



overview

Women's Health Overview

HPV-associated cancers continue to rise; preventive vaccine underused

In October, new guidelines from the CDC recommended that children aged 11 to 12 should receive two doses of the HPV vaccine at least six months apart.

Adolescents and young adults older than 15 should continue to complete the three-dose series.

According to the CDC, incidence rates of HPV-associated cancers have continued to rise, with approximately 39,000 new HPV-associated cancers now diagnosed each year in the United States. Although HPV vaccines can prevent the majority of cervical, anal, mouth & throat cancer, and other genital cancers, vaccination rates remain low

across the U.S., with just 41.9 percent of girls and 28.1 percent of boys completing the recommended vaccine series.

Sonja Kinney, M.D., director of the division of general obstetrics and gynecology at the University of Nebraska Medical Center, said the vaccine can protect against the two high-risk HPV strains that are responsible for causing 70 percent of all cervical cancers and the two low-risk HPV strains that cause 90 percent of genital warts.

"The incidence of these cancers is rapidly increasing, so we must take action now to prevent a future epidemic," said Dr. Kinney, who sees patients at the Olson Center. "HPV infections are incredibly common. Almost all sexually active

see HPV pg 4

Who should get the HPV vaccine?

All girls and boys who are 11 or 12 years old should get the recommended series of HPV vaccine. The vaccination series can be started at age 9 years. Teen boys and girls who did not get vaccinated when they were younger should get it now. HPV vaccine is recommended for young women through age 26, and young men through age 21.

Talk to your doctor about the HPV vaccination for your child.

Source: cdc.gov



From the chairman

Modern care of the obstetric patient relies heavily on the use of technology. When a colleague of mine was asked what were the top three things that have revolutionized care of the pregnant woman he responded: “Ultrasound, ultrasound, and ultrasound.” The use of fetal imaging has revolutionized our ability to screen patients for complications and to assess health of the fetus. When I began my training, portable ultrasound machines were just becoming available for use on labor and delivery. As technology improved, high resolution ultrasound allowed us to image structures of the brain I hadn’t thought about since neuroanatomy as a medical student. Ultrasound offered us the unique opportunity to evaluate the intrauterine environment and therefore gave us information about fetal health.

The use of ultrasound has grown and the average patient has about three ultrasounds during an uncomplicated pregnancy. Incidentally, this is in spite of very little science that proves these additional scans are of value in improving pregnancy outcomes. Even more challenging is the proliferation of “fetal portrait studios” that use 3-dimensional ultrasound to produce “pictures” of the fetus. There is no science demonstrating value for this and professional societies recommend against the use of ultrasound for entertainment value.

In many parts of the world, including the U.S., ultrasound is less available. Practitioners must use other methods to determine fetal condition. In this addition of our newsletter we talk about one of these; fetal kick counts. In both normal and complicated pregnancies normal fetal movements are reassuring and when fetal movements decrease, concern is raised and additional evaluation is warranted. For our pregnant readers we encourage you to talk to your provider about fetal movement counting and how they recommend accomplishing this.

Carl V. Smith, MD, FACOG
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Women’s Health Overview

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Research links Nebraska's Beef Industry and Women's Health Research

Scientists at UNL Department of Animal Sciences (top row, left to right) Andrea Cupp, Jennifer Wood, Jessica Petersen and Dustin Yates, and UNMC (bottom row, left to right) Carol Casey, Department of Internal Medicine; John Davis, Department of Obstetrics and Gynecology; and Justin Mott, Department of Biochemistry and Molecular Biology are conducting research to develop ways of identifying and treating metabolic disorders that cause fertility problems in both women and cows. These studies have the potential to benefit both women's health and sustainability in the beef cattle industry.

Collaborative research, which is supported by grants from the Nebraska Research Initiative Food for Health Collaborative Initiative and the USDA National Food and Agriculture Institute, is identifying reasons why women and cows fail to ovulate, ovulate an oocyte (egg) that is deficient in quality, and/or have poor development of the corpus luteum, which is required for

maintenance of pregnancy. The group is using a cow model of subfertility and infertility identified at UNL. These cows have androgen excess (androstenedione) in the fluid that surrounds oocytes as they develop within follicle structures in the ovary. Further evaluation of this group of cows revealed that they have reduced fertility (17% reduction in calving rate) and a tendency for viable calves to have an early onset of puberty and a heavier weight at weaning. Cows with androgen excess also exhibit sporadic anovulation (ovulate one reproductive cycle but not the next), and development of persistent follicles. These physiologic studies coupled with recent studies examining global patterns of gene expression in the ovary point to similarities of the ovarian androgen excess cows to women with polycystic ovary syndrome (PCOS). PCOS is a complex disorder that affects 7-18% of women of childbearing-age and contributes 4 billion dollars of costs to the US healthcare system. In addition to high levels of

androgen, women with PCOS have higher incidences of insulin resistance, the development of type 2 diabetes and fatty liver disease, and chronic inflammation which are all associated with obesity emphasizing a link between infertility and metabolic dysfunction.

