

Starting in 2012, we will announce all our health classes in *Advancing Care*, our monthly emailed newsletter.

To keep you informed, we will need your email address. Please sign up for *Advancing Care* at the Yale-New Haven website [www.ynhh.org/ladcare](http://www.ynhh.org/ladcare).

Programs are FREE and open to the public.

• Three program locations:

Yale-New Haven Shoreline Medical Center  
111 Goose Lane, Guilford, CT (Exit 59 off I-95)

Evergreen Woods  
88 Notch Hill Road North Branford, CT

Hamden Professional Center  
2560 Dixwell Avenue, Hamden, CT

• Check in: 6:15 pm • Lecture: 6:30 - 8 pm

Registration is required: Call Physician and Services Referral Center for Yale New Haven Health System (PSRC) 1-888-700-6543, or register online at [www.ynhh.org](http://www.ynhh.org)

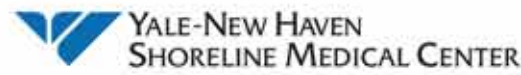
• Light refreshments provided

All speakers are affiliated with Yale-New Haven Hospital (YNHH) and/or Yale Schools of Medicine or Nursing.

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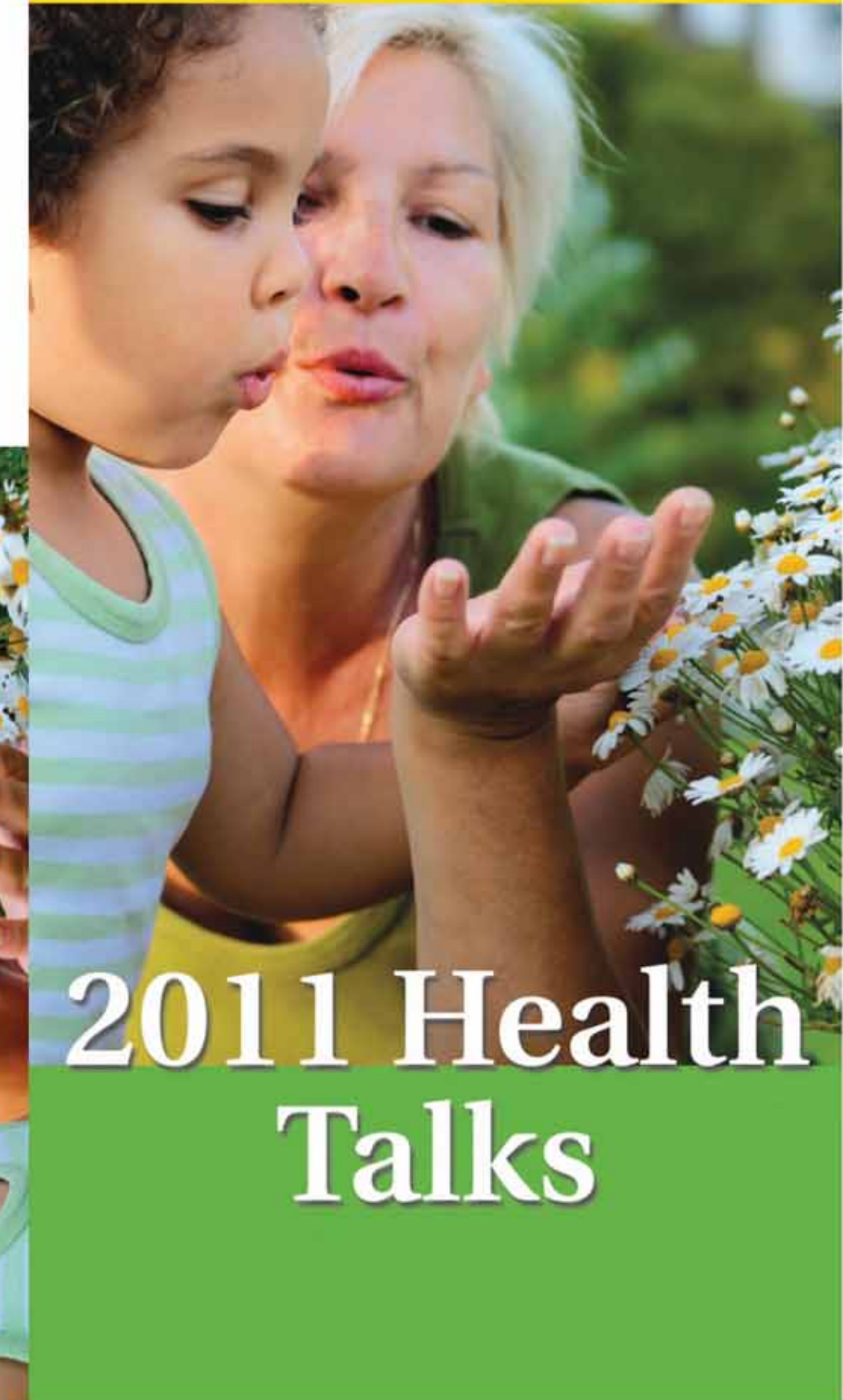


