller pieces, which it does in two ways. The walls of the stomach are lined with powerful muscles that contract and cause food to churn, breaking it down. The stomach also secretes gastric juices that begin to break down proteins. The partially processed food, called chyme, is forced into the small intestine, where most nutrients are gathered.

Typical tummy troubles

The most common stomach ailments include:

- **GASTRITIS**, an inflammation (swelling) of the stomach lining, which may be caused by infection, injury or irritation. Acid-induced damage to the stomach lining can cause gastritis, as can smoking, heavy alcohol consumption and certain medications, like aspirin.

Nearly every woman will experience gastritis during her lifetime. Symptoms of gastritis include upper-abdominal discomfort, nausea, vomiting and diarrhea. In most cases, symptoms are mild, pass quickly and have no long-term effects. Antacids can usually ease the symptoms.

- **INDIGESTION**, also called dyspepsia. Indigestion isn't a disease but rather a word used to describe a variety of abdominal symptoms, including heartburn, nausea and sensations of bloating and fullness. Some people experience indigestion only when they eat certain foods or when they overeat at a meal, while others have symptoms daily. Quitting smoking and avoiding alcohol can reduce the frequency of indigestion. Over-the-counter medications may be used to relieve symptoms. If you have frequent indigestion, you may be tested to find out whether a serious disease, such as peptic ulcer, gastritis, gastric cancer or gallbladder disease, is to blame.

- **HEARTBURN**, the term used to describe a burning sensation in the chest with sour or bitter-tasting material which comes back up into the throat and mouth. Normally, a valve called the esophageal sphincter keeps food from refluxing (moving back up) into the esophagus once it's entered the stomach. In some people, however, this valve becomes slack and allows some contents of the stomach, which are acidic because digestion has begun, to travel back up into the esophagus. The acidity of the refluxed material irritates the esophagus and causes discomfort.

Liquid antacids can reduce symptoms of heartburn for most people, and some simple changes in habit can help them avoid heartburn altogether. If lifestyle changes don't bring relief, your healthcare provider might prescribe a medication that blocks acid production in the stomach or one that increases the strength of the esophageal sphincter. For heartburn sufferers who continue to have symptoms despite medication and lifestyle changes, surgery is an option. **WHT**



Although generally hardy,
your stomach can be the
source of many uncomfortable—
some potentially
serious—symptoms.

Try these 6 stomach solutions

Many people put up with gastric complaints, not realizing they can take steps to make life easier on their stomachs. Treat yours with consideration and you'll be far less likely to experience the annoying and uncomfortable symptoms that come with gastritis, indigestion and heartburn.

- {1} **Stop smoking.** Cigarette smoke relaxes the esophageal sphincter (the valve that keeps food in the stomach from refluxing, or flowing back up, into the esophagus).
- {2} **Drink less alcohol and avoid chocolate, fatty foods and peppermints,** all of which relax the esophageal sphincter.
- {3} **Lose excess weight.** This helps you avoid reflux by reducing pressure on your stomach.
- {4} **Eat smaller meals and avoid tight clothing** to decrease the pressure on your stomach.
- {5} **Eat nothing within three hours of going to bed** to reduce the odds that food will come up when you lie down.
- {6} **Elevate the head of your bed 6 inches.** Gravity helps keep stomach acids where they belong—in your stomach.

STEP IT UP!

Fitness walking know-how

Walking is one of the simplest ways to boost your energy level while warding off a number of chronic illnesses, like cancer, diabetes and heart disease. With every step, you're helping to lower your LDL, or bad, cholesterol levels and raise your HDL, or good, cholesterol. Walking can also help manage blood pressure, stress and weight.

If you've been sedentary for a long time or have a health condition, talk with your healthcare provider before starting a walking program. Once you have his or her blessing, try out these sensible walking tips:

• **Wear good walking shoes.** Your walking shoes should have a low heel, plenty of cushioning and bend easily



Keep it going

The problem with most exercise programs is the high dropout rate. Use these tips to fit walking into your everyday schedule and keep your motivation level high.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| ➤ Recruit a friend. Companionship will make your walks more enjoyable and help both of you stick to the program. | ➤ Find out if your local YWCA or American Heart Association branch offers a community walking program. |
| ➤ If you ride a bus, get off a few blocks before your stop and walk the rest of the way. | ➤ For a change of pace or when the weather isn't ideal, head to a nearby mall. |
| ➤ Start a lunchtime walking program at work. | ➤ Walk in a scenic place, such as a park or other area that's pleasing to your eye and spirit. |
| ➤ Pick a time of day and stick to it. If you're a morning person, start your day with a walk. If you're an evening person, squeeze in your walk before dinner. | ➤ Ask members of your women's group, bridge club or other social organization to join you on a walk before or after meetings. |
| ➤ At the office, hand-deliver packages instead of using interoffice mail. | ➤ Challenge yourself to come up with new ways to make walking a part of your daily life. |
| ➤ When driving, park several blocks from your destination. | ➤ Enlist a family member to join you, and keep a diary of the steps you've logged. |



in the forefoot. Allow for at least a half inch between your longest toe and the end of the shoe.

- **Set realistic goals.** If you're not used to exercise, start with short daily walks of three to five minutes and gradually build up to 30 minutes.

