

SPRING 2011



# Center for Women's Care

Advancing the Art & Science of Specialized Women's Healthcare

[www.centerforwomenscare.com](http://www.centerforwomenscare.com)

Dear Patients & Friends,

We're glad you're a part of the Center for Women's Care!

With spring upon us, winter's dream of opening the windows and getting some fresh air can be a reality – right along with exercising outdoors, feeling the warmth of the sun on our skin (as long as it's not prolonged), eating more fresh fruits and vegetables in season and taking better care of ourselves – inside and out! In this issue, we offer a number of tips and ideas to keep you going strong all season long.

Also, in this edition of our newsletter, we are delighted to introduce our updated logo and artwork designed to reflect the theme of our practice, *Advancing the Art & Science of Women's Healthcare*. As you may know, we are the only research-based women's healthcare practice at Rush University Medical Center and one of the leading women's health and research-based practices in North America. We focus in the specialized care and treatment of complex, multifaceted women's health issues, but we also provide general gynecological services.

Please turn to us for all your women's healthcare needs. We are here to serve you in a compassionate and supportive setting, established to address the dynamic range of concerns unique to today's woman.

In Good Health,

Barbara A. Soltes, M.D., S.C.  
Director, Center for Women's Care & Center for Women's Research at Rush



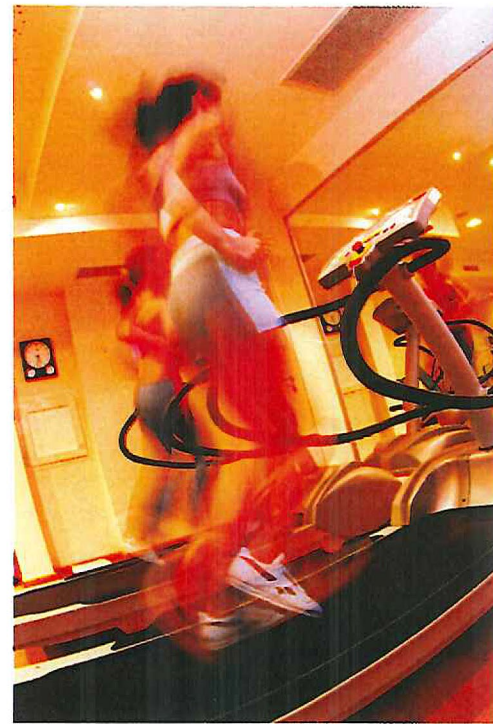
(Standing, from left) Sherry Burnam, ANP; Kathy Leahy; Dr. Barbara Soltes; Marianne Brosnan, RN and Terri Dunevant.  
(Seated, left) Benita Hallahan with Brenda Jordan.

## Center for Women's Care Welcomes New Nursing, Account Staff

We are pleased to welcome two new additions to our Center for Women's Care professional team including **Sherry Burnham** and **Benita Hallahan**.

**Sherry** is our new nurse practitioner. A nurse midwife for over 20 years, she has delivered hundreds of babies, but will now switch her focus to the care of women as they age. **Sherry's** background includes a degree in counseling, and so she will also assist patients with difficult life issues, as well as the management of women's health stressors. She is available for appointments on Wed. and Fri., from 9 a.m. to 4 p.m.

To handle the complexities of billing and account matters, we are pleased to have the professional medical office experience of **Benita** within our practice. She is responsible for all billing and account matters. Her office hours are Tues., Wed. and Fri., from 9 a.m. to 5 p.m.



## Need a Reason to Exercise? Here are 6 that Convince!

How fit are you? Can you do more? Will you please try? Staying fit is an important part of your total body health and wellness. According to the latest statistics, 60 percent of women do not engage in the recommended levels of physical activity for their age, height and weight. Here in Chicago the snow is gone (almost), but there are absolutely no excuses for not exercising. Here are 6 good reasons to stick with it, ladies:

- 1. Insomnia Relief:** A better night's rest becomes possible through exercise on a regular basis.
- 2. Reduced Risk of Osteoporosis:** Weight-bearing exercise will help maintain your bone density.
- 3. Better Self Image:** Working out increases your sense of inner confidence, love of self and beauty.
- 4. Weight Loss/Weight Management:** When you work out, your metabolic rate increases and muscle mass increases to create a longer, leaner look.
- 5. Boosted Immune System:** Regular exercise helps to fight off disease and manage stress.
- 6. Reduced Risk of Alzheimer's disease:** Working out increases blood flow and oxygen to the brain. Research indicates regular exercise may also reduce the plaque in the brain associated with Alzheimer's disease.

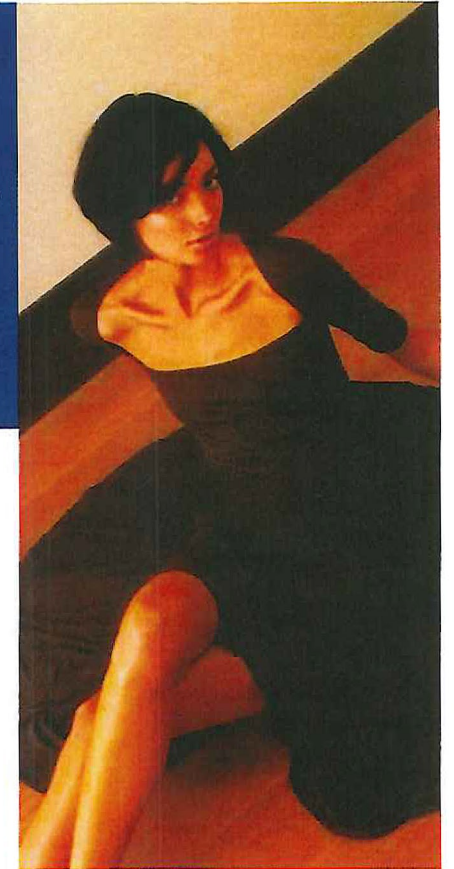
There are countless good reasons to exercise. The most important one is you. We urge you to tend to yourself as a woman by staying committed to exercise. If you need help determining a regimen that's right for you in light of health concerns, injuries or current conditions you may be managing, call us. We can help.