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2011 Health Talks

2011 Health Talks

YALE-NEW HAVEN HOSPITAL  
20 York Street  
New Haven, CT 06510

New Locations Spring and Summer 2011  
Yale-New Haven Outpatient Services

East Haven:

317 Foxon Road:

- X-ray
- Mammography
- Bone Density
- Ultrasound
- Blood Draw Station
- Urgent Care - Spring 2011
- Occupational Health - Summer 2011

556 Main Street - Summer 2011

New Location:

- X-ray
- Mammography
- Bone Density
- Ultrasound
- Blood Draw Station

West Haven:

500 Elm Street - Summer 2011

New Location:

- X-ray
- Mammography
- Bone Density
- Ultrasound
- Blood Draw Station

To schedule an appointment, call 203.688.4444

## HEALTH & WELLNESS SERIES

### Three locations:

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### Emergency Care: YNHH Roadmap to the Future

Did you know that Yale-New Haven Hospital is the only level 1 trauma center for adult and pediatric patients in the state? YNHH emergency departments in New Haven and Guilford are open 24/7 365 days a year. Highly trained professionals resuscitate and stabilize critically injured and ill patients, as well as assess and treat less serious conditions. Join either Gail D'Onofrio, MD, chief of the YNHH emergency department, and professor and chair, Emergency Medicine, Yale School of Medicine or Liudvikas Jagminas, MD, director of clinical operations, YNHH Emergency Department, and vice chair and associate professor of Emergency Medicine, Yale School of Medicine, for a discussion on community services, a look at national and local data regarding challenges in emergency care and what YNHH is doing to improve emergency care in the 21st century.

**Tuesday, April 5 - Gail D'Onofrio, MD - Guilford**

**Thursday, November 10 - Liudvikas Jagminas, MD - Hamden**



### Summertime Legs: Varicose and Spider Veins

Varicose veins affect men and women and can be unsightly and painful. Fortunately, they can be diagnosed by duplex ultrasound and most procedures can be performed in an office-based ambulatory setting. Join the director of the Yale Vein Center Jeffrey Indes, MD, as he explains the minimally invasive treatments to make your legs look and feel better.

**Thursday, April 7 - Hamden**



### Women's Sports Injuries

The playing field is leveling and women athletes are no strangers to sports-related injuries. Are you suffering from sports-related injuries and want some relief? Join Karen Sutton, MD, YNHH attending physician, assistant professor of orthopedic surgery and rehabilitation, Yale School of Medicine, as she talks about the most common injuries experienced by female athletes and provides new strategies to prevent and treat these injuries.

**Tuesday, April 12 - Guilford**

**Thursday, May 12 - Hamden**

### Staying Independent in Later Years

Maintaining independence is the number-one goal of people in their later years. Loss of independence in later life is associated with considerable financial and non-financial cost. In this talk, Thomas Gill, MD, YNHH attending physician and professor of geriatric medicine and epidemiology, Yale School of Medicine, presents an overall picture of the practical and emotional consequences of age-related physical decline, and highlights effective solutions for staying healthy and independent, including participating in research opportunities at Yale's Program on Aging.

**Thursday, April 14 - Hamden**



### Heart Failure and Sleepless Nights

Do you have congestive heart failure and difficulty sleeping? Want to learn ways to take control and improve your sleep? Join Nancy Redeker, PhD, professor and associate dean of scholarly affairs, Yale School of Nursing, as she offers an open discussion on ways to improve your sleep and manage your heart condition.

**Tuesday, April 26 - Guilford**

**Thursday, May 19 - Hamden**

### Grasping the Facts: Thumb Arthritis

Arthritis at the base of the thumb is extremely common, often becoming symptomatic in middle age. What can you do to alleviate symptoms, slow the progression or find the source of the problem? Mark P. Altman, MD, YNHH attending orthopedic surgeon and clinical assistant professor of orthopedic surgery, Yale School of Medicine, will discuss many common ailments affecting our hands and what treatments can provide relief.

