



# The Center

Center Yourself to Good Health

Winter 2010-2011

The newsletter of the Center for Women's Health

## Did You Know?

1 out of 8 women is diagnosed with breast cancer in her lifetime?

1 out of 2 women experiences an osteoporotic fracture?

Women are born with all the eggs they are ever going to have, about 500,000? Thus, fertility for women declines with age.

Women are only fertile one day per month in a fertile cycle?

Men, if healthy, are fertile all the time?

Sperm can live for 5 days in a woman's fertile mucus?

There are 19 million new cases of STD's each year; 1 in 4 teenagers?

HPV (human papilloma virus) is the most common sexually transmitted disease and the cause of cervical cancer?

## Letter from the Editor

Welcome to the first edition of "The Center", the quarterly newsletter from the staff at the Center for Women's Health. We all had the feeling that we needed you to know who we are, what we do, why we do it and how we all feel about you. We consider this an informational newsletter with the latest in current science and health care practice for women. We also

needed you to know that you, our patients, are at the "center" of what we do and why we do it, and it is you that we invite to enjoy the newsletter, give us feedback, spread the word and invite your family and friends to join our "family". If there are items you would like to see addressed, just let any of the staff know; if there are problems with the office, just let us know, we will try to

make it better. We appreciate your confidence in us and hope that we can live up to and beyond your expectations.

Thank you!

Sincerely,

Lester Ruppertsberger, D.O.

## Menopause, Estrogen & Me

### What Do I Do Now?

On October 20<sup>th</sup>, the Journal of the AMA reported the results of the follow up of the WHI (Women's Health Initiative). This government-sponsored study was started in 1991 included 161,808 women ages 50-79, and ended, earlier than expected, in January 2002, with very concerning results. Those results suggested that using estrogen (Premarin) and progesterone (Provera) for hormone replacement therapy increased the risks of invasive breast cancer, heart disease, blood clot,

and stroke. This recent report updates that original information and continues to be a concern to many menopausal women.

Because of the risks identified in 2002 women were advised to limit their use of these hormones. Each year, for every 10,000 women on hormones, we could expect 7 more heart attacks, 8 more strokes, 8 more breast cancers, and 18 more blood clots. As a consequence, many women stopped their

hormones, while others limited their use of these medications.



This recent information strengthens these concerns by now looking at a total mean follow-up of 11 years. It shows that compared to not taking

hormones, there is an increase of invasive breast cancer (3.4 per 1000 vs. 4.2 per 1000 per year), and an increase in lymph nodes with cancer cells.

*Continued on page three*

# Dominican Republic Mission

For the last five years many of the doctors and staff members of the Center for Women's Health have participated in a ten day medical mission to the Dominican Republic. The talented and energetic team has grown tremendously and in 2010 the team consisted of almost 60 members who provided medical care to more than 4000 people in the villages surrounding the town of Montellano along the northern coast of the island. These people have no access to medical care and are currently suffering with an 85% unemployment rate. The mission is jointly sponsored by St. Paul's Episcopal Church in Warsaw, IL, and the people of the Dominican Republic also assist us with transportation while on our mission, translation services with patients and clinicians, and pre-mission preparations and planning.

The team visits many villages and has set up their clinics in churches, schools, firehouses, and sometimes even in the streets of the villages. They often make house calls to those unable to make the trip to the clinic site. A large portion of the patients being treated are children and providing vitamins to every child seen has become a priority of the team. All donations provided to our mission go to purchasing medicines. That means 100% of your donation is given to the people of the Dominican Republic. Every member of the team volunteers their time and pays their own expenses in order

to participate in this mission.

Taking part in such an amazing mission is a gift not only for the people of the Dominican, but also for the physicians and staff members who participate. The work is rewarding and the patients are extremely grateful for all they receive. Working with those less fortunate has given all of the participants a deeper sense of who they are and has reaffirmed their calling to the medical profession. The physicians are thankful to have the opportunity to participate in this great mission.

The physicians and entire medical team appreciate any support that is offered from the local community. Donations can be made at the Center for Women's Health; we accept cash or checks which can be made out to "St. Paul's DR Mission Fund." Donations can also be made via PayPal on CWH's website - [www.ctrforwomenshealth.com](http://www.ctrforwomenshealth.com) or on the mission website - [www.dominicandreams.org](http://www.dominicandreams.org). The team is also looking for new members who may be interested in participating in future missions. This year's mission will run from January 26, 2011 to February 4, 2011. Medical training is not necessary, as there are many jobs to be done! Please ask anyone at the Center for Women's Health for more information or contact us at [info@dominicandreams.org](mailto:info@dominicandreams.org).

## Go Natural!

Many couples are looking for a healthy way to plan their children. Very few are aware of natural family planning. Another name is fertility awareness. Natural family planning (NFP) is 98-99% effective, 100% safe, natural, has no side effects, costs nothing and is a scientifically documented and studied method evaluating the natural biological signs of fertility including basal body temperature change, vaginal mucus secretions and cervical examination. These signs are specific to each woman, change as a woman ages and are recurrent, repetitive and able to be charted. The most common method in the U.S. is called the symptom-thermal method (STM). There is also a medical model for women suffering from infertility called the Creighton Method with NaPro technology; the Billings Ovulation method is the most popular in third world countries. Scientific information about NFP has been studied for over 60 years and there are over 1600 websites about NFP. The method is easily learned in classes lasting about 4 hrs., however, it can also be learned online from the Couple to Couple League ([ccli.org](http://ccli.org)) or Marquette Method from Marquette University.