# TAKE CARE OF YOURSELF



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## Get Your "Sexy" Back

As women, we are constantly pulled in a million directions, so it's no surprise that sometimes we don't have the time, interest or energy for sex and physical intimacy. But if your desire for sex is not what it once was, you've felt this way for quite some time and you're wondering whether you'll ever have an interest in sex again, there may be a larger issue in play.

You may have a condition known as Hypoactive Sexual Desire Disorder (HSDD). HSDD is the most common form of female sexual dysfunction.

The condition is typically identified by decreased or absent sexual fantasies and desire for sex – and the exact cause is unknown. The absence of a once-satisfactory level of sexual desire also causes significant personal concerns as well as strain on relationship – potentially having a negative impact on your home life, your job and your self-esteem.

Dr. Soltes is conducting a research study to determine the effectiveness and safety of a medication under investigation for HSDD. The study will help evaluate treatment of HSDD in post-menopausal

women. If you are interested in learning more about this study, please contact our office.

## The Absolute Greatness of Grapes

Chemical compounds in red wine and purple grapes can help prevent heart disease and even reduce the incidence of breast, colon and liver cancers. Scientists have found the 2 chemical compounds, Resveratrol and Flavonoids, are antioxidants which can help lower the rate of various diseases. So...Napa Valley, California here we come! Or, here's to a nice glass of red wine at home over dinner tonight!

## A Laser Focus on Acne, Skin & Hair

The Center for Women's Care offers laser-like treatments for managing acne, reducing unwanted hair and rejuvenating the face. You can request an initial consultation to learn more. An initial fee of \$50 will be applied to either one treatment of \$80-\$130 or multiple treatment packages of \$200-\$500. For more information, or to schedule a consultation with Dr. Soltes, please call the Palos or Rush office.

## Study Opportunities

The Center for Women's Research has multiple studies taking place and is enrolling participants for the following health issues: hot flashes, vaginal dryness, oral contraception, decreased sexual desire, endometriosis and fibrocystic breast pain. If you would like to learn more about participating in a research study, please call the office. Remember, participating in a clinical trial costs nothing, gives you access to free healthcare and health screenings and provides a way to impact the care of women for generations to come.

## Participate in a Clinical Trial

Clinical trials are designed to explore and meet a specific set of research criteria. If you fit the guidelines for a trial, you may be eligible to participate. Most trials involve more examinations and tests than are usually given for a particular condition. The purpose is to follow your progress and collect study data on the effect of treatment. By participating in a clinical trial, you may receive a new treatment that could be beneficial to your condition. As a study participant, you may also receive medical care and study-related medication at no cost. It is important to remember that participating in a clinical trial is voluntary and you can opt out or withdraw at any time.

For more information or to find out about studies underway, please call our office.

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## Ask Dr. Soltes

**Q:** I am a menopausal woman who's just started to notice an increase in vaginal itching. Could I have an infection?

**A:** Most often when a menopausal woman experiences vaginal itching, it is due to vaginal atrophy. Vaginal atrophy is the lack of estrogen in the vaginal tissue. The lack of estrogen causes the skin to become thinner and can create symptoms of burning and intense itching. It is easy to treat with a topical or vaginal estrogen cream. Women should be evaluated when first noticing these symptoms to be sure that the cause is indeed lack of estrogen and not an infection or a dermatological condition.

**Q:** My friends tell me they are taking "natural" supplements. Is there a benefit?

**A:** Over the past few years we have seen a surge of "natural" supplements. Natural, health-related products are not regulated by the Food and Drug Administration (FDA) to assure their safety and quality control. This can have potentially dangerous consequences since "natural" products have active chemicals and can cause serious drug interactions. "Natural" does not mean better or safer. There have been few studies that have evaluated the potential risks or benefits of natural products...these studies are desperately needed. Until that time, be aware that "natural" at the health food store is not necessarily the "natural" you may think. If you are considering a supplement, please contact us to discuss how or when to use, it if at all.



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## CENTER FOR WOMEN'S RESEARCH AT RUSH: UPDATE

At the Center for Women's Care, managing the health of women is truly an art and a science. Some of you may not know Dr. Soltes is recognized locally, nationally and internationally for her clinical research on a range of women's health issues including menopause, PMS, estrogen replacement and more. She conducts research through the Center for Women's Research at Rush to delve deeper into a wide range of common women's health conditions, and then shares her findings with the medical community as a way to improve healthcare for all women. Her patients realize extensive benefits from her research work because she links information about symptoms, side-effects

and concerns to the latest scientific data in order to arrive at the best, most advanced courses of treatment.

participants to evaluate a new medical treatment, drug or device. New treatments are hoped to be at least as effective as or possibly more effective than

the standard type of treatment currently in use. Most studies are sponsored by pharmaceutical companies to assist them in getting new medications approved for public use by the Food and Drug Administration (FDA). Before any new drug or medical device can be legally marketed to the public, the FDA must approve it. While the main site for Dr. Soltes's research is her Rush office, some studies are conducted out of the Palos Heights office, as well. Please call for more information.



and concerns to the latest scientific data in order to arrive at the best, most advanced courses of treatment.

Dr. Soltes has been leading clinical trials since 1991, but has been conducting research since 1990. A clinical trial is a research program conducted with patient

research is her Rush office, some studies are conducted out of the Palos Heights office, as well. Please call for more information.