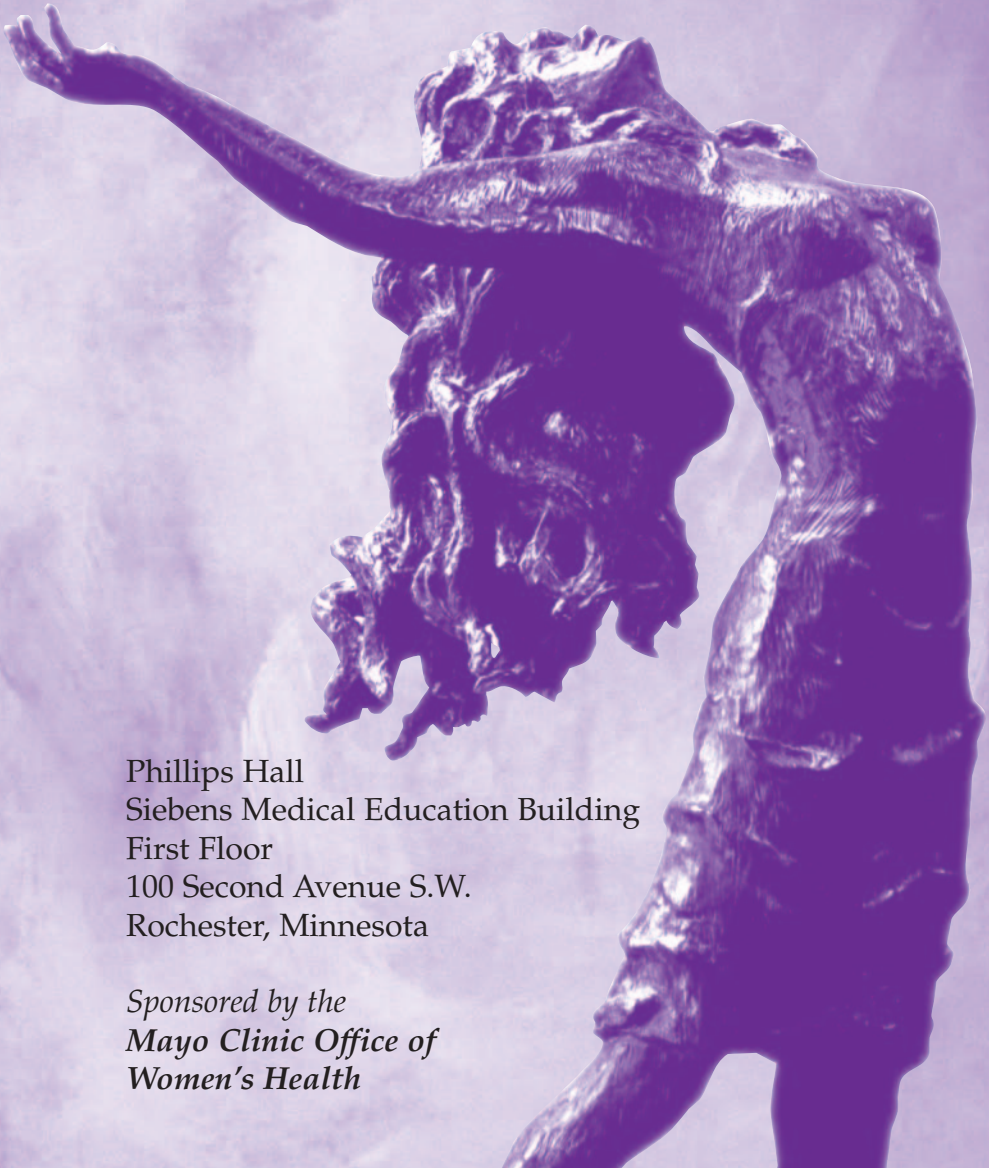




MAYO CLINIC

Women and Health:
A Time for You

Saturday, May 7, 2005
7:15 a.m. to 3:45 p.m.