One of the reasons it is little used ( about 2% of population) is there is no money to be made, but the most important issue is no side effects. One may ask themselves the question....if NFP is as effective as the pill, IUD, sterilization but has NO side effects and costs nothing.....why aren't more people using it? Check it out.

Dr. Ruppertsberger is a certified NFP instructor and offers classes in the area frequently.

## Upcoming Events

*Personal Appointments for Nutrition are Available*

**DECEMBER 16**

7:00 p.m. Prenatal Nutrition Class

**JANUARY 13**

7:00 p.m. Seminar – How to Have THE TALK With Your Girls

**JANUARY 19**

7:00 p.m. GYN Cancer Workshop  
(3<sup>rd</sup> Wednesday of each month)

**JANUARY 26—FEBRUARY 4**

Dominican Republic Medical Mission

**FEBRUARY 17**

7:30 p.m. Seminar – Menopause & Osteoporosis

**MARCH 12 & MARCH 19**

7:30 p.m. Natural Family Planning Class

**MARCH 14**

7:00 p.m. Seminar – Sexual Dysfunction

**MARCH 17**

7:00 p.m. Prenatal Nutrition Class

**MARCH 30**

7:00 p.m. 12 Week Nutrition Weight Loss Program

# Menopause, Estrogen & Me (cont.)

*Continued from front cover*

Compared with nonusers, women who died from breast cancer were also greater with hormone use (1.3 vs. 2.6 deaths per 10,000 women per year).

It is worth noting that out of the 10,000 women the numbers who are affected is small. It is also important to know that the amount of time these hormones are taken is a factor in their risks. Estrogen given without progesterone to women who have had a hysterectomy has not

been found to cause an increase in breast cancer (but does carry other risks).

It is assumed, but not proven, that hormones other than Premarin and Provera will have these same risks (even bio-identical).

Bottom line, hormone therapy has benefits in reducing severe menopausal symptoms. A woman should use the lowest possible dose, and for the shortest time period possible. See your healthcare provider and have a conversation about your risks and benefits when considering hormone replacement therapy.

## Robotic Surgery: What's All The Fuss?

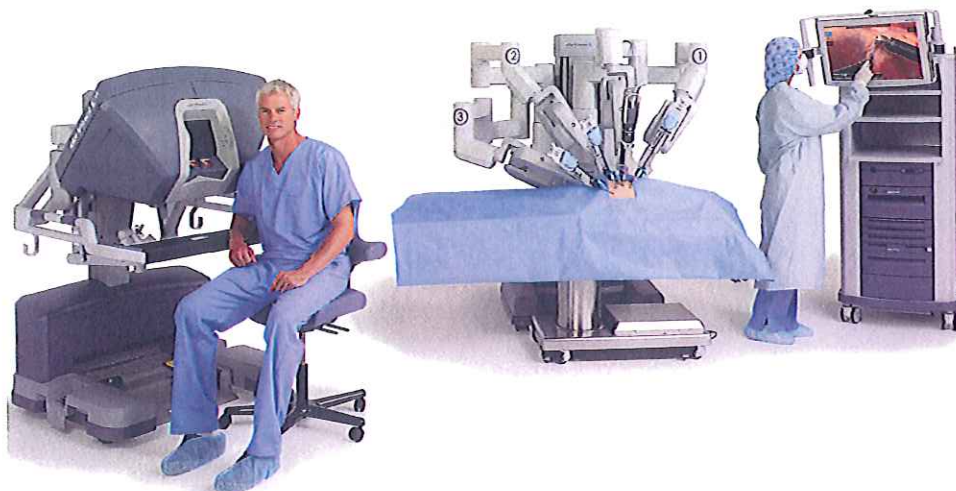
There has been a lot of information in the press about "da Vinci Robotic Surgery", and there have been a lot of questions about this new technology. In short, the robot is a tool to assist the surgeon with a surgical procedure. The operation is not done by the robot, but rather allows a problem to be fixed without requiring a big incision. This is done by using a laparoscope through the navel, and with instruments that go through small incisions in the belly wall. The computerized robot is controlled by the surgeon; it can help to precisely perform the corrective surgical procedure. .

What does this mean to you? It allows us to remove uterine fibroids safely, while preserving the uterus, or to remove the uterus hysterectomy, without the big "bikini cut". That means that recovery from your surgery will be days, not weeks.

Most women who have surgery this way have less pain, less blood loss, and less risk of infection. Hospital stay is shorter; most of the time women go home the same day, even from a hysterectomy.

Of course this type of surgery is not for everyone, but it may be an option for you.

Learn more about this new technology by either going to the web site [www.davincisurgery.com](http://www.davincisurgery.com) or by seeing one of physicians at the Center for Women's Health.



## Center for Women's Health Practice Members

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### Newsletter Editor

LESTER RUPPERSBERGER D.O.

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@ Center for Women's Health

# Wishing You a Happy and Healthy Holiday!

*The entire staff at the Center for Women's Health would like to wish you a happy and healthy holiday season! We look forward to seeing you in the New Year!*



## Give the Gift of Wellness!

**Gift Certificate** 

This certificate entitles the bearer to:


10% off any Massage service by Tish Kayda @ CWH

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Not redeemable for cash. Expiration value not to exceed \$15.00

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