

# *For Your Health Seminars*

a part of **Extending the Care ETC** program series

Location: **Senior Center, Cranberry Township Municipal Building**  
2525 Rochester Road, Cranberry Township

## *February through June 2009*

### **Taking Care of Your Heart – Preventing Heart Disease**

Date: Wed., Feb. 18, 2009

Time: 12:30 p.m.

Topic: Heart health and what you can do to help prevent heart disease

Presenter: Michael Lamb, MD

Internal Medicine physician

### **Colorectal Cancer . . . What You Need to Know**

Date: Wed., March 18, 2009

Time: 12:30 p.m.

Topic: Prevention, detection, & advancements in treatment options

Presenter: Ved Kaushik, MD

Colorectal surgeon

### **Dealing with IBS . . . Irritable Bowel Syndrome**

Date: Wed., April 15, 2009

Time: 12:30 p.m.

Topic: Signs, symptoms, and treatment options

Presenter: Michael Mlecko, MD

Gastroenterologist

### **Helpful Hints to Help You Sleep**

Date: Wed., May 20, 2009

Time: 12:30 p.m.

Topic: Essentials of good sleep habits plus helpful hints to get a better night's sleep

Presenter: Todd Palmer, RT, RPSGT

Lead Sleep Technologist for UPMC Passavant Sleep Lab

### **Spine and Back Pain . . . Back to Basics**

Date: Wed., June 17, 2009

Time: 12:30 p.m.

Topic: Spine care and preventing back pain plus advancements in treatment options

Presenter: Matt El-Kadi, MD

Neurosurgeon

**Free of charge. For information or to register, call 412 367-6643.**

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## *July through November 2009*

### **Tackling Osteoarthritis of the Hand**

Date: Wed., July 15, 2009

Time: 12:30 p.m.

Topic: Causes of hand arthritis, conservative arthritis treatments & surgical arthritis treatments

*Presenter:* Jamie Pfaeffle, MD

Orthoped: Hand & Upper Extremities Specialist

### **Sight for Life . . . Eyecare and Disease Prevention**

Date: Wed., August 19, 2009

Time: 12:30 p.m.

Topic: Eye care and degenerative eye disease plus advancements in treatments

*Presenter:* Andrew Krouner, MD

Ophthalmologist

### **How to Choose a Doctor**

Date: Wed., September 16, 2009

Time: 12:30 p.m.

Topic: Tips about getting started on the search to choose a doctor & resources to help you decide which doctor is right for you

*Presenter:* Michael Lamb, MD

Internal Medicine physician

### **Strengthening Exercise for Seniors**

Date: Wed., October 21, 2009

Time: 12:30 p.m.

Topic: Strength-building exercises to keep your muscles strong and flexible and to help with balance and mobility, promote self-esteem and confidence

*Presenter:* Carol Steiner, MPT

Physical Therapist

### **Healthy Living with Diabetes**

Date: Wed., November 11, 2009

Time: 12:30 p.m.

Topic: Overview of diabetes plus tips on how to handle living with diabetes, including exercise, nutrition & lifestyle changes that can reduce or eliminate the risk of diabetes.

*Presenter:* Patrick M<sup>c</sup>Carthy, RN

Diabetic Educator

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