



overview

Women's Health Overview

13 Going on Womanhood

The boundaries between pediatric care and adolescent women's care are fluid.

It is difficult to know when is the right time to transition from pediatric care to adult care. Before the age of 21 there are many reasons young women may want to see a gynecologist – health concerns, periods, sexuality and relationships, pregnancy, and sexually transmitted diseases. This is the gynecologist's ideal time to be proactive about preventative counseling to help young women anticipate stressors, body changes, and life transitions.

Screenings and vaccinations are important topics of conversation also during these years. Pap smears are recommended to start at the age of 21. Human papillomavirus (HPV) vaccine helps to protect against cervical cancer and genital warts. It is recommended for all children between the ages of 11 and 12 years, but it is approved for the ages 9 to 26

years. The best time to be vaccinated is before the first sexual contact.

During an office visit with a teen, the physician will discuss the privacy policy. The physician will meet with the parent/guardian and the young woman to talk about general information including the family and the young woman's medical history. The physician may also talk with the adolescent alone to discuss home life, school, activities, nutrition, alcohol/drugs, sexual health, birth control, and other private issues they bring up.

A young woman's first pelvic exam should be performed when symptoms of vaginal discharge or pain are present, or when they turn 21 years old, whichever comes first. Even if the teen is not sexually active a pelvic exam may be recommended to determine the cause of the symptoms. Visiting the gynecologist does not always lead to a pelvic exam. Having a pelvic exam

[see teen health pg 4](#)

Be There for Your Teen

Here are a few tips to help parents focus on the positive and build a stronger and more enjoyable relationship with teenagers:

1. Tell your teens that you love them and show them through your actions.
2. Give your teens the gifts of time and attention.
3. Praise your teens. Tell them when they are doing a good job.
4. Talk to your teens, even about uncomfortable things.
5. Parenting is a tough job. Don't be afraid to ask for help.

For more tips visit:
www.youngwomenshealth.org



From the chairman

In previous editions of our newsletter we have attempted to be relatively politically neutral regarding healthcare issues for women. It is now critically important that we as providers, supporters, or users of women's health services, be fully informed regarding the impending changes in healthcare occurring inside the beltway in Washington, D.C. Although Obama Care was imperfect it did expand health insurance benefits to millions of Americans. Current plans would remove that benefit to the detriment of our population. Academic health science centers such as ours care for a significant portion of this group and will continue to do so. As care will continue to be provided its cost will be borne by all Americans either as a result of increases in premiums or through increased costs to those with coverage. A more sensible approach is to provide the coverage on the front end, as do most developed countries in the world. This is the reason the American Congress of Obstetricians and Gynecologists and the American Medical Association do not support the pending legislation.

As it relates to women's health, critical healthcare benefits are endangered including low or no cost screening tests. Cervical and breast cancer screenings are among these. Early treatment of these conditions has a huge survival benefit. In addition the availability of contraceptive options is endangered. As over half the births in the U.S. are unplanned this is hardly a common sense approach.

Thoughtful dialogue is desperately needed and the political battles between our two dominant parties are standing in the way. The health of women is being threatened. We encourage our readers to get involved and share their views with elected representatives. Our citizens deserve a better solution to healthcare coverage than can be achieved through political rhetoric and grandstanding.

Carl V. Smith, MD, FACOG
Chairman
Department of Obstetrics & Gynecology
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Women's Health Overview

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research news

Breast Cancer Projects on Campus

Second year resident Dr. Marisa Shiode in the Department of Obstetrics and Gynecology, together with her advisors Drs. Jennifer Griffin, Sonja Kinney, and Rachel Bonnema, is conducting a research project investigating risk assessment at the time of routine screening mammography. The goal of the project is to determine patient interest in finding out information regarding their personal breast cancer risk, and if having this risk information will affect future screening plans for women. Identification of patients considered 'high-risk' for developing breast cancer may result in more individualized screening and preventative medicine options for patients.

At the UNMC College of Nursing Dr. Ann Berger, Associate Dean for Research and the Dorothy Hodges Olson Endowed Chair in Nursing, conducts research that focuses on symptom management, in particular fatigue and sleep/wake disturbances,

in individuals with cancer. She is currently leading a team at UNMC on a study funded by the Patient-Centered Clinical Research network (PCORnet) of the Greater Plains Collaborative. The "Share Thoughts about Breast Cancer" survey was returned by almost 900 women diagnosed with breast cancer in seven states. A paper describing these women's preferences and participation in the decision-making process regarding adjuvant chemotherapy has been submitted for publication.

Investigators in many departments on the UNMC campus and the Fred & Pamela Buffett Cancer Center are studying breast development and breast cancer. Scientists are exploring how common gene variations and mutations may affect breast cancer risk. Other studies are evaluating new approaches to increasing effectiveness of breast cancer therapies and emotional responses to the diagnosis of breast cancer.

The National Institute of Environmental Health Sciences (NIEHS) is now conducting a large, long-term study to help find the causes of breast cancer. This study is known as the Sister Study and has enrolled 50,000 women who have sisters with breast cancer. This study will follow these women for at least 10 years and collect information about genes, lifestyle, and environmental factors that may cause breast cancer. Research in the Sister Study focuses on causes of breast cancer and other health issues in women, as well as factors that influence quality of life and outcomes after a breast cancer diagnosis. A parallel to the Sister Study, the Two Sister Study, is designed to look at possible causes of early onset breast cancer. For more about these NIEHS studies, visit the Sister Study website (www.sisterstudy.org).

Contributed by John S. Davis, PhD

UNMC Department of Ob/Gyn

teen health *continued from pg 1*

does not disrupt the hymen, the skin partly covering the opening of the vagina.

