

Healthy Transitions Fall 2009 Calendar of Events

Fall Classes

Super Foods for Optimal Nutrition Benefit

Presented by: Hannah El-Amin, RD, LD, CDE
Thursday, September 3; 11 a.m. to noon or
Tuesday, September 22; 5:30 to 6:30 p.m.

What do blueberries, avocados and pomegranates all have in common? They are all super foods. Join Hannah El-Amin, RD, LD, CDE, clinical dietitian and diabetes educator at Northwestern Memorial Physicians Group's Center for Integrative Medicine and Wellness, to learn how super foods can optimize your nutrition.

Mind-Body Syndrome: An Alternative Strategy for Healing Chronic Pain

Presented by: John Stracks, MD
Monday, September 14; 11 a.m. to noon or
Wednesday, October 14 ; 5:30 to 6:30 p.m.

John Stracks, MD, a family physician at Northwestern Memorial Physicians Group's Center for Integrative Medicine and Wellness, will explain how understanding the mind-body connection can help heal occasional aches and pains to more chronic, long-standing pain syndromes. His six-step healing program will be outlined, along with self-treatment strategies designed to help keep people comfortable and pain-free.

Arthritis and Exercise Considerations

Presented by: Jill Schniepp, PT; Kathryn Naab, PT; and Jill Stein
Wednesday, September 16; 5:30 to 6:45 p.m. or
Thursday, September 17; 11 a.m. to 12:15 p.m.

Proper exercise can decrease pain, swelling and fatigue and improve joint range of motion and muscle flexibility in people with all types of arthritis. Jill Schniepp, PT, and Kathryn Naab, PT, physical therapists from the Arthritis Center at the Rehabilitation Institute of Chicago, will discuss the types of exercises that are good for people with arthritis. Jill Stein, coordinator of the Fitness Class Program at Northwestern Memorial Physicians Group's Center for Integrative Medicine and Wellness, will review what exercise classes at Northwestern Memorial Hospital are appropriate if one has arthritis.

Bioidentical Hormone Replacement Therapy

Presented by: Melinda Ring, MD, FACP
Wednesday, September 30; 5:30 to 6:30 p.m.

Melinda Ring, MD, FACP, medical director of Northwestern Memorial Physicians Group's Center for Integrative Medicine and Wellness and assistant professor of Clinical Medicine at the Northwestern University Feinberg School of Medicine, will introduce the concepts central to achieving optimal hormone balance during menopause, peri-menopause and andropause (male menopause). She will

discuss the different forms of hormones available, risks and benefits and safe use of bioidentical hormone replacement therapy.

Lumbar Spinal Stenosis: Treatment Options

Presented by: Wellington Hsu, MD
Thursday, October 1; 11 a.m. to noon

Degenerative lumbar spinal stenosis (LSS) can cause pain, tingling, weakness and/or numbness that radiates from the lower back into the buttocks and legs. Wellington Hsu, MD, an orthopaedic surgeon on the medical staff at Northwestern Memorial and assistant professor of Surgery at the Feinberg School, will discuss treatment options for LSS, including non-operative therapy, traditional surgery and a new minimally invasive technology.

Optimal Heart Health: Combining Natural Options with the Latest Scientific Advances

Presented by: Stephen Devries, MD
Monday, October 12; 11 a.m. to noon

Learn about an expanded range of options to treat high cholesterol and prevent heart disease. Stephen Devries, MD, a preventive cardiologist on the medical staff in the Division of Cardiology at Northwestern Memorial and associate professor of Medicine at the Feinberg School, will highlight the components of a customized, prevention program emphasizing natural options. Dr. Devries emphasizes nutrition and stress management, and includes over-the-counter therapies, as well as conservative use of medication, in a unique approach directed toward optimal heart health.

Women's Health: A Discussion on Urinary Incontinence and Pelvic Organ Prolapse

Presented by: Janet Tomezsko, MD
Wednesday, October 21; 5:30 to 6:30 p.m. or
Friday, October 23; 11 a.m. to noon

Janet Tomezsko, MD, urogynecologist on the medical staff at Northwestern Memorial and assistant professor of Obstetrics and Gynecology at the Feinberg School, will discuss the causes and treatment options for both urinary incontinence and pelvic organ prolapse.

Herbal Supplements

Presented by: Bill Budris, RPh
Wednesday, October 28; 5:30 to 6:30 p.m. or
Monday, November 2; 11:00 a.m. to noon

Learn the most reliable resources available on herbal supplements, nutraceuticals and more. Join Bill Budris, RPh, a registered pharmacist at Northwestern Memorial's Drug Information Center, to learn how to be smart, sensible and safe when making the decision to try these products.

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Healthy Transitions[®] at Northwestern Memorial Hospital *Fall 2009*

The Healthy Transitions Calendar of Events is a healthcare resource for our friends who are 55-plus. To register or obtain information for any of these events, please call the Health Resources and Physician Referral Service at **312-926-8400**, Monday through Friday between 8 a.m. and 5 p.m.

If you would like to receive our Calendar of Events electronically, please provide your e-mail address to the health consultant and indicate that you would like to opt-in to the Healthy Transitions program.

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Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.
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For more information about Northwestern Memorial Hospital, please visit www.nmhh.org

To register, please call 312-926-8400.

Attend this annual symposium cosponsored by Northwestern Memorial's Healthy Transitions program and Northwestern Memorial's Disease and Movement Disorders Center to learn the latest. The day will begin with a keynote address by William Barnewitz, Principal Horn of the Milwaukee Symphony Orchestra and Parkinson's advocate. Other topics include treatment and research updates, surgical options, physical therapy and a variety of relevant breakout sessions: caregiver, speech therapy, nursing issues and young-onset discussion. Throughout the day, patients' art will be displayed in the third annual exhibit, "The Art of Parkinson's."

Seventh Annual Parkinson's Disease Patient and Family Symposium: Inspirations and Insights

Saturday, November 7; 9:30 a.m. to 2 p.m.

Conference

Monday, November 9; 10 a.m. to 2 p.m. **or**
Tuesday, November 10; 4 to 6 p.m.
Seek consultation with a Northwestern Memorial pharmacist in a one-on-one, 30-minute session. (By appointment only.)

Ask the Pharmacist

Facilitator: Yvonne Henry
Tuesday, October 20; 10:30 to 11:30 a.m. **or**
Wednesday, November 4; 10:30 to 11:30 a.m.
This workshop will help you to evaluate Medicare supplemental insurance plans and choose which is right for you.

Supplemental Health Insurance: Am I Covered?

Facilitator: Yvonne Henry
Wednesday, September 23; 10:30 to 11:30 a.m. **or**
Wednesday, October 7; 10:30 to 11:30 a.m.
Led by a representative from the Billing Inquiry Unit at Northwestern Memorial, this session will help you keep everything straight.

How to Handle Medical Bills

Workshops