

Understanding the Latest Surgical Techniques for Knee Replacement

Speaker: Lalit Puri, MD
Friday, November 4; 11 a.m. to noon

Disabling arthritis of the knee is a growing epidemic in the United States and total knee replacement is one method used to treat it. Lalit Puri, MD, an orthopaedic surgeon on the medical staff at Northwestern Memorial and associate professor of Orthopaedic Surgery at Feinberg, will discuss knee arthroplasty, including treatment options, and new surgical techniques for total knee replacement.

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

Speaker: Stephen Devries, MD
Friday, November 11; 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 at Northwestern's Bluhm Cardiovascular Institute and associate professor of Medicine at Feinberg, 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.

To register, please call 312-926-8400.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

Northwestern Memorial is committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care and access to treatment and programs in a non-discriminatory manner, and eliminating healthcare disparities. For questions, please call the Patient Representative department at 312-926-3112, TDD/TTY number 312-944-2358.

August 2011, Northwestern Memorial Hospital
Division of Public Relations, Marketing and Physician Services
For more information about Northwestern Memorial Hospital, please visit nmh.org

Healthy Transitions® at Northwestern Memorial Hospital Fall 2011

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 our 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 email address to the health consultant and indicate that you would like to opt-in to the Healthy Transitions program.



Northwestern Memorial Hospital

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Healthy Transitions Fall 2011 Calendar of Events

Fall Classes

Benefits of Northwestern Memorial Exercise Programs

Speaker: Jill Stein

Thursday, September 15; 11 a.m. to noon

Jill Stein, coordinator of the Fitness Class program at Northwestern Integrative Medicine, will discuss the health benefits of various exercise programs offered at Northwestern Memorial Hospital. See demonstrations of the types of exercises offered and decide which one might be best for you to start a new exercise program or to add to your existing program.

Understanding Peripheral Artery Disease

Speaker: Judith Meadows, MD, MPH

Monday, September 19; 11 a.m. to noon

Peripheral artery disease is characterized by pain in the legs when walking a short distance, although some people experience no symptoms. Because the condition involves artery blockage, it also puts an individual at a greater than average risk for heart disease and stroke. Judith Meadows, MD, MPH, a cardiologist at Northwestern's Bluhm Cardiovascular Institute and assistant professor of Medicine at Northwestern University Feinberg School of Medicine, will review the risk factors, symptoms, diagnostic tests and available treatment for peripheral artery disease.

What Hospitalized Seniors Should Do to Ensure Getting Home Safely

Speaker: Lee Lindquist, MD, MPH, MBA

Tuesday, September 27; 11 a.m. to noon

There are 10 things that seniors can do in the hospital to improve their ability to return home. Lee Lindquist, MD, MPH, MBA, a geriatrician/internal medicine physician on staff at Northwestern Memorial and assistant professor of Medicine at Feinberg, will discuss what seniors can do to get better quickly and ultimately home safely.

Memory Loss and its Relationship to High Blood Pressure, Heart Disease & Other Vascular Risk Factors

Speakers: HyungSub Shim, MD, and Mary O'Hara, AM, LCSW

Wednesday, October 5; 11 a.m. to noon

Join HyungSub Shim, MD, a neurology fellow at the Cognitive Neurology and Alzheimer's Disease Center (CNADC) of Northwestern University Feinberg School of Medicine, to learn the vascular risk factors for memory loss. He also will review the treatment and management of this type of memory loss. Mary O'Hara, AM, LCSW, social worker and assistant director of education at the CNADC, will discuss the support services available for individuals coping with memory loss and for their family members.

Maintaining Bone Health

Speaker: Pam Whitfield, MS, RD, LDN, CDE

Friday, October 14; 11 a.m. to noon

Most of us hit our peak bone mass by age 30, when our bones have their maximum strength and density. As we age we begin to lose our bone mass. Pam Whitfield, MS, RD, LDN, CDE, registered dietitian and certified diabetes educator at Northwestern Integrative Medicine, will discuss what you can do to maintain your skeletal structure and improve the quality of your health as you age. You may be surprised to learn how nutrition, physical activity and lifestyle can make a big difference in your bone health. Men are encouraged to attend, as 20 percent of all diagnoses of osteoporosis are in men.

Anxiety Disorders: How to Control Worrying Yourself Sick

Speaker: Cathy Frank, MD

Friday, October 21; 11 a.m. to noon

Cathy Frank, MD, a psychiatrist on the medical staff at Northwestern Memorial and vice chair of Clinical Affairs and associate professor of Psychiatry and Behavioral Sciences at Feinberg, will discuss the most common anxiety disorders. Learn symptoms and treatments for panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD) and generalized anxiety disorder.

High Blood Pressure: What You Need to Know About this Silent Killer

Speaker: Deborah Bergman, MS, RN, FNP-BC

Wednesday, October 26; 11 a.m. to noon

Join Deborah Bergman, MS, RN, FNP-BC, nurse practitioner and Stroke Program coordinator at Northwestern Memorial, to learn about high blood pressure and your health. She will discuss monitoring and managing high blood pressure, including the role medications have to reduce high blood pressure, and what you can do to improve your health.

The Path Towards Flourishing

Speaker: Helene Moore, PsyD

Thursday, November 3; 11 a.m. to noon

Join Helene Moore, PsyD, health psychologist at Northwestern Integrative Medicine and instructor in the Department of Psychiatry and Behavioral Sciences at Feinberg, to learn some tools from the field of positive psychology to help you achieve the life that you deserve.

To register, please call 312-926-8400.

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