

BRIEFINGS FROM **WOMEN'S HEALTH EXPERTS**

Center for Women's Integrated Health Redefining women's health one person at a time

The Center for Women's Integrated Health is a multidisciplinary program that brings together experts from gynecology, endocrinology, primary care, psychiatry, sleep medicine, dermatology and other specialties to determine the most effective, personalized approach to helping women achieve their ultimate health and wellness goals.

We offer specialized care in the following areas:

- » Complementary and integrative medicine for women
- » Female sexual dysfunction
- » Gynecology, cancer risk and survivorship care
- » Hair loss prevention and treatment
- » Hidradenitis suppurativa
- » Insomnia, sleep health and CBT-I
- » Lifestyle medicine for prevention and treatment of chronic disease
- » Menopause and perimenopause
- » Osteoporosis and bone health

Our comprehensive website provides patients with detailed information regarding programs, treatment options, various conditions and assists with scheduling an appointment with one of our specialists.

Female Sexual Dysfunction

Studies estimate that in the United States, more than 40% of women between the ages of 18-59 experience sexual dysfunction, yet, only 20% seek medical help. The incidence increases as women age and go through the menopause transition. At the Center for Women's Integrated Health, we believe sexuality is an integral part of human functioning that impacts quality of life. Our team of specialists, include psychologists, gynecologists and a gynecologic oncologist. We offer a personalized approach to care for female sexual dysfunction (FSD), helping our patients address both physical and emotional barriers to sexual functioning.

Gynecology, Cancer Risk and Survivorship Care

No two women are affected by cancer in the exact same way.

by Monica Christmas, MD

*Director of the Center for Women's Integrated Health
Assistant Professor of Obstetrics and Gynecology*



We carry this understanding with us as our specialists create personalized gynecologic care plans that address each patient's cancer risk reduction, fertility options and survivorship goals. For women who have a personal history, elevated risk or a family history of cancer, we provide specialized gynecologic care with expertise in risk reduction for breast, ovarian and other hereditary cancers. In addition, we offer specialized care for patients experiencing common late- and long-term effects following the treatment of breast cancer, ovarian cancer, and other hereditary cancers, including: bone disease, cardiometabolic conditions, chronic anxiety, contraception and family planning, depressive disorders and menopausal symptoms.

Hair Loss (Alopecia) Prevention and Treatment

Women can experience hair loss as a result of a multitude of health factors and hair care practices. We understand that alopecia is more than just a cosmetic concern. For many women it is a source of anxiety, depression and poor self-esteem. Our experts work together to thoroughly assess a patient's risk and develop a plan of care to optimize hair health. Since hair loss can involve a range of complex health concerns, we utilize a multidisciplinary approach to management which may include: diet and nutrition counseling, hair growth supplements, medications, steroid injections, laser therapy, platelet-rich plasma therapy and hair transplantation.

Hidradenitis Suppurativa

Hidradenitis suppurativa (HS) commonly affects women more than men. This chronic, disfiguring condition has a significant impact on a patient's quality of life. Our team of specialists work together to address health and wellness factors that may worsen HS flare ups and provide treatment plans targeted to address the unique challenges these patients face.

(continued from page 1)

Insomnia, Sleep Health and CBT-I

Insomnia affects women differently and more commonly than men. We understand the complexities of chronic insomnia. With expertise in the unique cases and related health challenges affecting our patients, our team specializes in evidence-based approaches to help our patients improve sleep health and achieve more restful sleep.

Lifestyle Medicine for Prevention and Treatment of Chronic Disease

Studies show that unhealthy lifestyle behaviors increase the risk for poor health outcomes, including death, with many common diseases, including diabetes, hypertension, heart disease and cancer. Lifestyle medicine combines traditional medicine with behavioral changes to prevent chronic diseases in high-risk populations and provide treatment for those already struggling with medical co-morbidities. Our lifestyle medicine specialists help patients create personal screening, prevention and treatment plans with the goals to live long and to live well. We also partner with our greater team of women's health specialists to ensure that lifestyle medicine is an important component in personalized care plans for patients with complex health challenges.

Menopause and Perimenopause

Every woman experiences menopause differently. Our certified menopause practitioners are experts in helping women through this natural phase of life. We offer a customized approach to managing symptoms associated with menopause.

Our gynecologists provide evaluations and treatment for numerous medical problems that affect women in midlife, and our disciplinary approach provides patients with leading-edge care.

Osteoporosis and Bone Health for Women

Studies estimate that 50% of women age 50 and older will suffer a broken bone due to osteoporosis. While osteoporosis can develop in anyone, the risk for women is up to five times greater than it is for men. Managing the health impact of osteoporosis can be challenging and lead to significant decline in quality of life. Our goal is to improve bone health and prevent fractures. Our specialists create prevention and treatment plans unique to a patient's personal risk factors, symptoms and health history. Our approach involves a team of specialists, including endocrinologists, gynecologists, orthopaedics and others, working together to effectively address osteoporosis as part of a comprehensive health and wellness plan.

Complementary & Integrative Medicine

We provide personalized primary care that touches every aspect of a patient's health. We reach beyond basic standards of physical health to support mind-body wellness, including mental and spiritual health. Complementary and Integrative Medicine involves both allopathic and evidence-based alternative medicine including: dietary and nutritional guidance, immunizations, herbal and botanical supplement recommendations, medical acupuncture, mind-body medicine and wellness exams. Together with our greater team of women's health specialists, we help to create comprehensive care plans for our patients.



AT THE FOREFRONT
**UChicago
Medicine**

CENTER FOR WOMEN'S INTEGRATED HEALTH

PATIENT CARE LOCATIONS

Hyde Park
Duchossois Center
for Advanced Medicine
(DCAM)
5758 S. Maryland Ave.
Chicago, IL 60637

NEW River East - Chicago
355 E. Grand Ave.
Chicago IL, 60611

Orland Park
14290 S. La Grange Road
Orland Park, IL 60462

South Loop
1101 S. Canal St.
Chicago IL, 60607

(page 2 of 2)

To schedule a patient, e-mail us at womenshealth@uchospitals.edu

Refer patients by calling **773-702-6118**

Visit UChicagoMedicine.org/womens-health to learn more.