

WINTER 2012



Center for Women's Care

Advancing the Art & Science of Specialized Women's Healthcare

www.centerforwomenscare.com

Dear Patients & Friends:

Whoever said, "The coldest winter I ever spent was a summer in San Francisco," may have been right. Still, there's no doubt that many women in the Chicago area would benefit from a little California Dreamin.'



Barbara A. Soltes, M.D.

Indeed, what is your dream? To have a little more sunshine in your life? More energy? Time? To feel stronger? Healthier? Slimmer? Sexier? Happier? Calmer? More in control? Connected? Fulfilled? In this issue, we urge you to start to identify your vision of a healthier you, and begin making it come true. Also, to jumpstart your dream, please join us for our March seminar. Details in this issue.

As always, we invite you to call, set an appointment and talk with us about any issue or concern you may be experiencing. Whatever you're facing, our mission is to support you to feel your best.

In Good Health,

Barbara A. Soltes, M.D.

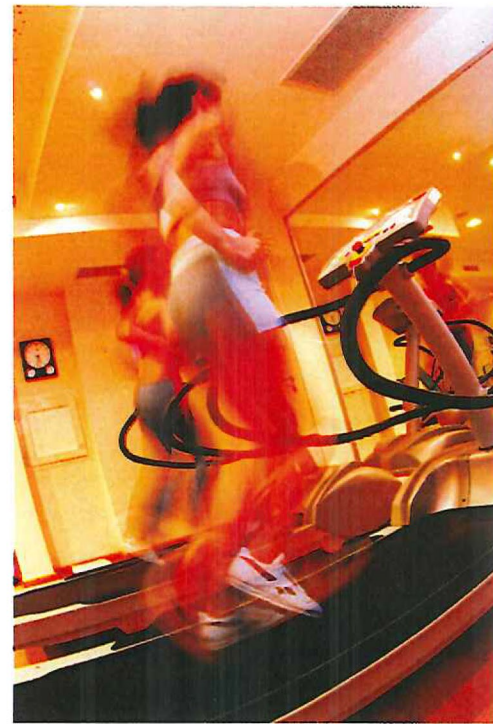
Director, Center for Women's Care & Center for Women's Research at Rush

Want to Look Younger? Eat Breakfast (that's low in sugar)!

Start your day with oatmeal and eggs. Oatmeal raises your blood sugar level fairly slowly, while the protein in eggs boosts your metabolism. It's a perfect combination that may help to ward off wrinkles and keep your weight in check. How does it help keep wrinkles from forming? Sugar in your bloodstream can block your cells from repairing the very structure of your skin that helps sustain collagen and elastin—two substances that keep you looking radiant. Over time, we begin to lose collagen and elastin, so the earlier we cut sugar out of our diet, the better.

Research Update

The Center for Women's Care conducts studies and research on an ongoing basis. There are 4 new studies in progress now: Overactive Bladder; Uterine Fibroids and Heavy Bleeding; Pelvic Pain and Endometriosis and Recurrent Bacterial Vaginal Infections. Call us for information or to participate in a trial. Please contact Tiffany Hart for more details, at 312.563.2611.

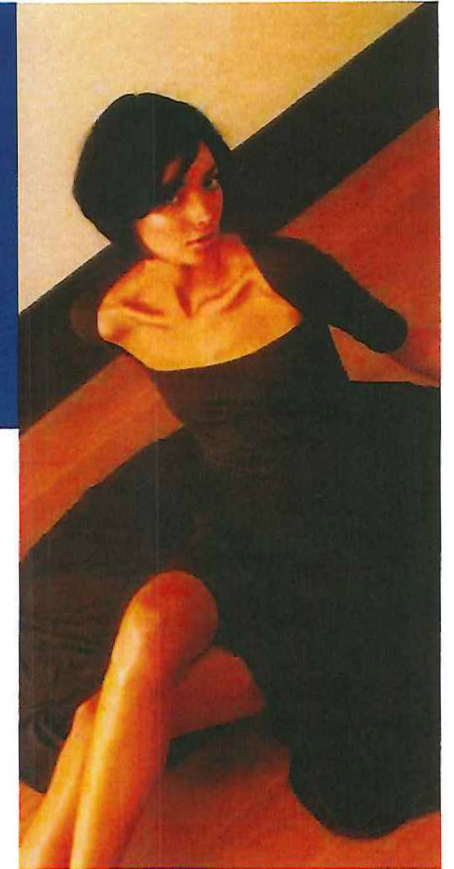


TAKE CARE OF YOURSELF



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OBSESITY: LINK TO INCREASED FIBROMYALGIA RISK

A study recently showed that being overweight or obese is associated with a woman's higher risk of developing fibromyalgia. Lack of exercise also contributes to the risk.

The relationship between exercise and fibromyalgia is not completely clear, however investigators at the Norwegian

University of Science and Technology in Trondheim said, "Regular physical exercise, and thereby improved physical fitness, may serve as a buffer against the perpetuation of musculoskeletal symptoms that eventually lead to the development of fibromyalgia." Come to our March seminar to learn more.

UTIs: What You Should Know

If left untreated, Urinary Tract Infections (UTIs) can cause serious complications. A UTI can occur when the urinary system fails to ward off infection, and bacteria invade and multiply.

