

## YRMC Speakers Bureau Hot Topics on Health

### **Advanced Wound Care Center**

Introduction to Hyperbaric Oxygen Treatment  
Introduction to Wound Care  
Nutrition as it Relates to Wound Healing  
Prevention Strategies of Chronic Wounds  
Skin Care  
The Social and Psychological Effects of Having a Chronic Wound  
Transcutaneous Oximetry "tcpO2"  
Treatments for Chronic Wounds  
Types of Wounds Treated at a Wound Care Center  
What Causes a Wound to Become Chronic?  
Wound Care Myths

### **Aging and End-Of-Life Issues**

Advance Directives  
Aging – How We Can Live Forever?  
End of Life Issues, Difficult Decisions

### **The Brain Game**

Age Proof your Brain  
Alzheimer's: What Can We Do About It?  
Brain Health/Epilepsy  
Cognitive Rehab for TBI  
Speech and Memory Loss

### **BreastCare Center**

Breast Cancer Genetics  
Ice Cure Therapy  
The Role of the Patient Navigator  
What is a Dedicated Breast MRI?  
What is Your Risk of Getting Breast Cancer?

### **Breathe Easier**

Allergies – Tips to Help You Feel Better  
Boosting the Immune System to Stay Well  
Breathe Well, Live Well  
Controlling/Taking Care of Asthma  
COPD 101  
Energy Conservation and Activity for the Respiratory Challenged  
How COPD Affects Swallowing  
Medications for COPD and Asthma  
Nutrition and Cooking for COPD  
Out and About with Oxygen  
Oxygen, Altitude and Travel  
Sleep Apnea Basics  
Stress and COPD  
Tobacco – Why it's SO Worth the Effort to Quit  
What Happens at the Hospital? Common Tests for COPD and Asthma

### **Eat Healthy. Live Healthy**

Controlling Diabetes So It Won't Control You  
Diabetes Reversal and Prevention  
Dietary Supplements: What You Need to Know  
Eating on a Budget  
Food Safety in the Home  
Label Reading – Navigating Through the Grocery Store  
Nutrition Away From Home

Nutrition Keys to Weight Management  
Obesity and Body Mass Index  
Review of Popular Diets  
What Color is Your Diet?...Phytochemical Power  
What Does Fiber Do For You?  
What is in Season?...Fruits and Vegetables

### **Emergencies**

A Call for Help...What Happens When You Dial 911?  
The "File of Life" Could Save Your Life

### **Fitness for Moms**

Fitness for Mommy  
Get Your Belly Back  
Pain after Pregnancy?  
Pregnancy and Postpartum Physical Therapy  
Pregnancy, Posture, & Pain  
Protect Your Back While Taking Care of Your Baby

### **Getting to the Heart of It**

Advances in Patient Blood Management  
Atrial Fibrillation & Stroke  
Cardiac Holter Monitoring (Home Monitoring)  
Cardiac Rehab  
Cardiac Risk Factors  
Cardiac Stress Testing – What to Expect  
Congestive Heart Failure  
Healing Hearts at YRMC: Current Cardiac Procedures  
Non-Invasive Arterial Study  
Open Heart Program  
Why Do I Need A Pacemaker?

### **Girl Talk**

Women's Continence Treatment Program  
Lymphedema: What, Why and How

### **Have You Ever Wondered?**

BAHA Implants: When Hearing Aids Don't Work  
Medicare - An Historical Perspective  
Preparing for your Hospital Visit  
What's New at YRMC?  
You're leaving the Hospital...Now What?

### **Help Your Neighbors: YRMC Volunteer Opportunities**

Complementary Therapies – Pet Visitation, Music & Humor Therapy  
Volunteering at YRMC

### **Help Yourself Stay Healthy**

Hand Washing: Is There a Right and Wrong Way?  
How to Protect Yourself and Your Family and Other Infection Control Issues  
MRSA: What is it?  
Preventing Hospital Associated Infection  
The Flu  
The Importance of Vaccines  
Tuberculosis

## **It's All About the Joints**

Adult Acquired Flatfoot: Treatment Options  
Advances in Joint Replacement Surgery  
Ankle Replacement: Current Technology  
Anterior Approach Hip Replacement at YRMC  
Arthritis in the Foot & Ankle: Prevention and Treatment  
Computer Assisted Hip and Knee Surgery at YRMC  
Heel Pain: Conservative Treatment Options  
Joint Replacement and Patient Blood Management at YRMC  
Preparing for Joint Replacement Surgery

## **Kid Talk**

Guiding Your Child to Healthier Eating  
Mealtime Strategies for Picky Eaters  
The Adolescent Athlete  
Tween (Pre-teen) Cuisine  
What's for Lunch?

## **Love Your Back**

Oh My Aching Back!  
Kyphoplasty  
Physiatry: What is it?  
Trail Dorsal Column Stimulators

## **Staying Fit, Healthy & Happy**

Adopting Healthy Lifestyle Changes  
Body Mechanics of the Lower Extremity and Footwear  
Communication & Swallowing Issues with Parkinson's disease  
Diet and Fitness  
Evaluation and Design of a Fitness Program  
Exercise 101 (Basic Exercise Concepts)  
Exercise and the Elderly  
Exercises for Parkinson's disease  
Exercise Guidelines and Current Recommendations  
Exercise: The Kinetic Cure  
Flexibility and Stretching  
Gravity: Friend, Foe & Falls  
Healthy Aging – The Secrets of Longevity  
How to Diagnose and Prevent Dysphagia in the Elderly  
Hypertension  
Improving Balance and Dizziness  
Keeping Your Legs Healthy  
  
Lifting Mechanics and Preventing Injuries in the Workplace  
Muscle Up! Improve Strength! Improve Health!  
Osteoporosis and Fitness  
Postural Education and the Relationship between Posture and Health  
Repetitive Motion Injuries & Ergonomics  
Starting a Walking Program  
Travel Fitness

## **New Topics of Interest**

Age Proof Your Brain  
Breath Well, Live Well  
Cognitive Rehabilitation  
Exercise: The Kinetic Cure  
Fad Diets  
How COPD Affects Swallowing  
How to Diagnose and Prevent Dysphagia in the Elderly  
Lung Cancer! Am I at Risk?  
Meditation for Beginners  
What You Should Know About Chronic Venous Insufficiency