

Women's Health Source *Fall 2009*

Program Calendar

September

Smart Nutrition: Back to the Basics

Making smart food choices can be challenging. Learn the basics of good nutrition and heart healthy eating. Gain new skills in reading and understanding food labels.

Speaker: Neva White, MSN, CRNP, CDE
*Department of Community Health
Thomas Jefferson University Hospital*

Date: Wednesday, September 16

Are You Ready for the Flu Season?

Flu season is rapidly approaching. Learn more about the current strains of flu and what to do to stay healthy during the new flu season.

Speaker: Ellen O'Connor, MD
*Director of University Health
Thomas Jefferson University Hospital*

Date: Wednesday, September 23, 2009

October

Ovarian Cancer: The Silent Killer

Each year more than 21,000 women will be diagnosed with ovarian cancer. Many women don't seek help until the disease has begun to spread. Learn the importance of recognizing EARLY symptoms that can make a difference in early diagnosis and treatment.

Speaker: Norman Rosenblum, MD, PhD
*Professor and Director, Division of Gynecologic Oncology
Department of OB/GYN
Thomas Jefferson University Hospital*

Date: Thursday, October 15, 2009

Environmental Issues and Women's Health

Go Green and Stay Healthy! How do environmental hazards affect our health? Is there a link between products and cancers? Learn how to choose safer personal products and decrease your exposure to harmful ingredients.

Speaker: Neva White, MSN, CRNP, CDE
*Department of Public Health
Thomas Jefferson University Hospital*

Date: Thursday, October 22, 2009

Keeping Women Healthy

Practice health promotion and disease prevention! Discuss health screening guidelines for women and empower yourself to take control of your health and well being.

Speaker: Lauren Collins, MD
*Department of Family Medicine and Community Health
Thomas Jefferson University Hospital*

Date: Thursday, October 29, 2009

November

The Spectrum of Weight: Healthful Living to Morbid Obesity

More than half of Americans are overweight or obese. Since obesity is a significant cause of premature death and a major contributor of many other diseases, awareness and treatment of "being greater than your idea weight" is important. Learn more about your options from lifestyle changes to bariatric surgery.

Speakers: David Tichansky, MD
*Associate Professor of Surgery
Director, Minimally Invasive and Bariatric Surgery Program*
Alise Kuhn, MSN, RN, CRNP-BC
*Bariatric Surgery Program
Thomas Jefferson University Hospital*

Date: Thursday, November 5, 2009

The Medical Management Road to Weight Loss

Gaining weight always seems to be easier than losing weight. The road to weight loss is more than just finding the right diet. Our internal medicine team has extensive knowledge of non-surgical methods for weight loss as well as experience in optimal management of obesity related diseases.

Speaker: Janine Kyrillos, MD
*Department of Internal Medicine
Thomas Jefferson University Hospital*

Date: Thursday, November 12, 2009

Speak Up: Promoting Patient Safety by Participating in Your Care

Research has shown that patients can remain safe in the health care arena if they are active, involved and informed about their health care. You are the most important part of your health care team. Join us as we provide information on keeping your health care team informed and taking part in decisions about your care.

Speaker: Vivian Fineman, MSN, RN
*Educator, Department of Risk Management
Thomas Jefferson University Hospital*

Date: Thursday, November 19, 2009

December

Women's Stress and Stress Relief

Family, work, and holidays can translate to stress, stress and more stress! For some of us, everyday life holds a daily portion of every day stress. How do women respond to stress? Let us teach you some methods for relieving stress in your life.

Speaker: Aleeze Moss, PhD
*Research Associate
Jefferson Myrna Brind Center of Integrative Medicine
Thomas Jefferson University Hospital*

Date: Thursday, December 3, 2009

Acupuncture for Women's Health

Acupuncture is one of the oldest, most commonly used medical practices in the world. Join us as we discuss how acupuncture helps treat illnesses that are common to women and maintains their health, well being and beauty.

Speaker: Jingduan Yang, MD
*Director, Chinese Medicine and Acupuncture
Jefferson Myrna Brind Center of Integrative Medicine
Thomas Jefferson University Hospital*

Date: Wednesday, December 9, 2009