Let's bridge the gap of healthcare for adolescent girls entering womanhood. There are compassionate gynecologists available for you and your teen, to help meet these unique healthcare needs. A great resource for young women to learn more about their body and its changes is www.youngwomenshealth.org.

Contributed by Kimberly Huhmann, MD

UNMC Department of Ob/Gyn



Breastfeeding: Baby's Natural Choice Conference

August 23, 2017 • Omaha, Nebraska

To register, visit: www.unmc.edu/cce

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

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 *save the date*

Omaha Women's Health & Wellness Conference



**Extinguishing the Flames of Burnout and
Stress to Achieve Life's Balance**

FRIDAY, OCT. 6, 2017
8 A.M. TO 4:30 P.M.

LA VISTA CONFERENCE CENTER
12520 WESTPORT PARKWAY
LA VISTA, NE



Call the Olson Center for Women's Health at (402) 559-6345
or go to omahawomenshealthandwellness.org for more
information.

Cost for the conference is \$59 general registration and \$89
nursing registration.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education
is accredited with distinction as a provider of continuing nursing education by the American
Nurses Credentialing Center's Commission on Accreditation.

Tongue-Tie and Breastfeeding

Breastfeeding is an amazing and natural experience that promotes optimal health and the ultimate well-being of our babies. It allows mothers to provide for their baby nutritionally, emotionally, and developmentally.

Breast milk is perfectly balanced in nutrients and its composition changes to meet the specific needs of our baby. Breast milk also reduces the risk of certain diseases as well as decreases the likelihood, severity and duration of illness and sickness for our baby throughout our breastfeeding journey. The benefits are not just for baby either! Statistically, mothers who breastfeed have decreased risks of developing ovarian and breast cancer and also have a reduced risk of developing type 2 diabetes, rheumatoid arthritis, and cardiovascular disease, including high blood pressure and high cholesterol.

Breastfeeding is indeed a baby's natural choice, but it is not always easy! A specific issue that can interfere with breastfeeding is ankyloglossia, more commonly known as "tongue-tie".

Tongue-tie is a "congenital, anatomical variation involving the lingual frenulum and presents as a web of tissue on the underside of the tongue extending to the floor of the mouth. This web of tissue has the potential to limit tongue mobility". Ankyloglossia exists in several variations, the most common being posterior and anterior tongue-ties.

The prevalence of ankyloglossia is from 2% to 10%, with an increased

incidence of roughly 3 to 1 in males vs. females. Literature supports that tongue-tie can lead to breastfeeding issues and complications such as nipple pain and damage, poor milk transfer, poor infant weight gain, mastitis, decreased milk supply, and early cessation of breastfeeding. There is also research that supports that tongue-tie could affect speech articulation and contribute to dental issues.

A procedure that has been shown to resolve ankyloglossia-associated breastfeeding difficulties is a frenotomy, or simple incision or "snipping" of a tongue-tie. It is the most common procedure for treatment or release of a tongue-tie and when performed carefully and with sterile technique, frenotomy is a simple, safe, and effective procedure. Unfortunately, there is a considerable amount of controversy surrounding the significance of ankyloglossia and its management, both within and among medical specialty groups.

Researchers state that "although many infants with ankyloglossia breastfeed without difficulty, previous studies have shown the duration of breastfeeding is shorter in infants with tongue-tie compared to those with normal lingual frenula. It has been well established that breastfeeding promotes and maintains optimal health and reduces many childhood illnesses. Furthermore, the American Academy of Pediatrics recommends continuation of breastfeeding throughout the first year of life. However, controversy exists in the medical community as to

the significance of ankyloglossia".

The reality? There is substantial, relevant and compelling evidenced-based research that supports frenotomy. With the recent resurgence of breastfeeding in the United States, the importance of proper ankyloglossia assessment and treatment skills has become more relevant.

The benefits of breastfeeding and breast milk have been well established and supported for many years. It is essential that healthcare providers who provide care for breastfeeding mothers and their babies seek to become well informed about the indications for frenotomy in breastfed babies with tongue-tie in order to best advise parents, support breastfeeding success, and in turn the optimal health and well-being of the mother and baby.

To schedule an appointment with our lactation consultants, please call the Olson Center at 402-559-4500.

Contributed by Jennifer Vidlak, RN, IBCLC
Nebraska Medicine Lactation Department

register today!

**Breastfeeding: Baby's
Natural Choice
Conference for
Healthcare Providers**

August 23, 2017
Keynote Speakers:
Drs. Jane Morton & Alison Stuebe

www.unmc.edu/cce

For more information,
please call 402-559-6345.



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in the news

Breastfeeding Conference Registration NOW OPEN!

The much anticipated Breastfeeding: Baby's Natural Choice Conference for healthcare providers on August 23, 2017 is now accepting registrations. Keynote speakers are Drs. Jane Morton and Alison Stuebe. Early bird pricing ends July 26th! www.unmc.edu/cce

Save the Date

The 20th Annual Omaha Women's Health & Wellness Conference is Friday, October 6th. This year's theme is 'Extinguishing the Flames of Burnout and Stress to Achieve Life's Balance.'

World Breastfeeding Week August 1 - 7

Each year we celebrate World Breastfeeding Week with a series of free events and education to the community. We will kick-off the week on Monday, July 31st with a Breastfeeding Fair on our campus along with other educational offerings throughout the week. For more information or to exhibit, please call 402-559-6345. For breastfeeding support and help, please call our lactation team at 402-552-3487.

Breastfeeding Support Group for all moms. Thursdays at 3 p.m. in the Olson Center.

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