Risk factors can include sexual activity, certain spermicidal agents and diaphragms used for birth control, menopause, diabetes, smoking or blockages in the urinary tract. Symptoms may not always be present in women. But in most cases, women with a UTI will experience a strong urge to urinate, along with a painful burning sensation while urinating. Urine may appear cloudy, pinkish and have a strong odor. Some women also experience pelvic pain and report that they feel bad all over.

Treatments are available. For women after menopause, vaginal estrogen therapy may help prevent recurrent UTIs. Lifestyle remedies that may also help including drinking lots of water, avoiding citrus

juices, caffeine and alcohol, and applying a warm heating pad to the abdomen. Pure cranberry juice may have infection-fighting properties, as well.

Good measures of prevention also include urinating frequently, wiping from front to back after urination and bowel movements, gently cleansing the genital area after intercourse and emptying the bladder soon after; also avoiding feminine sprays, powders and douches and taking showers instead of tub baths. Call us to learn more.

Did You Know? Women's Health Tips & Tidbits Topic: Menopause

Some things we think every woman should know:

Peri-menopause: A transition phase, peri-menopause is the period leading up to menopause. It can last 6 years or more.

Menopause: It occurs when you stop having periods altogether.

Post-menopause: This phase begins 1 year after your last period.

Menopause & Sex Drive: Although many women continue to have satisfying sex during menopause and beyond, some women experience a lagging libido during this hormonal change. Many factors can contribute and there are medical treatments available. If you are bothered by your level of sexual desire, it's a good idea to talk with us about your experience.

Atrophic Vaginitis: This is a common, treatable condition that occurs when estrogen levels drop and the walls of the vagina become thin and inflamed. Discuss any symptoms of dryness you may be experiencing with us and we can help.

Vaginal Lubrication: Not just for women going through menopause! A recent study of more than 2,400 women aged 18-68, focused on the use of lubricants as a source of added sexual pleasure, not just a way to prevent pain during intercourse. The

study, published in the Journal of Sexual Medicine, showed that use of water- or silicone-based lubricants, when compared with no added lubrication, was associated with higher ratings of pleasure and satisfaction for self-stimulation and for sexual activity with a partner. Ask us about products that are best for you.

Hormone Use & Heart Disease: New research shows that menopause hormones may actually lower a woman's risk for heart disease. If you are suffering from hot flashes and other severe symptoms of menopause, you don't need to be fearful about putting your heart at risk. We can assess your symptoms and develop a treatment plan that's right for you.

Aerobic Exercise May Cut Menopausal Symptoms
Participants in a 6-month study that required them to do 70 minutes of aerobic exercise, 3 days per week, significantly reduced the severity of menopausal symptoms while improving their physical fitness.

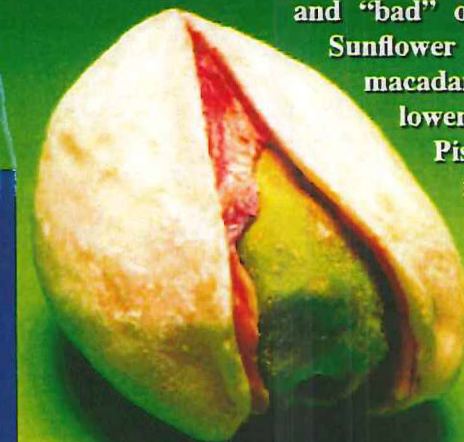
Dr. Soltes is a Certified Menopause Practitioner with the North American Menopause Society. As you experience life's changes we are here to be of help. Please don't hesitate to call to discuss.

Get Nuts!

Nuts of all kinds offer many health benefits. Stick to a serving a day—enough to fill the palm of your hand. Walnuts have been shown to lower breast cancer risk in animal studies. Almonds reduce insulin resistance and "bad" or LDL cholesterol.

Sunflower seeds, pecans and macadamia nuts all help to lower LDL cholesterol.

Pistachios may help to reduce lung cancer risk and improve good HDL cholesterol. So, go ahead, and get nuts!



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Breathe in Soothing Scents to Bust Stress

Imagine the scent of something you love. You automatically breathe in deeply because you want the experience to linger. As you take long, slow breaths, your blood pressure lowers and your heart rate slows—and this relaxes you. Try these—lavendar: to reduce anxiety; coconut: to enhance alertness and green apple: to relieve pain at the start of a headache.



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Feeling Fabulous:

Make the Connection to Nutrition & Fitness

Join Us for Our
Marvelous March
Women's Health Seminar

Thursday

March 22, 2012

Orland Chateau

Call to Register Now



Guest Speakers:

Amy Rantis, MS, CPT
Owner,
Lean Personal Training

Roberta Clarke
Jenero, MS, RD, LDN
CEO,
FigureFacts, LLC

The Center for Women's Care is committed to helping you raise your awareness and understanding of women's health factors so that you can feel your best. Our March seminar, which recognizes National Nutrition Month, will focus on key health issues for women and their connection to nutrition and exercise. This seminar will provide a safe, fun and informative forum in which to learn techniques designed to help you optimize your personal health and feel your most fabulous. Call us to register today, at 708.385.6710.