**Tuesday, May 3 - Guilford**



### Organic Foods

Organic foods is a huge industry in the U.S. and millions of families are making this lifestyle choice. Join Cheryl Robaczynski, registered dietitian and outpatient nutrition specialist at Yale-New Haven and Shoreline Nutrition Center, as she discusses what organic really means to the consumer and the environment, if you can be ecologically conscious and not choose organic, and the top organic foods and why.

**Tuesday, May 17 - Guilford**

**Thursday, June 2 - Hamden**

### Body Contouring after Weight Loss

Have you recently experienced major weight loss resulting in sagging skin and don't know what to do? Body contouring after weight loss strives to improve the shape and tone of your body by the surgical removal of excess sagging skin and fat. The success and safety of your body-contouring operation depends on careful planning with your plastic surgeon, and is based upon your overall health, desires and lifestyle. Join Stephanie Kwei, MD, YNHH attending physician and assistant professor plastic surgery, Yale School of Medicine, as she talks about the risks and benefits of body-contouring procedures for breasts, abdomen, arms, thighs and face.

**Tuesday, June 7 - Guilford**

**Thursday, October 27 - Hamden**

### Road Safety for Baby Boomers

Richard Marottoli, MD, medical director, Dorothy Adler Geriatric Assessment Center at Yale-New Haven Hospital, assistant professor of medicine at Yale School of Medicine, and Connecticut Department of Motor Vehicles advisory board member, will present the potential risk factors for driving difficulties, intervention strategies to prolong safe driving, and when to limit or stop driving, if necessary.

**Thursday, June 9 - Hamden**

**Tuesday, November 8 - North Branford**



### Sleep as We Grow Older

As we age, physical and hormonal changes affect our sleep. Need some practical tips for achieving sleep? Join Vahid Mohsenin, MD, attending pulmonary physician at YNHH, associate professor at Yale School of Medicine and director of Yale Center for Sleep Disorders, for a discussion on common causes of sleep problems in older people and steps to improve the quality of sleep.

**Tuesday, September 13 - North Branford**

### Couples Restore Intimacy: Treat Erectile Dysfunction

The intensity of romance and intimacy fluctuates throughout the life cycle and challenges relationships. If you want to improve your sexual relationship and return to normal sexual activity, join Stanton Honig, MD, YNHH attending physician, Urology Center urologist and expert in sexual dysfunction, for an in-depth discussion about the causes and treatments of erectile dysfunction, medical treatments and minimally invasive surgeries/procedures, and a review of male intimacy issues. This will be an evening for couples to open the door to communication and learn what medical interventions can put the spark back into their relationship!

**Thursday, September 15 - Hamden**



### Digestive Disorders Update

Ioannis Oikonomou, MD, YNHH attending physician and assistant professor of Internal Medicine Digestive Disease, Yale School of Medicine, will speak about the symptoms, diagnosis, treatment of irritable bowel disease, Crohn's disease and ulcerative colitis, and mechanisms for optimizing health. Judy Cho, MD, YNHH attending physician and associate professor of Internal Medicine Digestive Disease and Genetics, Yale School of Medicine, will also discuss the ground-breaking research and studies under way at Yale School of Medicine to better manage these diseases.

**Tuesday, September 20 - Guilford**

**Thursday, September 29 - Hamden**

### Dental Care Impacts Your Health

Did you know there is a correlation between oral health care and general health? Join Suher Baker, DDS, chief of Dentistry at YNHH, for an informative discussion on the dynamics of dental disease, epidemiology, etiology and prevention strategies. Cardiac, oncology and endocrine patients, do not miss this talk with Dr. Baker!

**Thursday, October 13 - Hamden**

### Holiday Comfort Foods – Maintaining a Balance

The holidays often involve eating favorite foods and spending time with family and friends. Indulging often leaves many feeling guilty and vowing to make drastic diet changes for their New Year resolution. Want to learn ways to prepare favorite holiday and comfort foods in ways that will be kind to your waist but still tickle your taste buds? Join Cheryl Robaczynski, registered dietitian and outpatient nutrition specialist at Yale-New Haven and Shoreline Nutrition Center, as she shares some nutritional secrets.

**Tuesday, October 18 - Guilford**

**Thursday, November 3 - Hamden**



### Why Women's Hearts are Different

Learn about risk factors, diagnosis and treatment of women and heart disease. Studies have shown clear differences in diagnosis and outcomes of heart attack between women and men. Come and explore these differences with Lisa Freed, MD, YNHH attending physician, partner in Cardiology Associates of New Haven, and founder of Women's Heart Program at Yale-New Haven Hospital.

**Tuesday, November 15 - Guilford**