By exploring the physical and molecular characteristics of this cow model, the group hopes to better understand how metabolic disorders cause fertility problems. The outcomes of these studies, which could include management strategies to improve cow fertility, will be critical to the State of Nebraska economy which relies heavily on animal agriculture. Furthermore, use of these cows as a model for infertility in women may lead to the development of therapies that will improve preconception care especially in women who are overweight or obese.

Contributed by John S. Davis, PhD
UNMC Department of Ob/Gyn

Andrea Cupp, PhD & Jennifer Wood, PhD
UNL Department of Animal Sciences

HPV continued from pg 1

people - 75 to 80 percent -- will be infected. Most infections have no symptoms and are naturally cleared. However, in some cases, HPV infection can lead to several types of devastating cancers later in life, including cervical, throat, anal and genital cancers."

The vaccines are given as a series of injections that prompt the body's immune system to make antibodies. The vaccine also provides protection against head and neck cancers and some anal cancer that may be linked to infection with the HPV virus.

Research reveals certain barriers that need to be overcome to improve vaccination rates including a lack of recommendations from physicians and parents and the lack of understanding of what protection the vaccine can offer.

Contributed by Vicky Cerino

UNMC Public Relations

New additions to the Olson Center family



Katherine Lessman, MD

Ob/Gyn

Medical Degree - University of Nebraska Medical Center, Omaha, NE

Residency - Saint Louis University, St. Louis, MO



Sean Tubens, MD

Ob/Gyn

Medical Degree - Ross University School of Medicine, New Brunswick, NJ

Residency - Bayfront Medical Center, St. Petersburg, FL



Alissa Wormington, APRN

Ob/Gyn

Graduate Training - Master of Science in Nursing
Clarkson College, Omaha, NE

Specialty Training -
Advanced Registered Nurse Practitioner

Mission Statement

The Mission of the Olson Center for Women's Health is to provide a national comprehensive health science center at the University of Nebraska Medical Center. Based in the Department of Obstetrics and Gynecology, the center enables UNMC to make distinctive strides in education, research, and service through innovative approaches to women's health issues.

Want More Information?

Visit our website: **OlsonCenter.com**

Learn more about our healthcare providers, services, and programs available at the Olson Center for Women's Health. Our website also offers women's health information.

Here are a few topics:

- Breastfeeding
- Breast Health & Disease
- Cardiovascular Health
- Gastrointestinal Health
- Gynecologic Health
- Reproductive Endocrinology/Infertility
- Pregnancy
- Wellness
- Incontinence

Newsletter Committee

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Kendra Swanson, MD
Gail Walling-Yanney, MD

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Count the Kicks!

The Olson Center for Women's Health is always looking to provide the most up-to-date prenatal information to moms who walk through the doors. In doing so, the Olson Center has recently implemented a new public health campaign; Count the Kicks!, started by five mothers in Iowa who experienced the stillbirth or infant loss of their daughters. The program was recently introduced in Nebraska by a mother, Shannon Vaccaro, who lost her own son to stillbirth.

What is Count the Kicks? It is a simple method designed to teach expectant mothers how to track their baby's movements during the third trimester. The Olson Center has recently

introduced Count the Kicks! through their prenatal education performed through brochures and conversations with expectant moms. To supplement the information given during education, there is also a FREE "Count the Kicks!" app that can help mothers track baby's movements, available on Apple and Android platforms. The app can be synced with mom's phone to remind her to count everyday as well as store data on how long it takes mom to count baby's movements each day.

According to the Center for Disease Control and Prevention, nearly 24,000 babies are stillborn each year. In Iowa, the state Count the Kicks! started in, the stillbirth rate decreased by 26

percent five years after implementing the program. Nebraska hopes to replicate those results by encouraging moms to begin counting their kicks.

The Olson Center, along with providers across Nebraska, are introducing Count the Kicks in hopes of saving babies. If you, or someone you know is expecting, help spread the word to "Count the Kicks!"

Download a free "Count the Kicks!" app from www.countthekicks.org

Contributed by Shannon Vaccaro
Count the Kicks Nebraska Ambassador

Save the Date

Wed., August 23, 2017

Breastfeeding: Baby's Natural Choice Conference
La Vista Conference Center - Nebraska

Keynote Speakers: Jane Morton, MD & Alison Stuebe, MD



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in the news

Breastfeeding: Baby's Natural Choice Conference

Join us on Wednesday, August 23, 2017 at the La Vista Conference Center. (see page 5)
For more information, please call 402.559.6345.

Lactation education & support expands in clinic

The Nebraska Medicine lactation team is now providing outpatient consultations at the Olson Center for Women's Health. Call 402.559.4500 to make an appointment, available Mondays from 8:30 a.m. to 3 p.m. and Wednesdays from 1 to 3 p.m.

A free breastfeeding support group for all women meets every Thursday from 3 to 4 p.m. in the Olson Center classroom.

Women's Health Week at the Olson Center

Every year the Olson Center celebrates National Women's Health Week with a series of events the week after Mother's Day. For a schedule, please call 402.559.6345.

Save the Date

Omaha Women's Health & Wellness Conference, Friday, October 6, 2017.

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Why every pregnant woman should know about this.

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Medical Center