Phillips Hall
Siebens Medical Education Building
First Floor
100 Second Avenue S.W.
Rochester, Minnesota

*Sponsored by the
Mayo Clinic Office of
Women's Health*

Women and Health:

Mayo Clinic Office of Women's Health is pleased to host the 10th Annual *Women & Health: A Time for You*. The goal of this program is to empower women to take a more active role in decisions regarding their health and the health of their families. The program will feature Mayo Clinic and community experts who will provide a broad offering of updated and timely health information specifically for today's woman. This special day will begin and end with uplifting presentations by keynote speakers highlighting both the differences and similarities that make each woman unique.



Stephanie Marston

The morning keynote speaker is **Stephanie Marston**, author of five books relating to life balance, midlife and parenting. Her latest release is part of the *Chicken Soup for the Soul* series, *Life Lessons for Women: 7 Essential Ingredients for a Balanced Life*. Stephanie speaks nationally and works with people to improve the quality of their lives, work and relationships. She has appeared on television programs including *The Today Show*, *CNN Headline News*, *The Early Show* and *Oprah*.

A Time for You

To close the day, get ready for **Dr. Nili Sachs**, author of *Booby-Trapped: How to Feel Normal in a Breast-Obsessed World*. Nili has a serious message regarding

the effect of media and societal influences on female body image presented in a humorous fashion. As an executive coach and accomplished speaker on topics including emotional intelligence, and America's love-hate relationship with appearance, her most recent national appearances were in *Cosmopolitan* magazine and on *The Factor* with Bill O'Reilly.

Take time for yourself and attend *Women and Health: A Time for You*.



Dr. Nili Sachs

If you receive more than one registration brochure, please share it with a friend. The registration form may be photocopied.

Schedule of Events

Saturday, May 7, 2005

- 7:15 a.m. **Registration**
Continental Breakfast
Health Displays and Screenings*
- 8:00 a.m. **Women's Health Week Proclamation**
The Honorable Ardell Brede
Mayor, City of Rochester
- Women Helping Women**
Dr. Virginia Miller, MBA, PhD
Director, Office of Women's Health
- Priscilla Flynn, MPH*
Coordinator, Office of Women's Health
- 8:30 a.m. **Keynote Address**
"Life Lessons for Women: 7 Essential
Ingredients for a Balanced Life"
Stephanie Marston, MFT
- 9:45 a.m. **Break**
Health Displays and Screenings*
- 10:00 a.m. **Educational Session I**
- 11:00 a.m. **Educational Session II**
- 12:00 pm **Lunch**
Nathan Landow Atrium, Gonda Building
Health Displays and Screenings*

- 1:30 p.m. **Educational Session III**
- 2:45 p.m. *Closing*
**“Pearls of Wisdom from the
Treasured Chest”**
Nili Sachs, PhD
- 3:30 p.m. **Wrap-Up and Evaluation**

**In Hage Atrium, directly below Phillips Hall*



Photograph of the bronze sculpture, © Renaissance Woman (Celebration of Life), is used with permission of Charles Eugene Gagnon, sculptor, Rochester, Minn.

Educational Sessions

Each participant may register for three sessions: two in the morning and one in the afternoon.

Mediterranean Cooking

Designed to be inspiring, yet practical, this session will introduce you to a handful of simple recipes and practical techniques. Have fun learning time honored Old World techniques using heart healthy ingredients.

Gerald Gau, MD, Mayo Clinic Department of Cardiovascular Diseases, and Colleen Gau, PhD

Two sessions will be offered, each limited to 30 participants

All Heated Up and Nowhere to Go

Hormone therapy has been shown to reduce hot flashes, prevent osteoporosis, and reduce colorectal cancer risk. Reported risks include increased cardiovascular complications and a possible increase in breast cancer. But what about compounded “natural” hormones or plant-based alternatives? Find out what options are available for women who seek relief from menopausal symptoms.

