

## **HEALTH & WELLNESS SERIES at BCCC**

Through a legacy of caring, Passavant Hospital Foundation is excited to be partnering with Butler County Community College to provide your family with a wide variety of wellness programs to empower you on your wellness journey. Our mission is to make the Butler County region a leader in health care awareness. These interactive seminars will provide an outlet for your family to address your medical concerns with expert doctors and top-notch clinicians using cutting-edge technology. Since knowledge is power, speakers will give up-to-date information on a variety of medical topics in layman’s words. We hope that our legacy of caring creates a spiral effect as you partner with your doctor and take responsibility for your own wellness. And you, in turn, inspire your community to join you and take their own steps toward a healthier community. Please call 724 284-8504 to pre-register.

### **SPINE AS WE AGE – PREVENTION AND TREATMENT**

Spine and neck pain? Four out of five adults experience back pain at least once during their lifetime. Ranging from mild discomfort to severe injury, back pain can prevent you from performing many daily activities. But there is help whether you have suffered pain for a short time or several years. Hear Doctor Matt El-Kadi discuss the latest advances in back care plus prevention awareness and treatment, which could help you get back to leading an active life.

**Speaker:** **Matt El-Kadi, MD, PhD, FACS**  
 Clinical Professor, Department of Neurosurgery  
 Chief of Neurosurgery, UPMC Passavant

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|-----------------------|---------|-----------|
| Butler-Main Campus    | FREE    | 1 Session |
| 6:00 p.m. – 8:00 p.m. | Tuesday | 9/15/09   |

### **PREVENTION AND EARLY DETECTION OF BREAST CANCER**

October is Breast Cancer Awareness Month. Breast cancer is the most common cancer among women. Hundreds of thousands women in the United States will be diagnosed this year, however breast cancer treatment has made and continues to make great strides. Doctor Malay will talk about prevention and early detection of breast cancer.

**Speaker:** **Mary Beth Malay, MD**  
 Comprehensive Breast Center  
 UPMC Passavant *Cranberry*

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| Butler-Main Campus    | FREE    | 1 Session |
| 6:00 p.m. – 8:00 p.m. | Tuesday | 10/20/09  |

### **HOW TO PREVENT A HEART ATTACK - What You Don't Know Can Hurt You - and Your Loved Ones**

Cardiovascular disease remains the number one killer of men and women in this country. For many, the first and only symptom is a life threatening heart attack. In this seminar, Dr. Edmundowicz will discuss the factors that contribute to an increased risk of heart attack; discuss new ways to predict an individual’s risk; and focus on effective strategies to lower risk including lifestyle modification as well as pharmacologic and non-pharmacologic therapies.

**Speaker:** **Daniel Edmundowicz, MS, MD, FACC**  
 Director, Cardiovascular Medicine UPMC Passavant  
 Director, Preventive Cardiology and Lipid Management Program UPMC Cardiovascular Institute

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|-----------------------|---------|-----------|
| Butler-Main Campus    | FREE    | 1 Session |
| 6:00 p.m. – 8:00 p.m. | Tuesday | 11/17/09  |

*UPMC Passavant is a hospital accredited by The Joint Commission  
 and an approved provider for continuing education requirements for professional nurses.  
 2.0 CE are awarded for each of these presentations*