- **Warm up and gently stretch before you start.** Walk slowly or march in place for five minutes to warm up your muscles. Step up the pace gradually.

- **Aim for good technique.** Keep your chin up, shoulders back, tummy muscles tucked in so your back doesn't arch and arms flexed to 90 degrees at the elbow. As your feet push off from the ground, imagine that you're showing the sole of your shoe to someone behind you.

- **Increase the intensity.** Slowly build up the intensity of your workout by increasing the number of steps you take instead of lengthening your stride. Swinging your arms faster will also increase your speed.

- **Listen to music.** Lively music will help you maintain a brisk pace. And music or audio books will reduce boredom.

- **Chart your progress.** A pedometer can help you track your physical activity and set goals.

How many steps?

While taking 10,000 steps a day will make you fitter and reduce your risk of chronic disease, experts recommend walking 12,000 to 15,000 steps each day if you want to lose weight. To build aerobic fitness, pick up the pace on 3,000 or more of your daily steps. Or choose a route with hills—great for strengthening and toning your legs, too.

Enjoy your walk! Fitness walking may be just what you need to bring a breath of fresh air into your life. **WHT**

What've you got to lose?

You can expect to burn about this many calories from an hour of walking, according to the American Heart Association:

Walking speed	100-pound person	150-pound person	200-pound person
2 mph	160	240	312
3 mph	210	320	416
4.5 mph	295	440	572

Know the truth about heart disease

If you want to be heart healthy, you have to be heart-smart. Test your knowledge by answering true or false to the following statements. Then check the answers on this page to see how you did.

TRUE OR FALSE?

- {1} If your blood pressure varies throughout the day, it's a sign that something is wrong.**
- {2} An exercise electrocardiogram (ECG) effectively detects heart disease in both men and women.**
- {3} People who already have a heart condition should get an annual flu shot.**
- {4} For exercise to be vigorous enough to strengthen your heart, you have to go "all out" for at least 20 minutes.**
- {5} Having a brother or sister who's had heart disease significantly increases your own risk.**

ANSWERS

- {1} FALSE.** It's normal for blood pressure to vary throughout the day, increasing during activity and decreasing at rest. Cold weather, stress, medication, a medical checkup, getting startled and feeling threatened can also cause your blood pressure to rise.
- {2} FALSE.** An exercise ECG—a test that measures the heartbeat's electrical activity while an individual walks on a treadmill—isn't as accurate at detecting heart disease that involves only one clogged vessel, the kind that women usually have. Having the test performed along with other

heart imaging technologies can improve the results' accuracy.

{3} TRUE. Flu and pneumonia pose significant risks for heart patients because these lung infections reduce the body's ability to take in oxygen, causing the heart to work harder. Ask your cardiologist whether you should get a flu shot this year.

{4} FALSE. Aim to exercise with an effort that keeps your heart rate within 50 percent to 75 percent of your maximum heart rate (220 minus your age). For example, a 40-year-old person should keep his or her heart rate between 90 and 135 beats per minute ($220 - 40 = 180 \times 0.5 = 90$). Another guide: You should be able to talk, but not sing, while you work out.

{5} TRUE. Research shows that middle-aged adults who have a sibling with heart disease have a 45 percent higher risk for the same condition. That's a higher risk than if your parents have heart disease. **WHT**



Test your health knowledge online

Take more health quizzes and assessments online at www.womenshealthexperience.com. Plus, find out what other women are saying by participating in our online polls!

5th Annual Women'sTM Health Experience

**SATURDAY,
OCTOBER 11, 2008
9 AM – 2 PM
DUKE ENERGY CENTER
CINCINNATI, OHIO**

Don't miss this fun-filled day focused on *your* health!

Come to Women's Health Experience for:

- educational sessions presented by local physicians
- free health screenings
- exercise demonstrations
- valuable nutritional information
- gala luncheon and fashion show
- souvenir bag and giveaways

PLUS! Special presentations from nationally renowned physicians on female sexuality, hormone replacement and female cancers



GET YOUR TICKETS NOW AT:

www.WomensHealthExperience.com

or call Kim Kirchner at 1 (800) 620-6422 ext. 223

SPONSORED BY:



IN CONJUNCTION WITH:



www.WomensHealthExperience.com

Do you know someone who is ready to downsize?

Weight loss surgery at The Christ Hospital may be the perfect fit.

When it comes to surgery, The Christ Hospital has some of the very best outcomes in the region. And we have two very good reasons why: Drs. J. Wesley Alexander and Lisa Martin Hawver.



Take time to talk to our experts and learn about the many life-changing benefits that can be achieved through weight loss surgery. In addition to weight loss, individuals benefit from:

- improvements in blood pressure, cholesterol, triglyceride and blood sugar levels
- a decrease in sleep apnea
- reduced back and leg pain
- less dependency on medication
- and an overall improvement in quality of life.

To discover the many benefits of weight loss surgery, come to one of our FREE informative and life-changing seminars.

At our seminar you will:

- Meet the surgeon
- Learn about the surgical procedures and if you are a candidate
- Hear some of our success stories.



**Oct. 14,
Nov. 11 or Dec. 9**

7 – 9 p.m.

**The Christ Hospital, A-level,
Classrooms #3 & 4**

***Presented by
Drs. J. Wesley Alexander &
Lisa Martin Hawver***

**To register, call
513-475-7770**



The Christ Hospital