Lynne Shuster, MD, Mayo Clinic Women’s Health Clinic

More than Skin Deep

The condition of your skin can be a good indicator of your age. As the baby boomer generation ages, the demand for prolonging youth has increased. Cosmetics, Botox, collagen and lasers present enticing but confusing options. Learn what’s new and what’s true about over-the-counter and prescription products in this informative session.

Rochelle Torgerson, MD, PhD, Mayo Clinic Department of Dermatology

Healthy Aging: You CAN Make a Difference!

This session will explore ways you can influence and improve the aging process. Find out what normal aging is, and when to seek care. Learn how to live healthier and happier by implementing simple exercise, diet, and lifestyle modifications.

Janet Vittone, MD, Mayo Clinic Department of General Internal Medicine

Untangling the Web: Evaluating Health Information on the Internet

Feeling overwhelmed by the sheer volume of health information on the Internet? What is accurate; what is not? Which claims should you believe? During this session you will learn tips for evaluating health information on the Internet.

Kathy Kosednar, RN, MLS, Mayo Clinic Section of Patient Education

Is Tai Chi for Me?

Tai Chi is a martial arts form that enhances balance and body awareness through slow, graceful, and precise body movements. A recent study showed that regular practice can significantly cut the risk of falls among older people and may be beneficial in maintaining gains made by those who undergo other types of balance and strength training. This introductory session will include the theory and practice of this ancient Chinese art. Comfortable clothing recommended.

Patrick Spinler, Mayo Clinic Information Services

Sexual Health for Every Woman

Sexuality is a normal and healthy part of life. However, women's sexuality is influenced by numerous factors, not easily treated by a little blue pill. Take an informational and practical look at how to move from "Honey, I have a headache" to "Honey, how about tonight?"

Stephanie Faubion, MD, Mayo Clinic Department of General Internal Medicine

Multiple Factors that Affect Health Care Costs

Medical expenses continue to steadily rise, but why? Attend this session and learn some of many reasons that have contributed to these escalating costs and explore ways to fully utilize our medical resources.

Scott Okuno, MD, Mayo Clinic Department of Medical Oncology and Michael Noffze, DDS, Mayo Medical School

The Transformative Nature of Loss: How Women Survive and Thrive

Loss is the most personal and the most universal of human experiences. Some cultures and social systems require that we keep silent about our experiences of loss in life – from everyday losses to the kind of devastating losses that leave their mark. But what if there is life in loss? What if loss has the potential to be a portal to renewal? This session will offer some perspectives on the transformative nature of loss. Your stories are welcomed and encouraged.

Chaplain Mary E. Johnson, MA, Mayo Clinic Chaplain Services

The Tooth of the Matter

Recent advances in dentistry have provided numerous options to enhance our smiles. But are tooth whitening products safe? Is it ever too late to have your teeth straightened? And what about implants - how do they work and are they effective? What is the relationship between oral health and overall well-being? Learn the answers to these questions and ask your own of this panel of experts.

Phillip Sheridan, DDS, Alan Carr, DMD, MS, Sreevinas Koka, DDS, PhD, and Rose Sheats, DMD, MPH, Mayo Clinic Department of Dental Specialties

Tapestry of Women

Minnesota's diverse community continues to grow and enrich our communities. Through the textures of poetry, cloth, dance, and music, multicultural women will describe life experiences through artform.

Jean Gunderson, PHN, MA, Minority Outreach Specialist, Mayo Clinic Office of Diversity in Clinical Research, and Community Artists

Top Ten Ways to Keep the Beat

Heart disease kills more American women than all cancers combined. Count down several simple ways to stay heart-healthy, then put your knowledge into action with fun ways to start and stay active. Learn about "The Heart of Summer" educational and training sessions designed to help even the least active woman get moving with the assistance of qualified coaches.

Dalene Bott-Kitslaar, FNP, Mayo Clinic Women's Heart Clinic, Beth Warren, Mayo Clinic Dan Abraham Health Living Center; and Beth Rieger, Guidant Corporation

Don't Make Me Laugh (or Cough or Sneeze)

Does "Gotta go, gotta go, gotta go right now" sound familiar? Learn more about the different types of incontinence and how to manage them with exercise, medication or surgery used to treat these common conditions.

Christopher Klingele, MD, Mayo Clinic Department of Obstetrics and Gynecology

Registration Information

The registration deadline for *Women and Health: A Time for You* is April 23, 2005. Please note that enrollment is limited. The cost for all participants* is \$35 per person, or \$30 per person if two or more individuals register together. The registration fee includes all of the day's events, continental breakfast and lunch. Payment is accepted by check, MasterCard or VISA.

Certificates of attendance indicating contact hours will be issued at the conclusion of the event for those requiring verification of attendance.

If you require assistance for any special needs, please call 507-255-2287 at least two weeks before the program.

** Fee also applies to Mayo Clinic employees*

How to Find Us, Where to Park

Activities will primarily be held in the Mayo Clinic Siebens Medical Education Building, located on the corner of First Street and Second Avenue Southwest, Rochester, Minn.

Complimentary parking is available in the Damon Ramp on Third Avenue Southwest between Center and First Streets. Public parking lots also are available with no fees charged on Saturdays.

Questions regarding this event may be directed to Mayo Clinic Office of Women's Health at 507-255-2287 or email: womenshealth@mayo.edu.

Registration Form *(detach and return)*

Register with a friend to save \$5.00 per person. Register early to avoid disappointment, as this event routinely sells out. Mail registrations in the same envelope to receive the discount.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

I have enclosed a check made payable to Mayo Clinic Rochester. (Registration is \$35 each, or \$30 each for two or more. Deadline for registration is April 23, 2005.)

Charge to VISA MasterCard

Account # _____ Exp _____

Name on card _____

Signature _____

No receipt of confirmation will be sent. Registrations will be returned if received after the deadline of April 23 or if the event has filled.

Photocopy this registration form and register with a friend.

Indicate the three educational sessions you want to attend by numbering 1, 2, and 3 in the blank next to the title, and include your alternate choices by numbering 4 & 5. Please register early for a better chance of getting your top choices.

____ Mediterranean Cooking

*Two sessions will be offered,
each limited to 30 participants*

____ All Heated Up and Nowhere to Go

____ More than Skin Deep

____ Healthy Aging: You CAN Make
a Difference!

____ Untangling the Web: Evaluating
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____ Is Tai Chi for Me?

____ Sexual Health for Every Woman

____ Multiple Factors that Affect
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____ The Transformative Nature of
Loss: How Women Survive
and Thrive

____ The Tooth of the Matter

____ Tapestry of Women

____ Top Ten Ways to Keep the Beat

____ Don't Make Me Laugh (or
Cough or Sneeze)

Please return your completed registration form and payment to:

A Time for You

Mayo Clinic Office of Women's Health

200 First Street SW • Ei 7-239

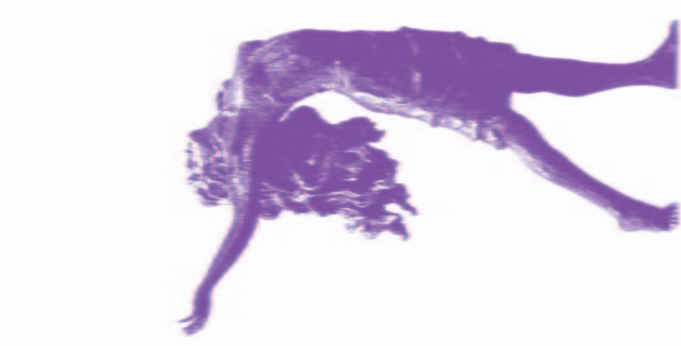
Rochester, MN 55905

FAX (507) 538-0850



200 First Street SW
Rochester, Minnesota 55905

Mayo Clinic Office of Women's Health



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Women's Health Event*
Women and Health:
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